

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

December 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	66.70 5kg	4kg	53.36
Cassava Flour	10.68 1kg	6kg	64.09
(Sweet) Potatoes	6.50 1 Kg	4 Kg	26.00
Beans	21.66 1kg	3kg	64.98
Pounded Groundnut	21.23 1kg	1kg	21.23
Soya Pieces	43.68 1 kg	2kg	87.36
Beef	61.32 1kg	2kg	122.64
Chicken	114.00 2kg	5kg	285.00
Kapenta	143.17 1kg	1kg	143.17
Eggs	19.27 1 unit (10 eggs)	3 Trays (90 eggs)	173.40
Milk (Fresh)	14.25 500 ml	10 liters	284.95
Vegetables	360.77 40 Kg	40kg	360.77
Onion	12.09 1 Kg	4 Kg	48.37
Tomatoes	13.05 1 kg	6 kg	78.31
Banana	14.61 1 Kg	16 Kg	233.78
Other Fruits	7.55 1 kg	14 Kg	105.66
Cooking oil (2.5lts)	107.50 2.5lt	3.6lt	154.80
Salt	14.50 1 Kg	1 Kg	14.50
<b>SubTotal</b>			<b>ZMW 2,601.95</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	95.00 90kg bag(s)	2 90kg bag(s)	190.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	44.99
Wash soap (BOOM)	15.60 400g	4 400g	62.4
Jelly (Vaseline)	35.40 500ml	1 500ml	35.40
Electricity (medium density)	187.50 Month(s)	1 Month(s)	187.50
Water & Sanitation (med - fixed)	196.00 Month(s)	1 Month(s)	196.00
Housing (3 bedroom)	865.50 Month(s)	1 Month(s)	865.50
Sanitary towels	22.50 Pack of 10	2 Pack of 10	45.00
Toilet Paper (2ply)	21.31 Tissue(s)	6 Tissue(s)	127.88
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 1,737.86</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,339.81</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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
School Uniform (Grades 8-12)	1,000.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15
		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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$.. based upon the exchange rate Of K22.70. 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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2021-12-31

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