

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	102.00 5kg	4kg	81.60
Cassava Flour	16.00 1kg	6kg	96.00
(Sweet) Potatoes	15.89 1 Kg	4 Kg	63.56
Beans	38.11 1kg	3kg	114.33
Pounded Groundnut	38.26 1kg	1kg	38.26
Soya Pieces	48.19 1 kg	2kg	96.38
Beef	60.00 1kg	2kg	120.00
Chicken	95.00 2kg	5kg	237.50
Kapenta	178.11 1kg	1kg	178.11
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	350.35 40 Kg	40kg	350.35
Onion	23.78 1 Kg	4 Kg	95.12
Tomatoes	19.00 1 kg	6 kg	114.00
Banana	19.00 1 Kg	16 Kg	304.00
Other Fruits	24.00 1 kg	14 Kg	336.00
Cooking oil (2.5lts)	123.89 2.5lt	3.6lt	178.40
Salt	11.00 1 Kg	1 Kg	11.00
Tea	15.22 250g	250g	15.22
<b>Sub Total</b>			<b>ZMW 3,174.84</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.88 90kg bag(s)	2 90kg bag(s)	241.76
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	19.00 400g	4 400g	76.00
Electricity (medium density)	229.50 Month(s)	1 Month(s)	229.50.
Water & Sanitation (med - fixed)	210.40 Month(s)	1 Month(s)	210.40
Housing (3 bedroom)	905.00 Month(s)	1 Month(s)	905.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00

**Subtotal** **ZMW 1,871.66**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,046.50**

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

**Item** **Amount (ZMW)**

Kapulanga-Town 30.00  
School Uniform (Grades 8-12) 175.00

### **Transport (bus fare round**

**Item** **Amount (ZMW)**

Manganda-Town 20.00  
Shoprite-Town 12.00

### **Health**

### **Fuel (cost at the pump March, 2022)**

**Item** **Amount (ZMW)**

Petrol (per litre) 26.50

Paraffin (per litre)

Diesel (per litre)  
19.32

26.22

**(D) 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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,580.39	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25<sup>th</sup> April, 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 April Basic Needs and Nutrition Basket is approximately US\$297.90 based on the exchange rate of K16.94. 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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2022-04-30

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