

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mansa**

**April 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.58 25 kg bag	2 x 25Kg	231.17
Rice	213.36 5kg	4kg	170.69
Cassava Flour	10.38 1kg	6kg	62.31
(Sweet) Potatoes	4.80 1 Kg	4 Kg	19.22
Beans	26.69 1kg	3kg	80.08
Pounded Groundnut	44.30 1kg	1kg	44.30
Soya Pieces	44.40 1 kg	2kg	88.80
Beef	69.33 1kg	2kg	138.66
Chicken	74.69 2kg	5kg	186.73
Kapenta	139.88 1kg	1kg	139.88
Eggs	19.22 1 unit (10 eggs)	3 Trays (90 eggs)	173.00
Milk (Fresh)	17.50 500 ml	10 liters	349.97
Vegetables	216.94 40 Kg	40kg	216.94
Onion	65.91 1 Kg	4 Kg	263.66
Tomatoes	14.75 1 kg	6 kg	88.49
Banana	3.80 1 Kg	16 Kg	60.73
Other Fruits	11.02 1 kg	14 Kg	154.34
Cooking oil (2.5lts)	112.47 2.5lt	3.6lt	161.95
Salt	11.50 1 Kg	1 Kg	11.50
Tea	28.72 250g	250g	28.72
<b>SubTotal</b>			<b>ZMW 2,671.12</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	136.80 90kg bag(s)	2 90kg bag(s)	273.60
Soap (Lifebuoy/Champion)	11.50 Tablet(s)	3 Tablet(s)	34.50
Wash soap (BOOM)	18.00 400g	4 400g	71.99
Jelly (Vaseline)	544.75 500ml	1 500ml	25.25
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	20.40 Pack of 10	2 Pack of 10	40.80
Toilet Paper (2ply)	6.58 Tissue(s)	6 Tissue(s)	39.49
Lotion (Dawn)	33.60 400ml	1 400ml	33.60
<b>Subtotal</b>			<b>ZMW 2,058.35</b>

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

**ZMW 4,729.47**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.00	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	1,000.00		
School Uniform (Grades 8-12)	1,533.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### 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 27<sup>th</sup> April, 2021 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 Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The April Basic Needs Basket is approximately US\$212 based upon the exchange rate Of K22.29. Other costs would include personal care, clothing, recreation, etc.

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Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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Mansa

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

**JCTR Repository**

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

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