

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	187.20 25 kg bag	2 x 25Kg	374.40
Rice	86.23 5kg	4kg	68.98
Cassava Flour	17.20 1kg	6kg	103.20
Irish Potatoes	14.00 1 Kg	4 Kg	55.99
Beans	26.42 1kg	3kg	79.27
Pounded Groundnut	54.51 1kg	1kg	54.51
Soya Pieces	46.26 1 kg	2kg	92.53
Beef	69.80 1kg	2kg	139.60
Chicken	100.60 2kg	5kg	251.49
Kapenta	335.54 1kg	1kg	335.54
Eggs	20.80 1 unit (10 eggs)	3 Trays (90 eggs)	187.19
Milk (Fresh)	16.20 500 ml	10 liters	323.96
Vegetables	535.19 40 Kg	40kg	535.19
Onion	28.64 1 Kg	4 Kg	114.58
Tomatoes	14.17 1 kg	6 kg	85.01
Banana	13.38 1 Kg	16 Kg	214.13
Other Fruits	13.39 1 kg	14 Kg	187.41
Cooking oil (2.5lts)	131.33 2.5lt	3.6lt	189.12
Salt	11.40 1 Kg	1 Kg	11.40
Tea	45.37 250g	250g	45.37
SubTotal			ZMW 3,448.86

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	216.00 90kg bag(s)	2 90kg bag(s)	432.00
Soap (Lifebuoy/Champion)	13.80 Tablet(s)	3 Tablet(s)	41.39
Wash soap (BOOM)	23.00 400g	4 400g	91.99
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)	33.80 500ml	1 500ml	33.80
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	5.40 Tissue(s)	6 Tissue(s)	32.39
Lotion (Dawn)	32.40 400ml	1 400ml	32.40

Subtotal **ZMW 2,052.87**

Total for Basic Needs and Nutrition Basket **ZMW 5,501.73**

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Manganda-Town	20.00
		Shoprite-Town	20.00
		Kapulanga-Town	30.00
School Uniform (Grades 8-12)	175.00		
Item	Amount (ZMW)	Item (Fuel pump price Feb 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6,558.18	6,269.85	7,761.83	8,038.24

This survey was conducted on 25th February, 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\$278.43 based on the exchange rate of K 19.76 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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Mongu February 2023 Basic Needs and Nutrition Basket Report

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