

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.66 25 kg bag	2 x 25Kg	271.32
Rice	108.29 5kg	4kg	86.63
Cassava Flour	13.00 1kg	6kg	78.00
(Sweet) Potatoes	14.50 1 Kg	4 Kg	58.00
Beans	38.00 1kg	3kg	114.00
Pounded Groundnut	38.90 1kg	1kg	38.90
Soya Pieces	54.38 1 kg	2kg	108.76
Beef	75.00 1kg	2kg	150.00
Chicken	118.00 2kg	5kg	295.00
Kapenta	130.00 1kg	1kg	130.00
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	159.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	422.22 40 Kg	40kg	422.22
Onion	15.00 1 Kg	4 Kg	60.00
Tomatoes	16.39 1 kg	6 kg	98.34
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	15.89 1 kg	14 Kg	222.46
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.40 1 Kg	1 Kg	11.40
Tea	19.88 250g	250g	19.88
<b>Sub Total</b>			<b>ZMW 3,113.91</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	195.00 90kg bag(s)	2 90kg bag(s)	390.00
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)	45.20 500ml	1 500ml	45.20
Sanitary towels	27.68 Pack of 10	2 Pack of 10	55.36
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	37.00 400g	1 400g	37.00
<b>Subtotal</b>			<b>ZMW 2,531.56</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,645.47</b>

## (C) SOME OTHER ADDITIONAL COSTS

### Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	43.00

### Health

### Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,839.61	5,645.47	5,843.48	7,290.37	7,950

This survey was conducted on 25<sup>th</sup> July 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 July Basic Needs and Nutrition Basket is approximately US\$339.27 based upon the exchange rate of K16.64. Other costs would include personal care, clothing, recreation, etc.

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