

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**January 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.80 25 kg bag	2 x 25Kg	279.60
Rice	93.08 5kg	4kg	74.46
Cassava Flour	11.26 1kg	6kg	67.58
(Sweet) Potatoes	15.95 1 Kg	4 Kg	63.79
Beans	46.71 1kg	3kg	140.14
Pounded Groundnut	69.90 1kg	1kg	69.90
Soya Pieces	47.38 1 kg	2kg	94.76
Beef	56.60 1kg	2kg	113.20
Chicken	80.71 2kg	5kg	201.78
Kapenta	273.71 1kg	1kg	273.71
Eggs	21.25 1 unit (10 eggs)	3 Trays (90 eggs)	191.25
Milk (Fresh)	10.50 500 ml	10 liters	209.96
Vegetables	289.05 40 Kg	40kg	289.05
Onion	13.07 1 Kg	4 Kg	52.29
Tomatoes	11.86 1 kg	6 kg	71.16
Banana	12.75 1 Kg	16 Kg	204.07
Other Fruits	3.45 1 kg	14 Kg	48.28
Cooking oil (2.5lts)	105.60 2.5lt	3.6lt	152.06
Salt	9.20 1 kg	1 Kg	9.20
<b>SubTotal</b>			<b>ZMW 2,606.24</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.00 90kg bag(s)	2 90kg bag(s)	324.00
Soap (Lifebuoy/Champion)	13.20 Tablet(s)	3 Tablet(s)	39.59
Wash soap (BOOM)	14.30 400g	4 400g	57.19
Jelly (Vaseline)	31.40 500ml	1 500ml	31.40
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	19.60 Pack of 10	2 Pack of 10	39.20
Toilet Paper (2ply)	5.30 Tissue(s)	6 Tissue(s)	31.80
Lotion (Dawn)	26.40 400ml	1 400ml	26.40
<b>Subtotal</b>			<b>ZMW 1,796.18</b>

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

**ZMW 4,402.41**

## (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		

## *Health*

<i>Fuel (cost at the pump)</i>	
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

### Compositions of vegetables and fruits

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

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> January, 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 January Basic Needs Basket is approximately US\$204 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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