

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

March 2022

## (A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.00 25 kg bag	2 x 25Kg	286.00
Rice	100.00 5kg	4kg	80.00
Cassava Flour	15.99 1kg	6kg	95.94
(Irish) Potatoes	14.89 1 Kg	4 Kg	59.56
Beans	35.00 1kg	3kg	105.00
Pounded Groundnut	36.57 1kg	1kg	36.57
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	55.69 1kg	2kg	111.38
Chicken	115.48 2kg	5kg	288.70
Kapenta	180.99 1kg	1kg	180.99
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.97
Milk (Fresh)	15.99 500 ml	10 liters	319.80
Vegetables	330.00 40 Kg	40kg	330.00
Onion	25.99 1 Kg	4 Kg	103.96
Tomatoes	19.99 1 kg	6 kg	119.94
Banana	20.00 1 Kg	16 Kg	320.00
Other Fruits	26.00 1 kg	14 Kg	364.00
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	10.40 1 Kg	1 Kg	10.40
Tea	16.99 250g	250g	16.99
<b>Sub Total</b>			<b>ZMW 3,292.20</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	115.00 90kg bag(s)	2 90kg bag(s)	230.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	48.00 500ml	1 500ml	48.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 1,868.88</b>

**Total for Basic Needs and Nutrition Basket** **ZMW 5,161.08**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Manganda-Town	20.00
		Shoprite-Town	12.00
		Kapulanga-Town	30.00
School Uniform (Grades 8-12)	175.00		
<b>Health</b>		<b>Fuel (cost at the pump March, 2022)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.96
Paraffin (per litre)	15.39		

**) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 25<sup>th</sup> January, 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite and schools. Clinics/hospitals, and filling stations around Mongu. The January Basic Needs Basket is approximately US\$ 293.24 based on the exchange rate of K17.60. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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