

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	162.00 25 kg bag	2 x 25Kg	324.00
Rice	70.72 5kg	4kg	56.57
Cassava Flour	17.72 1kg	6kg	106.33
Irish Potatoes	13.74 1 Kg	4 Kg	54.95
Beans	26.54 1kg	3kg	79.62
Pounded Groundnut	36.22 1kg	1kg	36.22
Soya Pieces	43.00 1 kg	2kg	86.00
Beef	68.00 1kg	2kg	136.00
Chicken	101.60 2kg	5kg	253.99
Kapenta	334.16 1kg	1kg	334.16
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	185.99
Milk (Fresh)	14.20 500 ml	10 liters	283.96
Vegetables	696.04 40 Kg	40kg	696.04
Onion	23.73 1 Kg	4 Kg	94.93
Tomatoes	11.47 1 kg	6 kg	68.85
Banana	16.32 1 Kg	16 Kg	261.11
Other Fruits	7.09 1 kg	14 Kg	99.31
Cooking oil (2.5lts)	128.33 2.5lt	3.6lt	184.80
Salt	12.00 1 Kg	1 Kg	12.00
Tea	41.50 250g	250g	41.50
<b>SubTotal</b>			<b>ZMW 3,396.33</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	213.75 90kg bag(s)	2 90kg bag(s)	427.50
Soap (Lifebuoy/Champion)	12.80 Tablet(s)	3 Tablet(s)	38.39
Wash soap (BOOM)	23.60 400g	4 400g	94.39
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)	32.80 500ml	1 500ml	32.80
Sanitary towels	21.40 Pack of 10	2 Pack of 10	42.80
Toilet Paper (2ply)	4.80 Tissue(s)	6 Tissue(s)	28.80
Lotion (Dawn)	31.20 400ml	1 400ml	31.20
<b>Subtotal</b>			<b>ZMW 2,040.78</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,437.11</b>

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Manganda-Town	21.00
		Shoprite-Town	14.00
		Kapulanga-Town	31.50
School Uniform (Grades 8-12)	175.00		

## **Health**

## **Fuel (cost at the pump Dec, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	25.89
Diesel (per litre)	27.38
Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup> December, 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 as well as Schools, clinics/hospitals, and filling stations around Mongu. The December Basic Needs and Nutrition Basket is approximately US\$ 302.57 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**