

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.75 25 kg bag	2 x 25Kg	217.50
Rice	133.73 5kg	4kg	106.98
(Sweet) Potatoes	14.44 1 Kg	4 Kg	57.75
Beans	36.36 1kg	3kg	109.08
Pounded Groundnut	72.61 1kg	1kg	72.61
Soya Pieces	89.34 1 kg	2kg	178.67
Beef	41.38 1kg	2kg	82.75
Chicken	76.25 2kg	5kg	190.63
Kapenta	242.41 1kg	1kg	242.41
Eggs	19.58 1 unit (10 eggs)	3 Trays (90 eggs)	176.25
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	275.35 40 Kg	40kg	275.35
Onion	17.20 1 Kg	4 Kg	68.78
Tomatoes	11.76 1 kg	6 kg	70.53
Banana	16.42 1 Kg	16 Kg	262.79
Other Fruits	50.00 1 kg	14 Kg	700.00
Cooking oil (2.5lts)	98.75 2.5lt	3.6lt	142.20
Salt	8.00 1 Kg	1 Kg	8.00
Tea	27.50 250g	250g	27.50
<b>SubTotal</b>			<b>ZMW 3,229.79</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	176.25 90kg bag(s)	2 90kg bag(s)	352.50
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	16.50 400g	4 400g	66.00
Jelly (Vaseline)	26.25 500ml	1 500ml	26.25
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	214.20 Month(s)	1 Month(s)	214.20
Housing (3 bedroom)	1,300.00 Month(s)	1 Month(s)	1,300.00
Sanitary towels	18.25 Pack of 10	2 Pack of 10	36.50
Toilet Paper (2ply)	6.25 Tissue(s)	6 Tissue(s)	37.50
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
<b>Subtotal</b>			<b>ZMW 2,200.95</b>

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

**ZMW 5,430.74**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	157.50	Manungu	35.00
Grades 8-9 (User + PTA/year)	225.00		
Grades 10-12 (User + PTA/year)	250.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		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

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, 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 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 February Basic Needs Basket is approximately US\$249 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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