

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.80 25 kg bag	2 x 25Kg	293.60
Rice	85.15 5kg	4kg	68.12
Cassava Flour	10.61 1kg	6kg	63.64
(Sweet) Potatoes	13.20 1 Kg	4 Kg	52.80
Beans	34.40 1kg	3kg	103.20
Pounded Groundnut	75.78 1kg	1kg	75.78
Soya Pieces	43.11 1 kg	2kg	86.22
Beef	56.60 1kg	2kg	113.20
Chicken	83.00 2kg	5kg	207.50
Kapenta	180.55 1kg	1kg	180.55
Eggs	24.47 1 unit (10 eggs)	3 Trays (90 eggs)	220.19
Milk (Fresh)	14.80 500 ml	10 liters	295.96
Vegetables	537.08 40 Kg	40kg	537.08
Onion	21.57 1 Kg	4 Kg	86.28
Tomatoes	8.60 1 kg	6 kg	51.62
Banana	8.72 1 Kg	16 Kg	139.45
Other Fruits	13.43 1 kg	14 Kg	188.00
Cooking oil (2.5lts)	127.33 2.5lt	3.6lt	183.36
Salt	11.60 1 Kg	1 Kg	11.60
SubTotal			ZMW 2,958.14

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	148.50 90kg bag(s)	2 90kg bag(s)	297.00
Soap (Lifebuoy/Champion)	12.40 Tablet(s)	3 Tablet(s)	37.19
Soap (Lifebuoy/Champion)	20.00 Pack of 10	2 Pack of 10	40.00
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	36.20 500ml	1 500ml	36.20
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	19.75 Pack of 10	2 Pack of 10	39.50
Toilet Paper (2ply)	4.48 Tissue(s)	6 Tissue(s)	26.88
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 1,822.36
Total for Basic Needs and Nutrition Basket			ZMW 4,780.49

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
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

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 August, 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 August Basic Needs Basket is approximately US\$297 based upon the exchange rate Of K16.09 Other costs would include personal care, clothing, recreation, etc

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Mongu August 2021 Basic Needs and Nutrition Basket Report

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