

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.00 25 kg bag	2 x 25Kg	232.00
Rice	224.74 5kg	4kg	179.79
Cassava Flour	10.58 1kg	6kg	63.51
(Sweet) Potatoes	6.83 1 Kg	4 Kg	27.33
Beans	23.79 1kg	3kg	71.37
Pounded Groundnut	75.30 1kg	1kg	75.30
Soya Pieces	47.05 1 kg	2kg	94.10
Beef	71.00 1kg	2kg	141.99
Chicken	81.55 2kg	5kg	203.88
Kapenta	170.30 1kg	1kg	170.30
Eggs	22.22 1 unit (10 eggs)	3 Trays (90 eggs)	200.00
Milk (Fresh)	16.00 500 ml	10 liters	319.97
Vegetables	216.56 40 Kg	40kg	216.56
Onion	60.37 1 Kg	4 Kg	241.48
Tomatoes	12.69 1 kg	6 kg	76.12
Banana	9.60 1 Kg	16 Kg	153.57
Other Fruits	16.87 1 kg	14 Kg	236.15
Cooking oil (2.5lts)	124.44 2.5lt	3.6lt	179.20
Salt	19.67 1 Kg	1 Kg	19.67
Tea	27.08 250g	250g	27.08
SubTotal			ZMW 2,929.36

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	223.20 90kg bag(s)	2 90kg bag(s)	446.40
Soap (Lifebuoy/Champion)	13.67 Tablet(s)	3 Tablet(s)	41.00
Wash soap (BOOM)	15.00 400g	4 400g	52.49
Jelly (Vaseline)	25.83 500ml	1 500ml	25.83
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	20.60 Pack of 10	2 Pack of 10	41.20
Toilet Paper (2ply)	4.75 Tissue(s)	6 Tissue(s)	28.50
Lotion (Dawn)	35.20 400ml	1 400ml	35.20
Subtotal			ZMW 2,209.75

Total for Basic Needs and Nutrition Basket

ZMW 5,139.10

(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)	1,000.00		
School Uniform (Grades 8-12)	1,533.00		

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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 July, 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 July Basic Needs Basket is approximately US\$268 based upon the exchange rate Of K19.20. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-07-31

Mansa July 2021 Basic Needs and Nutrition Basket Report

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