

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.17 25 kg bag	2 x 25Kg	262.33
Rice	155.18 5kg	4kg	124.14
Cassava Flour	16.94 1kg	6kg	101.66
(Sweet) Potatoes	11.97 1 Kg	4 Kg	47.88
Beans	32.23 1kg	3kg	96.68
Pounded Groundnut	56.34 1kg	1kg	56.34
Soya Pieces	31.43 1 kg	2kg	62.86
Beef	44.17 1kg	2kg	88.33
Chicken	67.00 2kg	5kg	167.50
Kapenta	239.66 1kg	1kg	239.66
Eggs	20.83 1 unit (10 eggs)	3 Trays (90 eggs)	187.49
Milk (Fresh)	9.08 500 ml	10 liters	181.65
Vegetables	274.56 40 Kg	40kg	274.56
Onion	12.98 1 Kg	4 Kg	51.92
Tomatoes	9.95 1 kg	6 kg	59.70
Banana	15.08 1 Kg	16 Kg	241.35
Other Fruits	1.83 1 kg	14 Kg	25.64
Cooking oil (2.5lts)	90.83 2.5lt	3.6lt	130.80
Salt	8.50 1 Kg	1 Kg	8.50
SubTotal			ZMW 2,408.99

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	104.40 90kg bag(s)	2 90kg bag(s)	208.80
Soap (Lifebuoy/Champion)	11.25 Tablet(s)	3 Tablet(s)	33.75
Wash soap (BOOM)	14.00 400g	4 400g	55.99
Jelly (Vaseline)	24.17 500ml	1 500ml	24.17
Electricity (medium density)	255.00 Month(s)	1 Month(s)	255.00
Water & Sanitation (med - fixed)	210.00 Month(s)	1 Month(s)	210.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	17.17 Pack of 10	2 Pack of 10	34.33
Toilet Paper (2ply)	5.95 Tissue(s)	6 Tissue(s)	35.70
Lotion (Dawn)	37.50 400ml	1 400ml	37.50
Subtotal			ZMW 1,895.24

Total for Basic Needs and Nutrition Basket

ZMW 4,304.22

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,720.00	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,720.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	20.00		

(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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The November Basic Needs Basket is approximately US\$205 based upon the exchange rate of K21.02. Other costs would include personal care, clothing, recreation, etc.

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2020-11-30

Mongu November 2020 Basic Needs and Nutrition Basket Report

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