

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.83 25 kg bag	2 x 25Kg	233.66
Rice	230.69 5kg	4kg	184.55
Cassava Flour	15.00 1kg	6kg	89.98
(Sweet) Potatoes	8.68 1 Kg	4 Kg	34.71
Beans	22.07 1kg	3kg	66.21
Pounded Groundnut	30.78 1kg	1kg	30.78
Soya Pieces	46.83 1 kg	2kg	93.66
Beef	83.33 1kg	2kg	166.66
Chicken	108.65 2kg	5kg	271.62
Kapenta	175.44 1kg	1kg	175.44
Eggs	18.83 1 unit (10 eggs)	3 Trays (90 eggs)	169.50
Milk (Fresh)	15.00 500 ml	10 liters	299.97
Vegetables	228.07 40 Kg	40kg	228.07
Onion	17.02 1 Kg	4 Kg	68.08
Tomatoes	9.00 1 kg	6 kg	53.99
Banana	13.99 1 Kg	16 Kg	223.84
Other Fruits	7.65 1 kg	14 Kg	107.04
Cooking oil (2.5lts)	104.17 2.5lt	3.6lt	150.00
Salt	16.33 1 Kg	1 Kg	16.33
Tea	40.62 250g	250g	40.62
SubTotal			ZMW 2,704.73

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	14.83 Tablet(s)	3 Tablet(s)	44.50
Wash soap (BOOM)	15.33 400g	4 400g	61.33
Jelly (Vaseline)	41.00 500ml	1 500ml	41.00
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.60 Tissue(s)	6 Tissue(s)	27.59
Toilet Paper (2ply)	5.00 Tablet(s)	6 Tablet(s)	30.00
Lotion (Dawn)	29.25 400ml	1 400ml	29.25
Subtotal			ZMW 2,172.78

Total for Basic Needs and Nutrition Basket

ZMW 4,877.51

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.00	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	100.00		
School Uniform (Grades 8-12)	1,533.00		
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)

Petrol (per litre)	17.62
Diesel (per litre)	15.59
Paraffin (per litre)	15.39

(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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

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 November, 2021 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 Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The November Basic Needs Basket is approximately US\$274.33 based upon the exchange rate Of K17.78. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2021-11-30

Mansa November 2021 Basic Needs and Nutrition Basket Report

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