

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.33 25 kg bag	2 x 25Kg	264.66
Rice	87.25 5kg	4kg	69.80
Cassava Flour	24.31 1kg	6kg	145.85
(Sweet) Potatoes	14.74 1 Kg	4 Kg	58.96
Beans	33.18 1kg	3kg	99.55
Pounded Groundnut	59.94 1kg	1kg	59.94
Soya Pieces	46.64 1 kg	2kg	93.27
Beef	63.33 1kg	2kg	126.66
Chicken	83.66 2kg	5kg	209.16
Kapenta	175.38 1kg	1kg	175.38
Eggs	23.61 1 unit (10 eggs)	3 Trays (90 eggs)	212.50
Milk (Fresh)	13.75 500 ml	10 liters	274.97
Vegetables	534.59 40 Kg	40kg	534.59
Onion	14.35 1 Kg	4 Kg	57.41
Tomatoes	14.45 1 kg	6 kg	86.69
Banana	23.28 1 Kg	16 Kg	372.55
Other Fruits	3.93 1 kg	14 Kg	55.05
Cooking oil (2.5lts)	126.11 2.5lt	3.6lt	181.60
Salt	11.00 1 kg	1 Kg	11.00
Tea	29.19 250g	250g	29.19
SubTotal			ZMW 3,118.77

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	171.00 90kg bag(s)	2 90kg bag(s)	342.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	15.67 400g	4 400g	62.66
Jelly (Vaseline)	33.00 500ml	1 500ml	33.00
Electricity (medium density)	187.50 Month(s)	1 Month(s)	187.50
Water & Sanitation (med - fixed)	196.60 Month(s)	1 Month(s)	196.60
Housing (3 bedroom)	865.50 Month(s)	1 Month(s)	865.50
Sanitary towels	46.67 Pack of 10	2 Pack of 10	93.33
Toilet Paper (2ply)	4.53 Tissue(s)	6 Tissue(s)	27.17
Lotion (Dawn)	25.00 400ml	1 400ml	25.00
Subtotal			ZMW 1,876.25
Total for Basic Needs and Nutrition Basket			ZMW 4,995.02

(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)	65.50	Manganda-Town	10.00
Grades 8-9 (User + PTA/year)	862.50	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,000.00		
<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
8,474.45	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 27th September, 2021 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 September Basic Needs Basket is approximately US\$300 based upon the exchange rate Of K16.67 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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Statements

Advocacy on Living Conditions

2021-09-30

Mongu September 2021 Basic Needs and Nutrition Basket Report

Jesuit Center for Theological Reflection

Jesuit Center for Theological Reflection

<https://hdl.handle.net/20.500.14274/918>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)