

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	124.67 25 kg bag	2 x 25Kg	249.33
Rice	83.40 5kg	4kg	66.72
Cassava Flour	9.59 1kg	6kg	57.52
(Sweet) Potatoes	11.15 1 Kg	4 Kg	44.62
Beans	28.11 1kg	3kg	84.32
Pounded Groundnut	57.87 1kg	1kg	57.87
Soya Pieces	38.15 1 kg	2kg	76.30
Beef	35.33 1kg	2kg	70.66
Chicken	53.83 2kg	5kg	134.58
Kapenta	174.98 1kg	1kg	174.98
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	158.99
Milk (Fresh)	9.08 500 ml	10 liters	181.63
Vegetables	269.93 40 Kg	40kg	269.93
Onion	21.33 1 Kg	4 Kg	85.30
Tomatoes	7.18 1 kg	6 kg	43.09
Banana	9.60 1 Kg	16 Kg	153.56
Other Fruits	12.48 1 kg	14 Kg	174.77
Cooking oil (2.5lts)	85.00 2.5lt	3.6lt	122.40
Salt	9.17 1 Kg	1 Kg	9.17
SubTotal			ZMW 2,215.74

(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)	9.67 Tablet(s)	3 Tablet(s)	29.00
Wash soap (BOOM)	13.17 400g	4 400g	52.66
Jelly (Vaseline)	30.00 500ml	1 500ml	30.00
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	15.17 Pack of 10	2 Pack of 10	30.33
Toilet Paper (2ply)	4.78 Tissue(s)	6 Tissue(s)	28.67
Lotion (Dawn)	27.17 250ml	1 250ml	27.17
Subtotal			ZMW 1,850.01

Total for Basic Needs and Nutrition Basket

ZMW 4,065.75

(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 Consultation	50.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

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 July, 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 July Basic Needs Basket is approximately US\$223.39 based upon the exchange rate Of K18.20. 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

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Advocacy on Living Conditions

2020-07-31

Mongu July 2020 Basic Needs and Nutrition Basket Report

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