

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

June 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	15.00 1kg	6kg	90.00
(Sweet) Potatoes	15.11 1 Kg	4 Kg	60.44
Beans	35.00 1kg	3kg	105.00
Pounded Groundnut	45.10 1kg	1kg	45.10
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	64.57 1kg	2kg	129.14
Chicken	100.00 2kg	5kg	250.00
Kapenta	193.66 1kg	1kg	193.66
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	366.67 40 Kg	40kg	366.67
Onion	15.00 1 Kg	4 Kg	60.00
Tomatoes	16.44 1 kg	6 kg	98.64
Banana	18.00 1 Kg	16 Kg	288.00
Other Fruits	21.00 1 kg	14 Kg	294.00
Cooking oil (2.5lts)	122.00 2.5lt	3.6lt	175.68
Salt	11.22 1 Kg	1 Kg	11.22
Tea	26.60 250g	250g	26.60
Sub Total			ZMW 3,139.15

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.00 90kg bag(s)	2 90kg bag(s)	280.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	229.50 Month(s)	1 Month(s)	229.50.
Water & Sanitation (med - fixed)	210.40 Month(s)	1 Month(s)	210.40
Housing (3 bedroom)	905.00 Month(s)	1 Month(s)	905.00
Jelly (Vaseline)	37.00 500ml	1 500ml	37.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
Subtotal			ZMW 1,908.90
Total for Basic Needs and Nutrition Basket			ZMW 5,048.05

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
		Manganda-Town	20.00
		Shoprite-Town	12.00
Kapulanga-Town	30.00		
School Uniform (Grades 8-12)	175.00		

Health

Fuel (cost at the pump June, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.95

	Diesel (per litre)	25.64
Paraffin (per litre)	18.76	

(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June, 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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite and schools. Clinics/hospitals, and filling stations around Mongu. The June Basic Needs and Nutrition Basket is approximately US\$284.55 based on the exchange rate of K17.74 other costs would include personal care, clothing, recreation, etc.

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