

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	153.33 25 kg bag	2 x 25Kg	306.66
Rice	123.18 5kg	4kg	98.55
Cassava Flour	9.72 1kg	6kg	58.33
(Sweet) Potatoes	10.24 1 Kg	4 Kg	40.97
Beans	29.15 1kg	3kg	87.46
Pounded Groundnut	61.10 1kg	1kg	61.10
Soya Pieces	36.16 1 kg	2kg	72.31
Beef	34.83 1kg	2kg	69.67
Chicken	54.66 2kg	5kg	136.66
Kapenta	243.37 1kg	1kg	243.37
Eggs	8.72 1 unit (10 eggs)	3 Trays (90 eggs)	78.50
Milk (Fresh)	8.50 500 ml	10 liters	169.97
Vegetables	221.06 40 Kg	40kg	221.06
Onion	13.20 1 Kg	4 Kg	52.78
Tomatoes	9.57 1 kg	6 kg	57.43
Banana	13.41 1 Kg	16 Kg	214.51
Other Fruits	18.12 1 kg	14 Kg	253.67
Cooking oil (2.5lts)	62.50 2.5lt	3.6lt	90.00
Salt	5.67 1 Kg	1 Kg	5.67
SubTotal			ZMW 2,318.65

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	93.60 90kg bag(s)	2 90kg bag(s)	187.20
Soap (Lifebuoy/Champion)	8.33 Tablet(s)	3 Tablet(s)	25.00
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Jelly (Vaseline)	24.83 500ml	1 500ml	24.83
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	14.50 Pack of 10	2 Pack of 10	29.00
Toilet Paper (2ply)	3.32 Tissue(s)	6 Tissue(s)	19.90
Lotion (Dawn)	21.67 250ml	1 250ml	21.67
Subtotal			ZMW 1,816.58

Total for Basic Needs and Nutrition Basket

ZMW 4,135.23

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Shoprite-Town	10.00
Grades 8-9 (User + PTA/year)	1,720.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-9)	420.00		

<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

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 24th February, 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 February Basic Needs Basket is approximately US\$281 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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2020-02-28

Mongu February 2020 Basic Needs and Nutrition Basket Report

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