

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**July 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.75 25 kg bag	2 x 25Kg	241.51
Rice	98.83 5kg	4kg	79.07
Cassava Flour	10.74 1kg	6kg	64.45
(Sweet) Potatoes	16.00 1 Kg	4 Kg	63.99
Beans	36.23 1kg	3kg	108.70
Pounded Groundnut	64.66 1kg	1kg	64.66
Soya Pieces	133.42 1 kg	2kg	266.84
Beef	56.67 1kg	2kg	113.33
Chicken	82.50 2kg	5kg	206.25
Kapenta	223.97 1kg	1kg	223.97
Eggs	24.28 1 unit (10 eggs)	3 Trays (90 eggs)	218.50
Milk (Fresh)	14.33 500 ml	10 liters	286.63
Vegetables	433.32 40 Kg	40kg	433.32
Onion	19.49 1 Kg	4 Kg	77.97
Tomatoes	10.07 1 kg	6 kg	60.42
Banana	11.39 1 Kg	16 Kg	182.17
Other Fruits	10.63 1 kg	14 Kg	148.83
Cooking oil (2.5lts)	123.39 2.5lt	3.6lt	177.68
Salt	11.33 1 Kg	1 Kg	11.33
<b>SubTotal</b>			<b>ZMW 3,029.61</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	176.40 90kg bag(s)	2 90kg bag(s)	352.80
Soap (Lifebuoy/Champion)	13.67 Tablet(s)	3 Tablet(s)	41.00
Wash soap (BOOM)	16.50 400g	4 400g	65.99
Jelly (Vaseline)	32.83 500ml	1 500ml	32.83
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)	865.50 Month(s)	1 Month(s)	865.50
Sanitary towels	21.50 Pack of 10	2 Pack of 10	33.00
Toilet Paper (2ply)	8.25 Tissue(s)	6 Tissue(s)	49.49
Lotion (Dawn)	31.17 400ml	1 400ml	31.17
<b>Subtotal</b>			<b>ZMW 1,855.87</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,885.48**

## (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
		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 27<sup>th</sup> July, 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 July Basic Needs Basket is approximately US\$254 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc

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