

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.50 25 kg bag	2 x 25Kg	233.00
Rice	206.08 5kg	4kg	164.87
Cassava Flour	15.19 1kg	6kg	91.11
(Sweet) Potatoes	11.33 1 Kg	4 Kg	45.30
Beans	21.90 1kg	3kg	65.69
Pounded Groundnut	37.30 1kg	1kg	37.30
Soya Pieces	42.36 1 kg	2kg	84.72
Beef	87.00 1kg	2kg	173.99
Chicken	71.43 2kg	5kg	178.57
Kapenta	142.43 1kg	1kg	142.43
Eggs	16.06 1 unit (10 eggs)	3 Trays (90 eggs)	144.50
Milk (Fresh)	16.00 500 ml	10 liters	319.97
Vegetables	238.41 40 Kg	40kg	238.41
Onion	14.16 1 Kg	4 Kg	56.65
Tomatoes	12.35 1 kg	6 kg	74.07
Banana	10.05 1 Kg	16 Kg	160.88
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	101.83 2.5lt	3.6lt	146.64
Salt	11.33 1 Kg	1 Kg	11.33
Tea	31.24 250g	250g	31.24
SubTotal			ZMW 2,820.51

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	14.67 Tablet(s)	3 Tablet(s)	44.00
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	24.50 500ml	1 500ml	24.50
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	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	29.99
Lotion (Dawn)	31.25 400ml	1 400ml	31.25
Subtotal			ZMW 2,130.85

Total for Basic Needs and Nutrition Basket

ZMW 4,951.37

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.00	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	100.00		
School Uniform (Grades 8-12)	1,533.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 2021 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 October Basic Needs Basket is approximately US\$288 based upon the exchange rate Of K17.22. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2021-10-31

Mansa October 2021 Basic Needs and Nutrition Basket Report

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