

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.50 25 kg bag	2 x 25Kg	203.00
Rice	149.52 5kg	4kg	119.62
(Sweet) Potatoes	12.52 1 Kg	4 Kg	50.06
Beans	31.26 1kg	3kg	93.79
Pounded Groundnut	31.88 1kg	1kg	31.88
Soya Pieces	43.14 1 kg	2kg	86.28
Beef	56.38 1kg	2kg	112.75
Chicken	91.25 2kg	5kg	228.13
Kapenta	152.34 1kg	1kg	152.34
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	183.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	246.36 40 Kg	40kg	246.36
Onion	14.18 1 Kg	4 Kg	56.70
Tomatoes	8.22 1 kg	6 kg	49.32
Banana	9.70 1 Kg	16 Kg	155.25
Other Fruits	33.37 1 kg	14 Kg	467.11
Cooking oil (2.5lts)	126.25 2.5lt	3.6lt	181.80
Salt	9.25 1 Kg	1 Kg	9.25
Tea	25.00 250g	250g	25.00
<b>SubTotal</b>			<b>ZMW 2,731.65</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	212.00 90kg bag(s)	2 90kg bag(s)	424.00
Soap (Lifebuoy/Champion)	15.25 Tablet(s)	3 Tablet(s)	45.75
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	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.75 Tissue(s)	6 Tissue(s)	40.50
Lotion (Dawn)	33.00 400ml	1 400ml	33.00
<b>Subtotal</b>			<b>ZMW 2,292.75</b>

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

**ZMW 5,024.40**

## (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)
		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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

### 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> September, 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 September Basic Needs Basket is approximately US\$301 based upon the exchange rate Of K16.67 Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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Statements

Advocacy on Living Conditions

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Jesuit Center For Theological Reflection

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