

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	190.00 25 kg bag	2 x 25Kg	380.00
Rice	81.27 5kg	4kg	65.01
Cassava Flour	6.91 1kg	6kg	41.47
(Sweet) Potatoes	11.06 1 Kg	4 Kg	44.26
Beans	18.37 1kg	3kg	55.11
Pounded Groundnut	24.64 1kg	1kg	24.64
Soya Pieces	12.00 1 kg	2kg	24.00
Beef	51.60 1kg	2kg	103.20
Chicken	128.00 2kg	5kg	320.00
Kapenta	42.16 1kg	1kg	42.16
Eggs	16.07 1 unit (10 eggs)	3 Trays (90 eggs)	144.60
Milk (Fresh)	9.60 500 ml	10 liters	192.00
Vegetables	248.97 40 Kg	40kg	248.97
Onion	23.92 1 Kg	4 Kg	95.68
Tomatoes	8.47 1 kg	6 kg	50.83
Banana	14.99 1 Kg	16 Kg	239.84
Other Fruits	7.04 1 kg	14 Kg	98.51
Cooking oil (2.5lts)	124.50 2.5lt	3.6lt	179.28
Salt	24.00 1 Kg	1 Kg	24.00
Tea	22.00 250g	250g	22.00
SubTotal			ZMW 2,395.57

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	540.00 90kg bag(s)	2 90kg bag(s)	1,080.00
Soap (Lifebuoy/Champion)	14.40 Tablet(s)	3 Tablet(s)	43.20
Wash soap (BOOM)	19.60 400g	4 400g	78.40
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20 Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1350.00 Month(s)	1 Month(s)	1350.00
Jelly (Vaseline)	27.50 500ml	1 500ml	27.50
Sanitary towels	17.20 Pack of 10	2 Pack of 10	34.40
Toilet Paper (2ply)	5.40 Tissue(s)	6 Tissue(s)	32.40
Lotion (Dawn)	22.40 400ml	1 400ml	22.40
Subtotal			ZMW 3,048.30
Total for Basic Needs and Nutrition Basket			ZMW 5,443.87

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grades 8-12)	240.00	Maiteneke - Town	100.00
		Kaole- town	100.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item (Jan, 2023)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January 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 Kaole, Main market, shoprite, chilyapa and maiteneke market as well as Schools, clinics/hospitals, and filling stations around Mansa. The Basic Needs Basket is approximately US\$ 287.28 based upon the exchange rate Of K18.95. Other costs would include personal care, clothing, recreation, etc

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Reports

Advocacy on Living Conditions

2023-01-31

Mansa January 2023 Basic Needs and Nutrition Basket Report

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