

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.33 25 kg bag	2 x 25Kg	238.66
Rice	245.51 5kg	4kg	196.41
Cassava Flour	8.23 1kg	6kg	49.40
(Sweet) Potatoes	6.60 1 Kg	4 Kg	26.38
Beans	25.27 1kg	3kg	75.80
Pounded Groundnut	38.69 1kg	1kg	38.69
Soya Pieces	47.13 1 kg	2kg	94.27
Beef	79.00 1kg	2kg	157.99
Chicken	111.94 2kg	5kg	279.85
Kapenta	150.09 1kg	1kg	150.09
Eggs	19.72 1 unit (10 eggs)	3 Trays (90 eggs)	177.50
Milk (Fresh)	14.17 500 ml	10 liters	283.30
Vegetables	218.68 40 Kg	40kg	218.68
Onion	64.89 1 Kg	4 Kg	259.54
Tomatoes	10.67 1 kg	6 kg	64.01
Banana	11.22 1 Kg	16 Kg	179.48
Other Fruits	19.07 1 kg	14 Kg	267.02
Cooking oil (2.5lts)	121.11 2.5lt	3.6lt	174.40
Salt	19.67 1 Kg	1 Kg	19.67
Tea	27.41 250g	250g	27.41
<b>SubTotal</b>			<b>ZMW 2,978.56</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	212.40 90kg bag(s)	2 90kg bag(s)	424.80
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.79
Wash soap (BOOM)	16.33 400g	4 400g	65.33
Jelly (Vaseline)	27.50 500ml	1 500ml	27.50
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	20.40 Pack of 10	2 Pack of 10	40.80
Toilet Paper (2ply)	4.70 Tissue(s)	6 Tissue(s)	28.17
Lotion (Dawn)	36.80 400ml	1 400ml	36.80
<b>Subtotal</b>			<b>ZMW 2,206.31</b>

## Total for Basic Needs and Nutrition Basket

**ZMW 5,184.87**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.00	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	100.00		
School Uniform (Grades 8-12)	1,533.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

### 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> September, 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 September Basic Needs Basket is approximately US\$311 based upon the exchange rate Of K16.67. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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Statements

Advocacy on Living Conditions

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2021-09-30

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