

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2019

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 142.40 25 kg bag | 2 x 25Kg | 284.80 |
| Rice | 97.26 5kg | 4kg | 77.80 |
| Cassava Flour | 7.76 1kg | 6kg | 46.54 |
| (Sweet) Potatoes | 9.87 1 Kg | 4 Kg | 39.50 |
| Beans | 20.42 1kg | 3kg | 61.25 |
| Pounded Groundnut | 55.04 1kg | 1kg | 55.04 |
| Soya Pieces | 31.88 1 kg | 2kg | 63.75 |
| Beef | 33.80 1kg | 2kg | 67.60 |
| Chicken | 56.40 2kg | 5kg | 141.00 |
| Kapenta | 159.77 1kg | 1kg | 159.77 |
| Eggs | 12.53 1 unit (10 eggs) | 3 Trays (90 eggs) | 112.80 |
| Milk (Fresh) | 8.10 500 ml | 10 liters | 162.00 |
| Vegetables | 264.85 40 Kg | 40kg | 264.85 |
| Onion | 9.77 1 Kg | 4 Kg | 39.09 |
| Tomatoes | 5.69 1 kg | 6 kg | 34.17 |
| Banana | 10.31 1 Kg | 16 Kg | 164.95 |
| Other Fruits | 1.77 1 kg | 14 Kg | 24.79 |
| Cooking oil (2.5lts) | 59.75 2.5lt | 3.6lt | 86.04 |
| Salt | 6.75 1 Kg | 1 Kg | 6.75 |
| Subtotal | | | ZMW 1,892.48 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|--------------------|------------------|---------------------|
| Charcoal | 90.00 90kg bag(s) | 2 90kg bag(s) | 180.00 |
| Soap (Lifebuoy/Champion) | 8.25 Tablet(s) | 3 Tablet(s) | 24.75 |
| Wash soap (BOOM) | 9.00 400g | 4 400g | 36.00 |
| Jelly (Vaseline) | 27.00 500ml | 1 500ml | 27.00 |
| Electricity (medium density) | 292.00 Month(s) | 1 Month(s) | 292.00 |
| 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 | 16.00 Pack of 10 | 2 Pack of 10 | 32.00 |
| Toilet Paper (2ply) | 6.25 Tissue(s) | 6 Tissue(s) | 37.50 |
| Lotion (Dawn) | 21.75 250ml | 1 250ml | 21.75 |
| Subtotal | | | ZMW 1,861.00 |

Total for Basic Needs Basket

ZMW 3,753.48

(C) SOME OTHER ADDITIONAL COSTS

| Education | | Transport (bus fare round trip) | |
|-------------------------------|--------------|--|--------------|
| Item | Amount (ZMW) | | |
| Grades 1-7 (User + PTA/year) | 150.00 | | |
| School Uniform (Grades 1-7) | 600.00 | | |
| School Uniform (Grades 8-12) | 600.00 | | |
| Health | | Fuel (cost at the pump) | |
| Item | Amount (ZMW) | Item | Amount (ZMW) |
| Fast Track / High Cost fee | 50.00 | Petrol (per litre) | 15.98 |
| Self-referral (Emergency Fee) | 20.00 | Diesel (per litre) | 14.23 |
| Malaria test | 20.00 | Paraffin (per litre) | 11.34 |

(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 |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|
| 6,481.17 | 3,965.76 | 4,550.44 | 3,753.48 | 5,879.44 | 5,115.90 | 4,741.37 | 4,605.87 | 3,720.49 | 4,603.30 | 5,101.80 | 5,675.18 | 5,305.61 | 4,536.86 | 4,450.34 | 4,241.56 |

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 and Oranges.

This survey was conducted on 27th November, 2019 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 November Basic Needs Basket is approximately US\$256 based upon the exchange rate of K14.65 per US\$ prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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2019-11-30

Mongu November 2019 Basic Needs and Nutrition Basket Report

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