

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**May 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.60 25 kg bag	2 x 25Kg	259.20
Rice	103.25 5kg	4kg	82.60
Cassava Flour	10.31 1kg	6kg	61.89
(Sweet) Potatoes	17.60 1 Kg	4 Kg	70.39
Beans	38.36 1kg	3kg	115.07
Pounded Groundnut	55.76 1kg	1kg	55.76
Soya Pieces	40.13 1 kg	2kg	80.25
Beef	58.00 1kg	2kg	116.00
Chicken	82.00 2kg	5kg	204.99
Kapenta	220.52 1kg	1kg	220.52
Eggs	20.60 1 unit (10 eggs)	3 Trays (90 eggs)	185.39
Milk (Fresh)	14.00 500 ml	10 liters	279.96
Vegetables	319.34 40 Kg	40kg	319.34
Onion	21.36 1 Kg	4 Kg	85.44
Tomatoes	9.80 1 kg	6 kg	58.81
Banana	17.42 1 Kg	16 Kg	278.69
Other Fruits	19.32 1 kg	14 Kg	270.48
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.40 1 kg	1 Kg	11.40
<b>SubTotal</b>			<b>ZMW 2,943.37</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	139.50 90kg bag(s)	2 90kg bag(s)	279.00
Soap (Lifebuoy/Champion)	13.20 Tablet(s)	3 Tablet(s)	39.59
Wash soap (BOOM)	14.40 400g	4 400g	57.59
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	21.60 Pack of 10	2 Pack of 10	43.20
Toilet Paper (2ply)	4.63 Tissue(s)	6 Tissue(s)	27.80
Lotion (Dawn)	31.60 400ml	1 400ml	31.60
<b>Subtotal</b>			<b>ZMW 1,756.78</b>

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

**ZMW 4,700.14**

## (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)	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		
<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

## (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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

### 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> May, 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 May Basic Needs Basket is approximately US\$209 based upon the exchange rate Of K22.51 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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