

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

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)	147.20 25 kg bag	2 x 25Kg	294.40
Rice	93.60 5kg	4kg	74.88
Cassava Flour	8.55 1kg	6kg	51.32
(Sweet) Potatoes	8.26 1 Kg	4 Kg	33.05
Beans	21.42 1kg	3kg	64.26
Pounded Groundnut	59.79 1kg	1kg	59.79
Soya Pieces	36.72 1 kg	2kg	73.44
Beef	27.67 1kg	2kg	55.34
Chicken	57.66 2kg	5kg	144.16
Kapenta	176.02 1kg	1kg	176.02
Eggs	14.22 1 unit (10 eggs)	3 Trays (90 eggs)	128.00
Milk (Fresh)	8.33 500 ml	10 liters	166.63
Vegetables	221.49 40 Kg	40kg	221.49
Onion	9.87 1 Kg	4 Kg	39.49
Tomatoes	10.63 1 kg	6 kg	63.78
Banana	7.89 1 Kg	16 Kg	126.23
Other Fruits	1.25 1 kg	14 Kg	17.48
Cooking oil (2.5lts)	60.00 2.5lt	3.6lt	86.40
Salt	7.25 1 Kg	1 Kg	7.25
SubTotal			ZMW 1,883.39

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	93.60 90kg bag(s)	2 90kg bag(s)	187.20
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	26.50 500ml	1 500ml	26.50
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
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	14.80 Pack of 10	2 Pack of 10	29.60
Toilet Paper (2ply)	6.20 Tissue(s)	6 Tissue(s)	37.19
Lotion (Dawn)	20.82 250ml	1 250ml	20.82
Subtotal			ZMW 1,869.29
Total for Basic Needs and Nutrition Basket			ZMW 3,752.68

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00		
Grades 8-9 (User + PTA/year)	600.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	20.00	Diesel (per litre)	15.59
Malaria test	20.00	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 town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The December Basic Needs Basket is approximately US\$271 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 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

2019-12-31

Mongu December 2019 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/817>

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