

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	112.17 25 kg bag	2 x 25Kg	224.33
Rice	111.56 5kg	4kg	89.25
Cassava Flour	11.89 1kg	6kg	71.35
(Sweet) Potatoes	9.46 1 Kg	4 Kg	37.83
Beans	34.24 1kg	3kg	102.71
Pounded Groundnut	78.87 1kg	1kg	78.87
Soya Pieces	50.62 1 kg	2kg	101.23
Beef	67.33 1kg	2kg	134.66
Chicken	70.66 2kg	5kg	176.66
Kapenta	168.90 1kg	1kg	168.90
Eggs	20.31 1 unit (10 eggs)	3 Trays (90 eggs)	182.75
Milk (Fresh)	10.25 500 ml	10 liters	204.98
Vegetables	204.60 40 Kg	40kg	204.60
Onion	17.03 1 Kg	4 Kg	68.13
Tomatoes	12.32 1 kg	6 kg	73.92
Banana	13.64 1 Kg	16 Kg	218.28
Other Fruits	33.84 1 kg	14 Kg	473.71
Cooking oil (2.5lts)	104.17 2.5lt	3.6lt	150.00
Salt	11.67 1 Kg	1 Kg	11.67
Tea	66.43 250g	250g	66.43
SubTotal			ZMW 2,840.26

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	183.60 90kg bag(s)	2 90kg bag(s)	367.20
Soap (Lifebuoy/Champion)	10.50 Tablet(s)	3 Tablet(s)	31.50
Wash soap (BOOM)	14.80 400g	4 400g	59.19
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
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	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	3.69 Tissue(s)	6 Tissue(s)	22.17
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 2,120.17

Total for Basic Needs and Nutrition Basket

ZMW 4,960.43

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.60	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	1,000.00		
School Uniform (Grades 8-9)	1,425.00		
School Uniform (Grades 8-12)	1,533.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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

Compositions of vegetables and fruits

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 27th March, 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 March Basic Needs Basket is approximately US\$225 based upon the exchange rate Of K22.04. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-03-31

Mansa March 2021 Basic Needs and Nutrition Basket Report

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