

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

December 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	175.25 5kg	4kg	140.20
Cassava Flour	15.04 1kg	6kg	90.23
(Sweet) Potatoes	16.73 1 Kg	4 Kg	66.91
Beans	19.89 1kg	3kg	59.68
Pounded Groundnut	23.80 1kg	1kg	23.80
Soya Pieces	35.62 1 kg	2kg	71.25
Beef	75.00 1kg	2kg	150.00
Chicken	94.40 2kg	5kg	235.99
Kapenta	192.05 1kg	1kg	192.05
Eggs	19.39 1 unit (10 eggs)	3 Trays (90 eggs)	174.50
Milk (Fresh)	15.33 500 ml	10 liters	306.63
Vegetables	355.24 40 Kg	40kg	355.24
Onion	13.61 1 Kg	4 Kg	54.44
Tomatoes	8.71 1 kg	6 kg	52.23
Banana	22.99 1 Kg	16 Kg	367.85
Other Fruits	7.25 1 kg	14 Kg	101.43
Cooking oil (2.5lts)	104.33 2.5lt	3.6lt	150.24
Salt	21.16 1 Kg	1 Kg	21.16
Tea	38.33 250g	250g	38.33
<b>SubTotal</b>			<b>ZMW 2,885.82</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	134.00 90kg bag(s)	2 90kg bag(s)	268.00
Soap (Lifebuoy/Champion)	14.83 Tablet(s)	3 Tablet(s)	44.50
Wash soap (BOOM)	16.50 400g	4 400g	66.00
Jelly (Vaseline)	29.50 500ml	1 500ml	29.50
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	17.60 Pack of 10	2 Pack of 10	35.20
Toilet Paper (2ply)	30.00 Tissue(s)	6 Tissue(s)	180.00
Lotion (Dawn)	26.67 400ml	1 400ml	26.67
<b>Subtotal</b>			<b>ZMW 2,188.99</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,074.81</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)

Petrol (per litre)	21.16
Diesel (per litre)	20.15
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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2021-12-31

# Mansa December 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/650>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*