

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	161.33 25 kg bag	2 x 25Kg	322.66
Rice	120.05 5kg	4kg	96.04
Cassava Flour	10.87 1kg	6kg	65.21
(Sweet) Potatoes	11.44 1 Kg	4 Kg	45.76
Beans	27.84 1kg	3kg	83.53
Pounded Groundnut	54.48 1kg	1kg	54.48
Soya Pieces	32.43 1 kg	2kg	64.87
Beef	34.00 1kg	2kg	68.00
Chicken	53.83 2kg	5kg	134.58
Kapenta	206.07 1kg	1kg	206.07
Eggs	14.72 1 unit (10 eggs)	3 Trays (90 eggs)	132.50
Milk (Fresh)	8.22 500 ml	10 liters	164.30
Vegetables	205.03 40 Kg	40kg	205.03
Onion	18.72 1 Kg	4 Kg	74.86
Tomatoes	8.29 1 kg	6 kg	49.73
Banana	12.92 1 Kg	16 Kg	206.68
Other Fruits	18.08 1 kg	14 Kg	253.12
Cooking oil (2.5lts)	67.50 2.5lt	3.6lt	97.20
Salt	5.83 1 Kg	1 Kg	5.83
SubTotal			ZMW 2,330.44

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	88.20 90kg bag(s)	2 90kg bag(s)	176.40
Soap (Lifebuoy/Champion)	8.50 Tablet(s)	3 Tablet(s)	25.50
Wash soap (BOOM)	11.30 400g	4 400g	45.19
Jelly (Vaseline)	19.33 500ml	1 500ml	19.33
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	14.83 Pack of 10	2 Pack of 10	29.66
Toilet Paper (2ply)	6.25 Tissue(s)	6 Tissue(s)	37.49
Lotion (Dawn)	21.67 250ml	1 250ml	21.67
Subtotal			ZMW 1,820.24

Total for Basic Needs and Nutrition Basket

ZMW 4,150.68

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,752.00	Shoprite-Town	10.00
School Uniform (Grades 8-12)	1,720.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,76491	5,491.01	5,382.93	6,098.18	5,690.61	4901.28	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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The March Basic Needs Basket is approximately US\$234 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2020-03-30

Mongu March 2020 Basic Needs and Nutrition Basket Report

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