

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.33 25 kg bag	2 x 25Kg	270.67
Rice	81.76 5kg	4kg	65.41
Cassava Flour	6.85 1kg	6kg	41.10
Irish Potatoes	11.03 1 Kg	4 Kg	44.13
Beans	18.23 1kg	3kg	54.70
Pounded Groundnut	24.76 1kg	1kg	24.76
Soya Pieces	12.00 1 kg	2kg	24.00
Beef	46.00 1kg	2kg	92.00
Chicken	121.67 2kg	5kg	304.17
Kapenta	41.92 1kg	1kg	41.92
Eggs	16.17 1 unit (10 eggs)	3 Trays (90 eggs)	145.50
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	248.13 40 Kg	40kg	248.13
Onion	15.68 1 Kg	4 Kg	62.71
Tomatoes	8.48 1 kg	6 kg	50.89
Banana	14.99 1 Kg	16 Kg	239.84
Other Fruits	7.07 1 kg	14 Kg	98.93
Cooking oil (2.5lts)	95.83 2.5lt	3.6lt	138.00
Salt	19.53 1 Kg	1 Kg	19.53
Tea	18.67 250g	250g	18.67
SubTotal			ZMW 2,165.05

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 25kg	2 25kg	300.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	19.67 400g	4 400g	78.67
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20 Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1350.00 Month(s)	1 Month(s)	1350.00
Jelly (Vaseline)	28.33 500ml	1 500ml	28.33
Sanitary towels	19.83 Pack of 10	2 Pack of 10	39.67
Toilet Paper (2ply)	5.17 Tissue(s)	6 Tissue(s)	31.00
Lotion (Dawn)	21.17 400ml	1 400ml	21.17
Subtotal			ZMW 2,237.54
Total for Basic Needs and Nutrition Basket			ZMW 4,402.59

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke - Town	100.00
		Kaole- town	100.00
School Uniform (Grades 8-12)	240.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item (Oct, 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	24.31
		Diesel (per litre)	27.38

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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, shoprite, chilyapa and maiteneke market as well as Schools, clinics/hospitals, and filling stations around Mansa. The November Basic Needs and Nutrition Basket is approximately US\$ 255.68 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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