

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.50 25 kg bag	2 x 25Kg	251.00
Rice	99.59 5kg	4kg	79.67
Cassava Flour	3.72 1kg	6kg	22.29
(Sweet) Potatoes	10.90 1 Kg	4 Kg	43.58
Beans	31.19 1kg	3kg	93.58
Pounded Groundnut	34.05 1kg	1kg	34.05
Soya Pieces	42.36 1 kg	2kg	84.72
Beef	57.00 1kg	2kg	113.99
Chicken	54.20 2kg	5kg	135.49
Kapenta	153.72 1kg	1kg	153.72
Eggs	15.11 1 unit (10 eggs)	3 Trays (90 eggs)	136.00
Milk (Fresh)	9.60 500 ml	10 liters	191.96
Vegetables	204.73 40 Kg	40kg	204.73
Onion	19.84 1 Kg	4 Kg	79.37
Tomatoes	9.95 1 kg	6 kg	59.69
Banana	25.43 1 Kg	16 Kg	406.80
Other Fruits	10.55 1 kg	14 Kg	147.66
Cooking oil (2.5lts)	81.22 2.5lt	3.6lt	116.96
Salt	11.00 1 Kg	1 Kg	11.00
Tea	24.54 250g	250g	24.54
SubTotal			ZMW 2,390.79

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	122.00 90kg bag(s)	2 90kg bag(s)	244.00
Soap (Lifebuoy/Champion)	10.40 Tablet(s)	3 Tablet(s)	31.19
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	27.83 500ml	1 500ml	27.83
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	33.99
Toilet Paper (2ply)	7.92 Tissue(s)	6 Tissue(s)	47.50
Lotion (Dawn)	31.20 400ml	1 400ml	31.20
Subtotal			ZMW 2,014.84

Total for Basic Needs and Nutrition Basket

ZMW 4,405.63

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.50	Maiteneke-Town	10.00
Grades 8-9 (User + PTA/year)	266.60	Kaole -Town	8.00
Grades 10-12 (User + PTA/year)	1,600.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
High cost fee	550.00	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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

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 27th November, 2020 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 Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The November Basic Needs Basket is approximately US\$210 based upon the exchange rate Of K21.02 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

2020-11-30

Mansa November 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/739>

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