

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	128.38 25 kg bag	2 x 25Kg	256.76
Rice	98.44 5kg	4kg	78.75
Cassava Flour	9.01 1kg	6kg	54.09
(Sweet) Potatoes	12.63 1 Kg	4 Kg	50.53
Beans	29.36 1kg	3kg	88.09
Pounded Groundnut	58.62 1kg	1kg	58.62
Soya Pieces	34.18 1 kg	2kg	68.37
Beef	37.40 1kg	2kg	74.80
Chicken	59.40 2kg	5kg	148.50
Kapenta	204.35 1kg	1kg	204.35
Eggs	18.93 1 unit (10 eggs)	3 Trays (90 eggs)	170.39
Milk (Fresh)	9.60 500 ml	10 liters	191.96
Vegetables	318.28 40 Kg	40kg	318.28
Onion	11.07 1 Kg	4 Kg	44.27
Tomatoes	11.14 1 kg	6 kg	66.83
Banana	12.99 1 Kg	16 Kg	207.84
Other Fruits	4.50 1 kg	14 Kg	62.93
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	8.60 1 Kg	1 Kg	8.60
SubTotal			ZMW 2,283.55

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	94.50 90kg bag(s)	2 90kg bag(s)	189.00
Soap (Lifebuoy/Champion)	10.70 Tablet(s)	3 Tablet(s)	32.09
Wash soap (BOOM)	13.80 400g	4 400g	55.19
Jelly (Vaseline)	30.80 500ml	1 500ml	30.80
Electricity (medium density)	255.00 Month(s)	1 Month(s)	255.00
Water & Sanitation (med - fixed)	210.00 Month(s)	1 Month(s)	210.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	16.80 Pack of 10	2 Pack of 10	33.60
Toilet Paper (2ply)	4.93 Tissue(s)	6 Tissue(s)	29.60
Lotion (Dawn)	27.40 250ml	1 250ml	27.40
Subtotal			ZMW 1,862.68

Total for Basic Needs and Nutrition Basket

ZMW 4,146.22

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,720.00	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,720.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	20.00	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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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, 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 October Basic Needs Basket is approximately US\$204 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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Advocacy on Living Conditions

2020-10-31

Mongu October 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

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