

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.25 25 kg bag	2 x 25Kg	286.50
Rice	103.44 5kg	4kg	82.75
(Sweet) Potatoes	9.03 1 Kg	4 Kg	36.11
Beans	26.30 1kg	3kg	78.89
Pounded Groundnut	30.36 1kg	1kg	30.36
Soya Pieces	50.21 1 kg	2kg	100.42
Beef	32.13 1kg	2kg	64.25
Chicken	61.25 2kg	5kg	153.13
Kapenta	187.42 1kg	1kg	187.42
Eggs	14.25 1 unit (10 eggs)	3 Trays (90 eggs)	128.25
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	237.62 40 Kg	40kg	237.62
Onion	10.31 1 Kg	4 Kg	41.25
Tomatoes	10.85 1 kg	6 kg	65.10
Banana	11.98 1 Kg	16 Kg	191.66
Other Fruits	10.25 1 kg	14 Kg	143.48
Cooking oil (2.5lts)	67.00 2.5lt	3.6lt	96.48
Salt	6.50 1 Kg	1 Kg	6.50
SubTotal			ZMW 2,090.17

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	8.88 Tablet(s)	3 Tablet(s)	26.63
Wash soap (BOOM)	11.00 400g	4 400g	44.00
Jelly (Vaseline)	19.63 500ml	1 500ml	19.63
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,500.00 Month(s)	1 Month(s)	2,500.00
Sanitary towels	16.38 Pack of 10	2 Pack of 10	32.75
Toilet Paper (2ply)	7.25 Tissue(s)	6 Tissue(s)	43.50
Lotion (Dawn)	21.75 250ml	1 250ml	21.75
Subtotal			ZMW 3,468.25

Total for Basic Needs and Nutrition Basket

ZMW 5,558.42

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00
Grades 8-9 (User + PTA/year)	650.00
Grades 10-12 (User + PTA/year)	1,000.00
School Uniform (Grades 1-7)	60.00

Transport (bus fare round trip)

Health

item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00
Malaria test	50.00
Fast-Track Consultation	150.00

Fuel (cost at the pump)

Item	Amount (ZMW)
Petrol (per litre)	17.62
Diesel (per litre)	15.32

(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
7,410.96	3,801.29	3,658.82	3,927.78	5,870.13	4,984.47	5,558.42	4,269.48	3,732.43	4,914.74	5,095.38	5,863.53	5,242.63	4,602.95	4,863.79	4,923.41

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 28th January, 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 Main Market, Town centre, Manungu Market, and Site and Service Market. Additional information was obtained from ZESCO, the Southern Water and Sewerage Company and schools, clinics and houses around Monze. The January Basic Needs Basket is approximately US\$443 based upon the exchange rate Of K14.56. Other costs would include personal care, clothing, recreation, etc.

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2020-01-30

Monze January 2020 Basic Needs and Nutrition Basket Report

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