

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	121.50 25 kg bag	2 x 25Kg	243.00
Rice	156.17 5kg	4kg	124.93
(Irish) Potatoes	18.76 1 Kg	4 Kg	75.06
Beans	41.19 1kg	3kg	123.57
Pounded Groundnut	27.77 1kg	1kg	27.77
Soya Pieces	55.77 1 kg	2kg	111.54
Beef	61.38 1kg	2kg	122.75
Chicken	106.25 2kg	5kg	265.63
Kapenta	119.26 1kg	1kg	119.26
Eggs	19.58 1 unit (10 eggs)	3 Trays (90 eggs)	176.25
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	424.33 40 Kg	40kg	424.33
Onion	25.52 1 Kg	4 Kg	102.06
Tomatoes	11.40 1 kg	6 kg	68.38
Banana	11.99 1 Kg	16 Kg	191.85
Other Fruits	10.92 1 kg	14 Kg	152.83
Cooking oil (2.5lts)	127.50 2.5lt	3.6lt	183.60
Salt	14.00 1 Kg	1 Kg	14.00
Tea	31.00 250g	250g	31.00
<b>Sub Total</b>			<b>ZMW 2,867.80</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.75 400g	4 400g	55.00
Jelly (Vaseline)	37.50 500ml	1 500ml	37.50
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
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	5.33 Tissue(s)	6 Tissue(s)	32.00
Lotion (Dawn)	36.75 400ml	1 400ml	36.75
<b>Subtotal</b>			<b>ZMW 2,448.52</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,316.32</b>

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	40. 00

## **Health**

## **Fuel (cost at the pump)**

Item	Amount (ZMW)
Petrol (per litre)	19.84
Diesel (per litre)	18.93
Paraffin (per litre)	15.39

**(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	<b>4,565.16</b>	<b>5,083.38</b>	<b>5,307.38</b>	<b>7,239.43</b>	<b>7,634.44</b>	<b>5,316.32</b>	<b>6,284.07</b>	<b>5,443.14</b>	<b>6,017.50</b>	<b>6,811.90</b>	<b>6,770.80</b>	<b>5,982.51</b>	<b>5,535.33</b>	<b>5,071.74</b>	<b>6,216.69</b>

This survey was conducted on 27th June 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 marker, Town market, Manungu and Site & Service market and Schools, Clinics/hospitals, and filling stations around Monze. The January Basic Needs Basket is approximately US\$289.40 based on the exchange rate of K18.37. Other costs Would include personal care, clothing, recreation, etc.

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