

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.80 25 kg bag	2 x 25Kg	273.60
Rice	90.39 5kg	4kg	72.31
Cassava Flour	8.16 1kg	6kg	48.96
(Sweet) Potatoes	12.59 1 Kg	4 Kg	50.34
Beans	32.02 1kg	3kg	96.07
Pounded Groundnut	83.68 1kg	1kg	83.68
Soya Pieces	40.51 1 kg	2kg	81.02
Beef	61.00 1kg	2kg	122.00
Chicken	86.44 2kg	5kg	216.09
Kapenta	148.35 1kg	1kg	148.35
Eggs	19.87 1 unit (10 eggs)	3 Trays (90 eggs)	178.79
Milk (Fresh)	13.40 500 ml	10 liters	267.96
Vegetables	549.38 40 Kg	40kg	549.38
Onion	23.58 1 Kg	4 Kg	94.33
Tomatoes	11.89 1 kg	6 kg	71.33
Banana	10.63 1 Kg	16 Kg	170.16
Other Fruits	16.45 1 kg	14 Kg	230.36
Cooking oil (2.5lts)	126.66 2.5lt	3.6lt	182.40
Salt	11.60 1 kg	1 Kg	11.60
SubTotal			ZMW 2,948.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	148.50 90kg bag(s)	2 90kg bag(s)	297.00
Soap (Lifebuoy/Champion)	13.40 Tablet(s)	3 Tablet(s)	40.19
Wash soap (BOOM)	14.80 400g	4 400g	59.19
Jelly (Vaseline)	35.50 500ml	1 500ml	35.50
Electricity (medium density)	187.50 Month(s)	1 Month(s)	187.50
Water & Sanitation (med - fixed)	196.00 Month(s)	1 Month(s)	196.00
Housing (3 bedroom)	865.50 Month(s)	1 Month(s)	865.50
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	4.63 Tissue(s)	6 Tissue(s)	27.80
Lotion (Dawn)	28.00 400ml	1 400ml	28.00
Subtotal			ZMW 1,780.68

Total for Basic Needs and Nutrition Basket

ZMW 4,729.38

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	65.50	Manganda-Town	10.00
Grades 8-9 (User + PTA/year)	862.50	Shoprite-Town	10.00
School Uniform (Grades 8-12)	1,000.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The October Basic Needs Basket is approximately US\$275 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc

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2021-10-31

Mongu October 2021 Basic Needs and Nutrition Basket Report

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