

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.00 25 kg bag	2 x 25Kg	266.00
Rice	95.92 5kg	4kg	76.74
Cassava Flour	9.11 1kg	6kg	54.68
(Sweet) Potatoes	14.07 1 Kg	4 Kg	56.29
Beans	41.32 1kg	3kg	123.97
Pounded Groundnut	90.88 1kg	1kg	90.88
Soya Pieces	35.04 1 kg	2kg	70.08
Beef	51.50 1kg	2kg	103.00
Chicken	77.33 2kg	5kg	193.33
Kapenta	265.04 1kg	1kg	265.04
Eggs	21.08 1 unit (10 eggs)	3 Trays (90 eggs)	189.74
Milk (Fresh)	10.67 500 ml	10 liters	213.30
Vegetables	279.24 40 Kg	40kg	279.24
Onion	10.71 1 Kg	4 Kg	42.82
Tomatoes	11.71 1 kg	6 kg	70.27
Banana	13.45 1 Kg	16 Kg	215.14
Other Fruits	2.03 1 kg	14 Kg	28.37
Cooking oil (2.5lts)	106.67 2.5lt	3.6lt	153.60
Salt	11.67 1 Kg	1 Kg	11.67
SubTotal			ZMW 2,504.14

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	252.00
Soap (Lifebuoy/Champion)	10.50 Tablet(s)	3 Tablet(s)	31.50
Wash soap (BOOM)	11.75 400g	4 400g	46.99
Jelly (Vaseline)	31.40 500ml	1 500ml	31.40
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	16.83 Pack of 10	2 Pack of 10	116.96
Toilet Paper (2ply)	4.78 Tissue(s)	6 Tissue(s)	28.67
Lotion (Dawn)	29.50 400ml	1 400ml	29.50
Subtotal			ZMW 2,002.01

Total for Basic Needs and Nutrition Basket

ZMW 4,506.16

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	400.00	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		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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	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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The December Basic Needs Basket is approximately US\$213 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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2020-12-31

Mongu December 2020 Basic Needs and Nutrition Basket Report

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