

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Monze**

**May 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	149.25 25 kg bag	2 x 25Kg	298.50
Rice	112.53 5kg	4kg	90.03
(Sweet) Potatoes	11.02 1 Kg	4 Kg	44.08
Beans	24.70 1kg	3kg	74.09
Pounded Groundnut	28.86 1kg	1kg	28.86
Soya Pieces	37.12 1 kg	2kg	74.24
Beef	34.83 1kg	2kg	69.67
Chicken	61.25 2kg	5kg	153.13
Kapenta	151.96 1kg	1kg	151.96
Eggs	13.17 1 unit (10 eggs)	3 Trays (90 eggs)	118.50
Milk (Fresh)	9.33 500 ml	10 liters	186.67
Vegetables	204.64 40 Kg	40kg	204.64
Onion	31.77 1 Kg	4 Kg	127.08
Tomatoes	7.84 1 kg	6 kg	47.02
Banana	13.20 1 Kg	16 Kg	211.15
Other Fruits	15.21 1 kg	14 Kg	212.88
Cooking oil (2.5lts)	82.50 2.5lt	3.6lt	118.80
Salt	14.50 1 kg	1 Kg	14.50
<b>SubTotal</b>			<b>ZMW 2,225.80</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	110.00 90kg bag(s)	2 90kg bag(s)	220.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	21.50 500ml	1 500ml	21.50
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	23.75 250ml	1 250ml	23.75
<b>Subtotal</b>			<b>ZMW 2,977.25</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,203.05</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	250.00	Manungu	30.00
Grades 10-12 (User + PTA/year)	350.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,630.43	6,365.72	5,353.84.	4,893.93	6,077.84	5,203.27

### 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 May, 2020 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 May Basic Needs Basket is approximately US\$280 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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