

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.80 25 kg bag	2 x 25Kg	267.60
Rice	76.74 5kg	4kg	61.39
Cassava Flour	18.60 1kg	6kg	111.61
(Irish) Potatoes	15.60 1 Kg	4 Kg	62.41
Beans	41.47 1kg	3kg	124.42
Pounded Groundnut	35.29 1kg	1kg	35.29
Soya Pieces	42.86 1 kg	2kg	85.72
Beef	65.40 1kg	2kg	130.80
Chicken	102.00 2kg	5kg	255.00
Kapenta	174.00 1kg	1kg	174.00
Eggs	20.60 1 unit (10 eggs)	3 Trays (90 eggs)	185.39
Milk (Fresh)	13.40 500 ml	10 liters	267.96
Vegetables	338.58 40 Kg	40kg	338.58
Onion	15.45 1 Kg	4 Kg	61.82
Tomatoes	12.25 1 kg	6 kg	73.47
Banana	18.75 1 Kg	16 Kg	299.94
Other Fruits	21.89 1 kg	14 Kg	306.44
Cooking oil (2.5lts)	111.60 2.5lt	3.6lt	160.70
Salt	11.20 1 Kg	1 Kg	11.20
Tea	36.20 250g	250g	36.20
Sub Total			ZMW 3,049.93

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	106.67 90kg bag(s)	2 90kg bag(s)	213.33
Soap (Lifebuoy/Champion)	14.25 Tablet(s)	3 Tablet(s)	42.75
Wash soap (BOOM)	16.60 400g	4 400g	42.39
Jelly (Vaseline)	34.00 500ml	1 500ml	34.00
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
Sanitary towels	22.50 Pack of 10	2 Pack of 10	45.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	34.00 400ml	1 400ml	34.00
Subtotal			ZMW 2,257.45
Total for Basic Needs and Nutrition Basket			ZMW 5,307.38

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Manganda-Town	20.00
		Shoprite-Town	12.00
Kapulanga-Town	30.00		
School Uniform (Grades 8-12)	175.00		
		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93

Health

(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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25th January, 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 January Basic Needs Basket is approximately US\$288.92 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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