

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	153.67 25 kg bag	2 x 25Kg	307.33
Rice	117.92 5kg	4kg	94.34
Cassava Flour	8.96 1kg	6kg	53.78
(Sweet) Potatoes	11.51 1 Kg	4 Kg	46.04
Beans	27.34 1kg	3kg	82.01
Pounded Groundnut	62.42 1kg	1kg	62.42
Soya Pieces	44.42 1 kg	2kg	88.84
Beef	35.67 1kg	2kg	71.33
Chicken	52.16 2kg	5kg	130.41
Kapenta	218.95 1kg	1kg	218.95
Eggs	14.06 1 unit (10 eggs)	3 Trays (90 eggs)	126.50
Milk (Fresh)	8.80 500 ml	10 liters	176.00
Vegetables	280.75 40 Kg	40kg	280.75
Onion	25.15 1 Kg	4 Kg	100.59
Tomatoes	7.34 1 kg	6 kg	44.02
Banana	8.00 1 Kg	16 Kg	128.00
Other Fruits	19.20 1 kg	14 Kg	268.83
Cooking oil (2.5lts)	77.50 2.5lt	3.6lt	111.60
Salt	11.33 1 Kg	1 Kg	11.33
SubTotal			ZMW 2,403.06

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	3 Tablet(s)	28.50
Wash soap (BOOM)	12.33 400g	4 400g	49.33
Jelly (Vaseline)	26.33 500ml	1 500ml	26.33
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
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	15.67 Pack of 10	2 Pack of 10	31.33
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	23.99
Lotion (Dawn)	23.50 250ml	1 250ml	23.50
Subtotal			ZMW 1,822.97

Total for Basic Needs and Nutrition Basket

ZMW 4,226.03

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,752.00	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,752.00		
School Uniform (Grades 1-7)	230.00		
School Uniform (Grades 8-12)	500.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	20.00		

(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 town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The April Basic Needs Basket is approximately US\$226 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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2020-04-30

Mongu April 2020 Basic Needs and Nutrition Basket Report

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