

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Monze**

**April 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	190.00 25 kg bag	2 x 25Kg	380.00
Rice	108.91 5kg	4kg	87.13
(Sweet) Potatoes	9.13 1 Kg	4 Kg	36.51
Beans	29.78 1kg	3kg	89.35
Pounded Groundnut	30.28 1kg	1kg	30.28
Soya Pieces	38.47 1 kg	2kg	76.93
Beef	33.50 1kg	2kg	67.00
Chicken	91.75 2kg	5kg	229.38
Kapenta	153.77 1kg	1kg	153.77
Eggs	12.17 1 unit (10 eggs)	3 Trays (90 eggs)	109.50
Milk (Fresh)	8.75 500 ml	10 liters	175.00
Vegetables	201.60 40 Kg	40kg	201.60
Onion	38.24 1 Kg	4 Kg	152.97
Tomatoes	4.25 1 kg	6 kg	25.48
Banana	11.71 1 Kg	16 Kg	187.35
Other Fruits	21.97 1 kg	14 Kg	307.53
Cooking oil (2.5lts)	83.25 2.5lt	3.6lt	119.88
Salt	7.25 1 Kg	1 kg	7.25
<b>SubTotal</b>			<b>ZMW 2,436.91</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	110.00 90kg bag(s)	2 90kg bag(s)	220.00
Soap (Lifebuoy/Champion)	9.13 Tablet(s)	3 Tablet(s)	24.88
Wash soap (BOOM)	11.25 400g	4 400g	45.00
Jelly (Vaseline)	20.25 500ml	1 500ml	20.25
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	16.38 Pack of 10	2 Pack of 10	32.75
Toilet Paper (2ply)	6.13 Tissue(s)	6 Tissue(s)	36.75
Lotion (Dawn)	22.50 250ml	1 250ml	22.50
<b>Subtotal</b>			<b>ZMW 2,952.13</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,389.04**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	250.00	Manungu	30.00
Grades 10-12 (User + PTA/year)	350.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Malaria test	20.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

## (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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

### Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27th April, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Main Market, Town centre, Manungu Market, and Site and Service Market. Additional information was obtained from ZESCO, the Southern Water and Sewerage Company and schools, clinics and houses around Monze. The April Basic Needs Basket is approximately US\$289 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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

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