

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.50 25 kg bag	2 x 25Kg	263.00
Rice	112.50 5kg	4kg	90.00
Cassava Flour	11.89 1kg	6kg	71.34
(Sweet) Potatoes	13.72 1 Kg	4 Kg	54.86
Beans	35.95 1kg	3kg	107.84
Pounded Groundnut	36.28 1kg	1kg	36.28
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	73.21 1kg	2kg	146.42
Chicken	115.00 2kg	5kg	287.50
Kapenta	128.00 1kg	1kg	128.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	413.33 40 Kg	40kg	413.33
Onion	19.88 1 Kg	4 Kg	79.52
Tomatoes	19.00 1 kg	6 kg	114.00
Banana	14.32 1 Kg	16 Kg	229.12
Other Fruits	18.00 1 kg	14 Kg	252.00
Cooking oil (2.5lts)	125.77 2.5lt	3.6lt	181.11
Salt	11.45 1 Kg	1 Kg	11.45
Tea	22.00 250g	250g	22.00
Sub Total			ZMW 3,052.76

(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)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	234.00 Month(s)	1 Month(s)	234.00
Water & Sanitation (med - fixed)	220.00 Month(s)	1 Month(s)	220.00
Housing (3 bedroom)	1,392.00 Month(s)	1 Month(s)	1,392.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Sanitary towels	26.00 Pack of 10	2 Pack of 10	52.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	36.00 400ml	1 400ml	36.00
Subtotal			ZMW 2,523.00
Total for Basic Needs and Nutrition Basket			ZMW 5,575.76

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	40. 00
Health		Fuel (cost at the pump June, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	24.95
		Diesel (per litre)	25.64

(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 Main Market, Town market, Manungu, Site and Service and Schools, clinics/hospitals, and filling stations around Lusaka. The June Basic Needs and Nutrition Basket is approximately US\$ 314.30 based upon the exchange rate of K17.74. Other costs would include personal care, clothing, recreation, etc.

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