

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	107.50 25 kg bag	2 x 25Kg	215.00
Rice	139.74 5kg	4kg	111.79
Cassava Flour	3.72 1kg	6kg	22.29
(Sweet) Potatoes	10.68 1 Kg	4 Kg	42.71
Beans	26.33 1kg	3kg	79.00
Pounded Groundnut	34.36 1kg	1kg	34.36
Soya Pieces	26.16 1 kg	2kg	52.31
Beef	54.00 1kg	2kg	107.99
Chicken	62.14 2kg	5kg	155.36
Kapenta	141.56 1kg	1kg	141.56
Eggs	15.31 1 unit (10 eggs)	3 Trays (90 eggs)	137.81
Milk (Fresh)	9.67 500 ml	10 liters	193.30
Vegetables	188.43 40 Kg	40kg	188.43
Onion	13.50 1 Kg	4 Kg	54.01
Tomatoes	9.11 1 kg	6 kg	54.65
Banana	19.97 1 Kg	16 Kg	319.51
Other Fruits	24.93 1 kg	14 Kg	349.05
Cooking oil (2.5lts)	88.89 2.5lt	3.6lt	128.00
Salt	12.00 1 kg	1 Kg	12.00
Tea	25.33 250g	250g	25.33
SubTotal			ZMW 2,424.48

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	121.20 90kg bag(s)	2 90kg bag(s)	242.40
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	29.99
Wash soap (BOOM)	13.67 400g	4 400g	54.66
Jelly (Vaseline)	31.17 500ml	1 500ml	31.17
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	15.50 Pack of 10	2 Pack of 10	31.00
Toilet Paper (2ply)	3.03 Tissue(s)	6 Tissue(s)	18.20
Lotion (Dawn)	17.00 250ml	1 250ml	17.00
Subtotal			ZMW 1,963.54

Total for Basic Needs and Nutrition Basket

ZMW 4,388.03

(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	10.00
Grades 8-9 (User + PTA/year)	266.60	Kaole -Town	8.00
Grades 10-12 (User + PTA/year)	1,600.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	200.00	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
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 prices gathered from Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The October Basic Needs Basket is approximately US\$216 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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2020-10-31

Mansa October 2020 Basic Needs and Nutrition Basket Report

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