

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.00 25 kg bag	2 x 25Kg	300.00
Rice	100.00 5kg	4kg	80.00
Cassava Flour	17.89 1kg	6kg	107.34
(Sweet) Potatoes	16.54 1 Kg	4 Kg	66.16
Beans	35.67 1kg	3kg	107.01
Pounded Groundnut	30.89 1kg	1kg	30.89
Soya Pieces	45.00 1 kg	2kg	90.00
Beef	73.00 1kg	2kg	146.00
Chicken	114.60 2kg	5kg	286.50
Kapenta	130.00 1kg	1kg	130.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	419.17 40 Kg	40kg	419.17
Onion	15.67 1 Kg	4 Kg	62.68
Tomatoes	16.00 1 kg	6 kg	96.00
Banana	14.35 1 Kg	16 Kg	229.60
Other Fruits	14.00 1 kg	14 Kg	196.00
Cooking oil (2.5lts)	128.00 2.5lt	3.6lt	184.32
Salt	12.00 1 Kg	1 Kg	12.00
Tea	18.00 250g	250g	18.00
SubTotal			ZMW 3,051.67

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	190.00 90kg bag(s)	2 90kg bag(s)	380.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	200.00Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1,350.00Month(s)	1 Month(s)	1,350.00
Jelly (Vaseline)	50.00 500ml	1 500ml	50.00
Sanitary towels	23.00 Pack of 10	2 Pack of 10	46.00
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,367.20
Total for Basic Needs and Nutrition Basket			ZMW 5,418.87

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke-Town	22.00
		Kaole -Town	18.00
School Uniform (Grades 8-12)	283.50		
Health		Fuel (cost at the pump May, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	24.15
		Diesel (per litre)	25.64

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

This survey was conducted on 26th May, 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Kaole, main market, Chilyapa market, Down UB market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Mansa. The April Basic Needs and Nutrition Basket is approximately US\$ 315.60 based on the exchange rate of K17.17 other costs Would include personal care, clothing, recreation, etc.

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