

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.50 25 kg bag	2 x 25Kg	247.00
Rice	96.56 5kg	4kg	77.24
Cassava Flour	9.03 1kg	6kg	54.17
(Sweet) Potatoes	13.17 1 Kg	4 Kg	52.68
Beans	29.26 1kg	3kg	87.77
Pounded Groundnut	59.29 1kg	1kg	59.29
Soya Pieces	41.17 1 kg	2kg	82.33
Beef	63.83 1kg	2kg	127.66
Chicken	88.16 2kg	5kg	220.41
Kapenta	188.57 1kg	1kg	188.57
Eggs	19.89 1 unit (10 eggs)	3 Trays (90 eggs)	179.00
Milk (Fresh)	14.50 500 ml	10 liters	289.97
Vegetables	402.28 40 Kg	40kg	402.28
Onion	18.40 1 Kg	4 Kg	73.58
Tomatoes	11.36 1 kg	6 kg	68.14
Banana	11.52 1 Kg	16 Kg	184.31
Other Fruits	4.20 1 kg	14 Kg	58.80
Cooking oil (2.5lts)	118.72 2.5lt	3.6lt	170.95
Salt	13.83 1 Kg	1 Kg	13.83
SubTotal			ZMW 2,637.98

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	14.33 Tablet(s)	3 Tablet(s)	43.00
Wash soap (BOOM)	15.67 400g	4 400g	62.66
Jelly (Vaseline)	34.50 500ml	1 500ml	34.50
Electricity (medium density)	187.50 Month(s)	1 Month(s)	187.50
Water & Sanitation (med - fixed)	196.00 Month(s)	1 Month(s)	196.00
Housing (3 bedroom)	865.50 Month(s)	1 Month(s)	865.50
Sanitary towels	21.67 Pack of 10	2 Pack of 10	43.33
Toilet Paper (2ply)	4.53 Tissue(s)	6 Tissue(s)	27.17
Lotion (Dawn)	29.99 500ml	1 500ml	29.99
Lotion (Dawn)	31.00 400ml	1 400ml	31.00
Subtotal			ZMW 1,754.64
Total for Basic Needs and Nutrition Basket			ZMW 4,392.62

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	65.50	Manganda-Town	10.00
Grades 8-9 (User + PTA/year)	862.50	Shoprite-Town	10.00
School Uniform (Grades 8-12)	1,000.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The November Basic Needs Basket is approximately US\$247.05 based upon the exchange rate Of K17.78 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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Advocacy on Living Conditions

2021-11-30

Mongu November 2021 Basic Needs and Nutrition Basket Report

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