

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.50 25 kg bag	2 x 25Kg	209.00
Rice	103.92 5kg	4kg	83.14
Cassava Flour	4.31 1kg	6kg	25.86
(Sweet) Potatoes	11.71 1 Kg	4 Kg	46.83
Beans	30.64 1kg	3kg	91.92
Pounded Groundnut	34.05 1kg	1kg	34.05
Soya Pieces	38.92 1 kg	2kg	77.84
Beef	60.00 1kg	2kg	119.99
Chicken	51.40 2kg	5kg	128.50
Kapenta	105.47 1kg	1kg	105.47
Eggs	15.33 1 unit (10 eggs)	3 Trays (90 eggs)	137.99
Milk (Fresh)	9.67 500 ml	10 liters	193.30
Vegetables	224.87 40 Kg	40kg	224.87
Onion	20.72 1 Kg	4 Kg	82.86
Tomatoes	10.37 1 kg	6 kg	62.21
Banana	11.99 1 Kg	16 Kg	191.84
Other Fruits	5.34 1 kg	14 Kg	74.73
Cooking oil (2.5lts)	86.94 2.5lt	3.6lt	125.20
Salt	11.00 1 Kg	1 Kg	11.00
Tea	21.85 250g	250g	21.85
SubTotal			ZMW 2,048.44

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.60 90kg bag(s)	2 90kg bag(s)	277.20
Soap (Lifebuoy/Champion)	10.50 Tablet(s)	3 Tablet(s)	31.50
Wash soap (BOOM)	14.67 400g	4 400g	51.16
Jelly (Vaseline)	27.17 500ml	1 500ml	27.17
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	18.33 Pack of 10	2 Pack of 10	36.66
Toilet Paper (2ply)	3.94 Tissue(s)	6 Tissue(s)	23.67
Lotion (Dawn)	27.00 400ml	1 400ml	27.00
Subtotal			ZMW 2,013.47
Total for Basic Needs and Nutrition Basket			ZMW 4,061.91

(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)	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		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	200.00	Petrol (per litre)	17.62
High cost fee	550.00	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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 December, 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 December Basic Needs Basket is approximately US\$192 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-12-31

Mansa December 2020 Basic Needs and Nutrition Basket Report

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