

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

September 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.67 25 kg bag	2 x 25Kg	233.33
Rice	87.31 5kg	4kg	69.85
Cassava Flour	10.22 1kg	6kg	61.30
(Sweet) Potatoes	8.90 1 Kg	4 Kg	35.59
Beans	26.11 1kg	3kg	78.32
Pounded Groundnut	61.95 1kg	1kg	61.95
Soya Pieces	45.89 1 kg	2kg	91.79
Beef	36.67 1kg	2kg	73.33
Chicken	53.00 2kg	5kg	132.49
Kapenta	188.15 1kg	1kg	188.15
Eggs	19.44 1 unit (10 eggs)	3 Trays (90 eggs)	175.00
Milk (Fresh)	9.08 500 ml	10 liters	181.63
Vegetables	254.17 40 Kg	40kg	254.17
Onion	22.41 1 Kg	4 Kg	89.65
Tomatoes	7.76 1 kg	6 kg	46.57
Banana	12.79 1 Kg	16 Kg	204.65
Other Fruits	11.87 1 kg	14 Kg	166.18
Cooking oil (2.5lts)	91.33 2.5lt	3.6lt	131.52
Salt	8.83 1 Kg	1 Kg	8.83
SubTotal			ZMW 2,284.30

(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)	10.50 Tablet(s)	3 Tablet(s)	31.50
Wash soap (BOOM)	13.50 400g	4 400g	53.99
Jelly (Vaseline)	29.50 500g	1 500g	29.50
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	18.33 Pack of 10	2 Pack of 10	36.66
Toilet Paper (2ply)	4.80 Tissue(s)	6 Tissue(s)	28.79
Lotion (Dawn)	26.67 250ml	1 250ml	26.67
Subtotal			ZMW 1,859.30

Total for Basic Needs and Nutrition Basket

ZMW 4,143.60

(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)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,720.00	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,720.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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		

(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
7,071.37	4,059.66	4,386.81	4,143.46	5,989.51	6,110.27	6,18.49	5,711.22	4,217.60	5,162.82	6,344.55	6,569.49	5,216.06	4,998.58	3,950.07	5,591.40

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, 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 September Basic Needs Basket is approximately US\$207.543 based upon the exchange rate Of K19.9650. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2020-09-30

Monze September 2020 Basic Need and Nutrition Basket report

Jesuit Centre for Theological Reflection

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