

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.00 25 kg bag	2 x 25Kg	226.00
Rice	114.66 5kg	4kg	91.73
Cassava Flour	7.61 1kg	6kg	45.68
(Sweet) Potatoes	6.63 1 Kg	4 Kg	26.53
Beans	30.36 1kg	3kg	91.07
Pounded Groundnut	55.84 1kg	1kg	55.84
Soya Pieces	49.35 1 kg	2kg	98.69
Beef	65.66 1kg	2kg	131.33
Chicken	64.83 2kg	5kg	162.08
Kapenta	147.54 1kg	1kg	147.54
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	10.67 500 ml	10 liters	213.30
Vegetables	197.91 40 Kg	40kg	197.91
Onion	13.74 1 Kg	4 Kg	54.97
Tomatoes	10.11 1 kg	6 kg	60.69
Banana	12.99 1 Kg	16 Kg	207.84
Other Fruits	39.99 1 kg	14 Kg	559.86
Cooking oil (2.5lts)	89.67 2.5lt	3.6lt	129.12
Salt	11.00 1 Kg	1 Kg	11.00
Tea	13.45 250g	250g	13.45
<b>SubTotal</b>			<b>ZMW 2,704.62</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	219.60 90kg bag(s)	2 90kg bag(s)	439.20
Soap (Lifebuoy/Champion)	9.67 Tablet(s)	3 Tablet(s)	29.00
Wash soap (BOOM)	14.66 400g	4 400g	58.64
Jelly (Vaseline)	30.83 500ml	1 500ml	30.83
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	16.33 Pack of 10	2 Pack of 10	32.66
Toilet Paper (2ply)	4.17 Tissue(s)	6 Tissue(s)	25.00
Lotion (Dawn)	27.50 400ml	1 400ml	27.50
<b>Subtotal</b>			<b>ZMW 2,181.95</b>

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

**ZMW 4,886.58**

## (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)	212.50	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.60	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	1,000.00		
School Uniform (Grades 8-9)	1,425.00		
School Uniform (Grades 8-12)	1,533.00		
<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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

### 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 27<sup>th</sup> February, 2021 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The February Basic Needs Basket is approximately US\$224 based upon the exchange rate Of K21.83 Other costs would include personal care, clothing, recreation, etc.

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

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