

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**March 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.60 25 kg bag	2 x 25Kg	285.20
Rice	120.56 5kg	4kg	96.44
Cassava Flour	11.79 1kg	6kg	70.75
(Sweet) Potatoes	13.07 1 Kg	4 Kg	52.30
Beans	48.85 1kg	3kg	146.56
Pounded Groundnut	69.93 1kg	1kg	69.93
Soya Pieces	56.18 1 kg	2kg	112.37
Beef	54.00 1kg	2kg	108.00
Chicken	74.00 2kg	5kg	185.00
Kapenta	307.28 1kg	1kg	307.28
Eggs	19.13 1 unit (10 eggs)	3 Trays (90 eggs)	172.19
Milk (Fresh)	14.80 500 ml	10 liters	295.96
Vegetables	399.74 40 Kg	40kg	399.74
Onion	21.11 1 Kg	4 Kg	84.44
Tomatoes	9.57 1 kg	6 kg	57.42
Banana	13.16 1 Kg	16 Kg	210.62
Other Fruits	22.93 1 kg	14 Kg	321.07
Cooking oil (2.5lts)	121.66 2.5lt	3.6lt	175.20
Salt	10.40 1 kg	1 Kg	10.40
<b>SubTotal</b>			<b>ZMW 3,160.85</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	151.00 90kg bag(s)	2 90kg bag(s)	302.00
Soap (Lifebuoy/Champion)	12.60 Tablet(s)	3 Tablet(s)	37.79
Wash soap (BOOM)	14.30 400g	4 400g	57.19
Jelly (Vaseline)	32.00 500ml	1 500ml	32.00
Electricity (medium density)	187.50 Month(s)	1 Month(s)	187.50
Water & Sanitation (med - fixed)	196.60 Month(s)	1 Month(s)	196.60
Housing (3 bedroom)	862.50 Month(s)	1 Month(s)	862.50
Sanitary towels	21.20 Pack of 10	2 Pack of 10	42.40
Toilet Paper (2ply)	5.93 Tissue(s)	6 Tissue(s)	35.59
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 1,783.57</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,944.42</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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
Grades 10-12 (User + PTA/year)	1,000.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

## (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
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,953.66

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 27<sup>th</sup> March, 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 March Basic Needs Basket is approximately US\$224 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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