

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	75.25 25kg	2 25kg	150.50
Beans	20.66 kg	3 kg	61.97
Kapenta (Dry)	169.32 kg	2 kg	338.64
Beef	33.83 kg	4 kg	135.33
Vegetables	8.76 kg	4 kg	35.04
Tomatoes	5.38 kg	4 kg	21.53
Onion	8.63 kg	2 kg	17.27
Cooking oil (2.5lts)	48.00 Litres	2.5 Litres	48.00
Bread	8.33 Loaf/day	1 Loaf/day	250.00
Sugar	25.83 2kg	3 2kg	77.50
Milk	7.50 500ml	4 500ml	30.00
Tea	63.75 kg	1 kg	63.75
Eggs	14.00 unit (10 eggs)	2 unit (10 eggs)	28.00
Salt	6.50 kg	1 kg	6.50
SubTotal			ZMW 1,264.03

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	99.00 90kg bag(s)	2 90kg bag(s)	198.00
Soap (Lifebuoy/Champion)	9.83 Tablet(s)	10 Tablet(s)	98.33
Wash soap (BOOM)	9.58 400g	4 400g	38.33
Jelly (Vaseline)	20.57 500ml	1 500ml	20.57
Electricity (medium density)	150.00 95	1 95	150.00
Water & Sanitation (med - fixed)	185.00 95	1 95	185.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal

ZMW 1,690.24

Total for Basic Needs and Nutrition Basket

ZMW 2,954.27

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Shoprite-Town	8.00
Grades 8-9 (User + PTA/year)	1,676.00	100404	8.00
Grades 10-12 (User + PTA/year)	1,676.00	100405	12.00
School Uniform (Grades 1-7)	304.00		
School Uniform (Grades 8-12)	419.00		

Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	13.70
		Diesel (per litre)	11.40
		Paraffin (per litre)	8.03

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

This survey was conducted on 27th December, 2019 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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Mongu January 2018 Basic Needs and Nutrition Basket Report

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