

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	189.68 5kg	4kg	151.75
Irish Potatoes	21.54 1 Kg	4 Kg	86.14
Beans	35.98 1kg	3kg	107.95
Pounded Groundnut	43.22 1kg	1kg	43.22
Soya Pieces	64.68 1 kg	2kg	129.36
Beef	75.13 1kg	2kg	150.25
Chicken	95.00 2kg	5kg	237.50
Kapenta	224.84 1kg	1kg	224.84
Eggs	22.08 1 unit (10 eggs)	3 Trays (90 eggs)	198.75
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	401.08 40 Kg	40kg	401.08
Onion	18.74 1 Kg	4 Kg	74.98
Tomatoes	23.19 1 kg	6 kg	139.16
Banana	12.93 1 Kg	16 Kg	206.90
Other Fruits	11.96 1 kg	14 Kg	167.39
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	9.00 1 Kg	1 Kg	9.00
Tea	26.00 250g	250g	26.00
<b>SubTotal</b>			<b>ZMW 3,137.06</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	157.50 90kg bag(s)	2 90kg bag(s)	315.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	19.00 400g	4 400g	76.00
Electricity (medium density)	234.00 Month(s)	1 Month(s)	234.00
Water & Sanitation (med - fixed)	220.00 Month(s)	1 Month(s)	220.00
Housing (3 bedroom)	1,392.00 Month(s)	1 Month(s)	1,392.00
Jelly (Vaseline)	28.75 500ml	1 500ml	28.75
Sanitary towels	21.25 Pack of 10	2 Pack of 10	42.50
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,422.75</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,559.81</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	41.00
Item	Amount (ZMW)	Item (Fuel pump price, Jan 2023)	Amount (ZMW)
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	6129.33	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 Main Market, Town market, Manungu, Site and Service Market as well as Schools, clinics/hospitals, and filling stations around Monze. The Basic Needs and Nutrition Basket is approximately US\$293.39 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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# Monze January 2023 Basic Needs and Nutrition Basket Report

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