

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.50 25 kg bag	2 x 25Kg	235.00
Rice	89.15 5kg	4kg	71.32
Cassava Flour	8.47 1kg	6kg	50.83
(Sweet) Potatoes	9.72 1 Kg	4 Kg	38.86
Beans	32.16 1kg	3kg	96.49
Pounded Groundnut	63.12 1kg	1kg	63.12
Soya Pieces	32.58 1 kg	2kg	65.16
Beef	37.00 1kg	2kg	74.00
Chicken	53.75 2kg	5kg	134.38
Kapenta	180.08 1kg	1kg	180.08
Eggs	18.75 1 unit (10 eggs)	3 Trays (90 eggs)	168.75
Milk (Fresh)	8.88 500 ml	10 liters	177.50
Vegetables	229.84 40 Kg	40kg	229.84
Onion	8.82 1 Kg	4 Kg	35.27
Tomatoes	6.77 1 kg	6 kg	40.63
Banana	13.90 1 Kg	16 Kg	222.35
Other Fruits	6.19 1 kg	14 Kg	86.72
Cooking oil (2.5lts)	85.00 2.5lt	3.6lt	122.40
Salt	8.75 1 Kg	1 Kg	8.75
SubTotal			ZMW 2,101.46

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	94.50 90kg bag(s)	2 90kg bag(s)	189.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	13.00 400g	4 400g	52.00
Jelly (Vaseline)	28.75 500ml	1 500ml	28.75
Electricity (medium density)	301.00 Month(s)	1 Month(s)	301.00
Water & Sanitation (med - fixed)	210.00 Month(s)	1 Month(s)	210.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	13.75 Pack of 10	2 Pack of 10	27.50
Toilet Paper (2ply)	5.13 Tissue(s)	6 Tissue(s)	30.75
Lotion (Dawn)	27.00 250ml	1 250ml	27.00
Subtotal			ZMW 1,896.00

Total for Basic Needs and Nutrition Basket

ZMW 3,997.46

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,720.00	Manganda-Town	20.00
School Uniform (Grades 1-7)	480.00	Shoprite-Town	10.00
Grades 8-12 (User + PTA/year)	1,720.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

(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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

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 August, 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 town centre market, Imwiko market, Mulambwa market, Kapulanga market, central market and Shoprite. The August Basic Needs Basket is approximately US\$206.297 based upon the exchange rate Of K19.3772. Other costs would include personal care, clothing, recreation, etc.

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Reports

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2020-08-31

Mongu August 2020 Basic Needs and Nutrition Basket Report

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