

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	159.17 25 kg bag	2 x 25Kg	318.33
Rice	96.20 5kg	4kg	76.96
Cassava Flour	14.16 1kg	6kg	84.98
(Sweet) Potatoes	5.52 1 Kg	4 Kg	22.08
Beans	20.68 1kg	3kg	62.05
Pounded Groundnut	34.59 1kg	1kg	34.59
Soya Pieces	29.21 1 kg	2kg	58.41
Beef	43.33 1kg	2kg	86.66
Chicken	58.33 2kg	5kg	145.83
Kapenta	107.77 1kg	1kg	107.77
Eggs	12.64 1 unit (10 eggs)	3 Trays (90 eggs)	113.75
Milk (Fresh)	7.33 500 ml	10 liters	146.63
Vegetables	288.72 40 Kg	40kg	288.72
Onion	15.77 1 Kg	4 Kg	63.09
Tomatoes	34.44 1 kg	6 kg	206.62
Banana	26.85 1 Kg	16 Kg	429.55
Other Fruits	24.99 1 kg	14 Kg	349.86
Cooking oil (2.5lts)	66.54 2.5lt	3.6lt	95.82
Salt	12.66 1 Kg	1 Kg	12.66
Tea	31.33 250g	250g	31.33
SubTotal			ZMW 2,735.68

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.80 90kg bag(s)	2 90kg bag(s)	253.60
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.92 400g	4 400g	43.66
Jelly (Vaseline)	25.00 500ml	1 500ml	25.00
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	17.99 Pack of 10	2 Pack of 10	35.98
Toilet Paper (2ply)	2.96 Tissue(s)	6 Tissue(s)	17.74
Lotion (Dawn)	18.00 250g	1 250g	18.00
Lotion (Dawn)	19.33 250ml	1 250ml	19.33
Subtotal			ZMW 1,978.43

Total for Basic Needs and Nutrition Basket

ZMW 4,714.12

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	225.00	Maiteneke-Town	16.00
Grades 8-9 (User + PTA/year)	400.00	Kaole -Town	12.00
Grades 10-12 (User + PTA/year)	1,600.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

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 March, 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 March Basic Needs Basket is approximately US\$265 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-03-30

Mansa March 2020 Basic Needs and Nutrition Basket Report

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