

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**April 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.60 25 kg bag	2 x 25Kg	283.20
Rice	108.58 5kg	4kg	86.87
Cassava Flour	7.96 1kg	6kg	47.78
(Sweet) Potatoes	19.30 1 Kg	4 Kg	77.22
Beans	45.95 1kg	3kg	137.84
Pounded Groundnut	51.45 1kg	1kg	51.45
Soya Pieces	46.86 1 kg	2kg	93.72
Beef	59.60 1kg	2kg	119.20
Chicken	81.00 2kg	5kg	202.50
Kapenta	183.63 1kg	1kg	183.63
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	12.60 500 ml	10 liters	251.96
Vegetables	302.80 40 Kg	40kg	302.80
Onion	16.46 1 Kg	4 Kg	65.85
Tomatoes	14.00 1 kg	6 kg	84.00
Banana	13.08 1 Kg	16 Kg	209.28
Other Fruits	9.95 1 kg	14 Kg	139.36
Cooking oil (2.5lts)	129.60 2.5lt	3.6lt	186.62
Salt	11.40 1 kg	1 Kg	11.40
<b>SubTotal</b>			<b>ZMW 2,714.65</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	153.00 90kg bag(s)	2 90kg bag(s)	306.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	44.99
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	33.50 500ml	1 500ml	33.50
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	214.00 Month(s)	1 Month(s)	214.00
Housing (3 bedroom)	1,300.00 Month(s)	1 Month(s)	1,300.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.10 Tissue(s)	6 Tissue(s)	30.59
Lotion (Dawn)	29.20 400ml	1 400ml	29.20
<b>Subtotal</b>			<b>ZMW 2,162.27</b>

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

**ZMW 4,876.92**

## (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)	157.50	Manganda-Town	35.00
Grades 8-9 (User + PTA/year)	225.00		
Grades 10-12 (User + PTA/year)	250.00		
<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

## (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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprte. The April Basic Needs Basket is approximately US\$219 based upon the exchange rate Of K22.29 Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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