

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**January 2023**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	189.00 25 kg bag	2 x 25Kg	378.00
Rice	83.93 5kg	4kg	67.14
Cassava Flour	19.84 1kg	6kg	119.02
Irish Potatoes	14.76 1 Kg	4 Kg	59.03
Beans	26.57 1kg	3kg	79.70
Pounded Groundnut	61.27 1kg	1kg	61.27
Soya Pieces	44.28 1 kg	2kg	88.56
Beef	68.60 1kg	2kg	137.20
Chicken	93.00 2kg	5kg	232.49
Kapenta	335.89 1kg	1kg	335.89
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	16.75 500 ml	10 liters	334.96
Vegetables	534.31 40 Kg	40kg	534.31
Onion	27.09 1 Kg	4 Kg	108.38
Tomatoes	13.48 1 kg	6 kg	80.89
Banana	15.63 1 Kg	16 Kg	250.13
Other Fruits	16.60 1 kg	14 Kg	232.45
Cooking oil (2.5lts)	126.93 2.5lt	3.6lt	182.78
Salt	11.40 1 Kg	1 Kg	11.40
Tea	45.37 250g	250g	45.37
<b>SubTotal</b>			<b>ZMW 3,518.95</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	225.00 90kg bag(s)	2 90kg bag(s)	450.00
Soap (Lifebuoy/Champion)	14.20 Tablet(s)	3 Tablet(s)	42.59
Wash soap (BOOM)	22.60 400g	4 400g	90.39
Electricity (medium density)	229.50 Month(s)	1 Month(s)	229.50.
Water & Sanitation (med - fixed)	210.40 Month(s)	1 Month(s)	210.40
Housing (3 bedroom)	905.00 Month(s)	1 Month(s)	905.00
Jelly (Vaseline)	34.00 500ml	1 500ml	34.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	4.84 Tissue(s)	6 Tissue(s)	29.04
Lotion (Dawn)	31.40 400ml	1 400ml	31.40
<b>Subtotal</b>			<b>ZMW 2,066.32</b>

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

**ZMW 5,584.91**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Manganda-Town	21.00
		Shoprite-Town	14.00
		Kapulanga-Town	31.50
School Uniform (Grades 8-12)	175.00		
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item (Fuel pump price Jan 2023)</b>	<b>Amount (ZMW)</b>
Registration (book)		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	6,129.33	7,577.20	8,082.71

This survey was conducted on 25<sup>th</sup> 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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite as well as Schools, clinics/hospitals, and filling stations around Mongu. The Basic Needs and Nutrition Basket is approximately US\$294.72 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc.

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# Mongu January 2023 Basic Needs and Nutrition Basket Report

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