

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mongu**

**February 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.60 25 kg bag	2 x 25Kg	287.20
Rice	112.22 5kg	4kg	89.78
Cassava Flour	10.39 1kg	6kg	62.31
(Sweet) Potatoes	13.75 1 Kg	4 Kg	55.00
Beans	43.65 1kg	3kg	130.94
Pounded Groundnut	68.51 1kg	1kg	68.51
Soya Pieces	49.88 1 kg	2kg	99.77
Beef	54.00 1kg	2kg	108.00
Chicken	79.00 2kg	5kg	197.50
Kapenta	280.30 1kg	1kg	280.30
Eggs	22.00 1 unit (10 eggs)	3 Trays (90 eggs)	197.99
Milk (Fresh)	12.20 500 ml	10 liters	244.00
Vegetables	319.54 40 Kg	40kg	319.54
Onion	12.92 1 Kg	4 Kg	51.67
Tomatoes	11.40 1 kg	6 kg	68.42
Banana	10.13 1 Kg	16 Kg	162.09
Other Fruits	24.79 1 kg	14 Kg	347.03
Cooking oil (2.5lts)	118.67 2.5lt	3.6lt	170.88
Salt	8.00 1 Kg	1 Kg	8.00
<b>SubTotal</b>			<b>ZMW 2,948.90</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.00 90kg bag(s)	2 90kg bag(s)	324.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	38.99
Wash soap (BOOM)	13.90 400g	4 400g	55.59
Jelly (Vaseline)	31.40 500ml	1 500ml	31.40
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)	862.50 Month(s)	1 Month(s)	862.50
Sanitary towels	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	4.53 Tissue(s)	6 Tissue(s)	27.20
Lotion (Dawn)	28.00 400ml	1 400ml	28.00
<b>Subtotal</b>			<b>ZMW 1,789.78</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,738.68**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

## (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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

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> February, 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 February Basic Needs Basket is approximately US\$217 based upon the exchange rate Of K21.83 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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# Mpika February 2021 Basic Needs and Nutrition Basket Report

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