

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mansa**

**December 2019**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)			
Mealie Meal (Roller)	130.40 25 kg bag	2 x 25Kg	260.80
Rice	77.92 5kg	4kg	62.33
Cassava Flour	5.40 1kg	6kg	32.42
(Sweet) Potatoes	7.46 1 Kg	4 Kg	29.82
Beans	15.90 1kg	3kg	47.71
Pounded Groundnut	34.87 1kg	1kg	34.87
Soya Pieces	30.67 1 kg	2kg	61.34
Beef	44.33 1kg	2kg	88.66
Chicken	44.40 2kg	5kg	110.99
Kapenta	40.06 1kg	1kg	40.06
Eggs	12.64 1 unit (10 eggs)	3 Trays (90 eggs)	113.73
Milk (Fresh)	7.47 500 ml	10 liters	149.30
Vegetables	215.87 40 Kg	40kg	215.87
Onion	10.62 1 Kg	4 Kg	42.49
Tomatoes	6.63 1 kg	6 kg	39.75
Banana	14.99 1 Kg	16 Kg	239.84
Other Fruits	4.79 1 kg	14 Kg	67.10
Cooking oil (2.5lts)	20.00 2.5lt	3.6lt	28.80
Salt	11.66 1 Kg	1 Kg	11.66
Tea	33.00 250g	250g	33.00
<b>SubTotal</b>			<b>ZMW 1,710.55</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.60 90kg bag(s)	2 90kg bag(s)	241.20
Soap (Lifebuoy/Champion)	9.00 Tablet(s)	3 Tablet(s)	27.00
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	23.33 500ml	1 500ml	23.33
Electricity (medium density)	196.00 Month(s)	1 Month(s)	196.00
Water & Sanitation (med - fixed)	132.50 Month(s)	1 Month(s)	132.50
Housing (3 bedroom)	2,116.50 Month(s)	1 Month(s)	2,116.50
Sanitary towels	23.00 Pack of 10	2 Pack of 10	45.99
Toilet Paper (2ply)	4.42 Tissue(s)	6 Tissue(s)	26.50
Lotion (Dawn)	18.00 250g	1 250g	18.00
Lotion (Dawn)	18.40 250ml	1 250ml	18.40
<b>Subtotal</b>			<b>ZMW 2,885.41</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,595.96**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Maiteneke-Town	8.00
Grades 10-12 (User + PTA/year)	600.00	Senama-Town	8.00

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	Petrol (per litre)	17.62
Malaria test	20.00	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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

**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 and Oranges.

This survey was conducted on 27th December, 2019 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 Maiteneke Market, Kaole Market, Chilyapa Market, Down Market, Main Market and Shoprite.

Additional information was obtained from ZESCO, Luapula Water and Sewerage Company and schools, clinics, hospital and houses around Mansa. The December Basic Needs Basket is approximately US\$332 based upon the exchange rate Of K13.85. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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