

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.50 25 kg bag	2 x 25Kg	205.00
Rice	96.00 5kg	4kg	76.80
Cassava Flour	5.45 1kg	6kg	32.73
(Sweet) Potatoes	11.59 1 Kg	4 Kg	46.35
Beans	20.26 1kg	3kg	60.79
Pounded Groundnut	30.89 1kg	1kg	30.89
Soya Pieces	20.83 1 kg	2kg	41.65
Beef	48.33 1kg	2kg	96.66
Chicken	50.33 2kg	5kg	125.83
Kapenta	108.91 1kg	1kg	108.91
Eggs	14.94 1 unit (10 eggs)	3 Trays (90 eggs)	134.50
Milk (Fresh)	7.83 500 ml	10 liters	156.60
Vegetables	167.93 40 Kg	40kg	167.93
Onion	37.77 1 Kg	4 Kg	151.07
Tomatoes	8.04 1 kg	6 kg	48.27
Banana	11.93 1 Kg	16 Kg	190.86
Other Fruits	10.88 1 kg	14 Kg	152.28
Cooking oil (2.5lts)	78.00 2.5lt	3.6lt	112.32
Salt	11.50 1 kg	1 Kg	11.50
Tea	34.00 250g	250g	34.00
SubTotal			ZMW 1,984.92

(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)	9.83 Tablet(s)	3 Tablet(s)	29.50
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	34.00 500ml	1 500ml	34.00
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	11.50 Pack of 10	2 Pack of 10	22.99
Toilet Paper (2ply)	4.45 Tissue(s)	6 Tissue(s)	26.67
Lotion (Dawn)	21.83 250ml	1 250ml	21.83
Subtotal			ZMW 1,986.11

Total for Basic Needs and Nutrition Basket

ZMW 3,971.03

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.50	Kaole -Town	16.00
Grades 8-9 (User + PTA/year)	266.60	Senama-Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	200.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

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 July, 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 July Basic Needs Basket is approximately US\$218.19 based upon the exchange rate of K18.20. Other costs would include personal care, clothing, recreation, etc

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2020-07-31

Mansa July 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/793>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)