

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Monze**

**July 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.25 25 kg bag	2 x 25Kg	262.50
Rice	161.79 5kg	4kg	129.43
(Sweet) Potatoes	6.10 1 Kg	4 Kg	24.42
Beans	52.25 1kg	3kg	156.75
Pounded Groundnut	48.72 1kg	1kg	48.72
Soya Pieces	69.14 1 kg	2kg	138.28
Beef	52.50 1kg	2kg	105.00
Chicken	81.25 2kg	5kg	203.13
Kapenta	164.41 1kg	1kg	164.41
Eggs	21.08 1 unit (10 eggs)	3 Trays (90 eggs)	189.75
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	370.81 40 Kg	40kg	370.81
Onion	17.01 1 Kg	4 Kg	68.03
Tomatoes	6.58 1 kg	6 kg	39.46
Banana	13.15 1 Kg	16 Kg	210.34
Other Fruits	37.00 1 kg	14 Kg	518.07
Cooking oil (2.5lts)	132.63 2.5lt	3.6lt	190.98
Salt	9.00 1 Kg	1 Kg	9.00
Tea	29.00 250g	250g	29.00
<b>SubTotal</b>			<b>ZMW 3,158.08</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.75 90kg bag(s)	2 90kg bag(s)	445.50
Soap (Lifebuoy/Champion)	14.75 Tablet(s)	3 Tablet(s)	44.25
Wash soap (BOOM)	17.25 400g	4 400g	69.00
Jelly (Vaseline)	26.50 500ml	1 500ml	26.50
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	214.00 Month(s)	1 Month(s)	214.00
Housing (3 bedroom)	1,300.00 Month(s)	1 Month(s)	1,300.00
Sanitary towels	18.25 Pack of 10	2 Pack of 10	36.50
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	33.00 400ml	1 400ml	33.00
<b>Subtotal</b>			<b>ZMW 2,307.75</b>

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

**ZMW 5,465.83**

## (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)	157.50	Manungu	35.00
Grades 8-9 (User + PTA/year)	225.00		
Grades 10-12 (User + PTA/year)	250.00		
<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

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 Main Market, Town centre, Manungu Market, and Site and Service Market. Additional information was obtained from ZESCO, the Southern Water and Sewerage Company and schools, clinics and houses around Monze. The July Basic Needs Basket is approximately US\$285 based upon the exchange rate Of K19.20 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 Website: 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

---

2021-07-31

# Monze July 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/703>

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