

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.50 25 kg bag	2 x 25Kg	285.00
Rice	91.67 5kg	4kg	73.33
Cassava Flour	13.75 1kg	6kg	82.49
(Irish) Potatoes	13.33 1 Kg	4 Kg	53.33
Beans	35.56 1kg	3kg	106.69
Pounded Groundnut	25.00 1kg	1kg	25.00
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	75.00 1kg	2kg	150.00
Chicken	105.00 2kg	5kg	262.50
Kapenta	156.25 1kg	1kg	156.25
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	403.72 40 Kg	40kg	403.72
Onion	15.00 1 Kg	4 Kg	59.98
Tomatoes	12.46 1 kg	6 kg	74.76
Banana	16.00 1 Kg	16 Kg	255.92
Other Fruits	15.99 1 kg	14 Kg	223.86
Cooking oil (2.5lts)	135.00 2.5lt	3.6lt	194.40
Salt	11.00 1 Kg	1 Kg	11.00
Tea	24.00 250g	250g	24.00
SubTotal			ZMW 3,042.23

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	185.00 90kg bag(s)	2 90kg bag(s)	370.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	200.00Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1,350.00Month(s)	1 Month(s)	1,350.00
Sanitary towels	22.50 Pack of 10	2 Pack of 10	45.00
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,301.70
Total for Basic Needs and Nutrition Basket			ZMW 5,343.93

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke-Town	22.00
		Kaole -Town	18.00
School Uniform (Grades 8-12)	283.50		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54

(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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	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 Kaole, main market, Chilyapa market, Down UB market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Mansa. The January Basic Needs and Nutrition Basket is approximately US\$ 300.22 based on the exchange rate of K17.80. 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 Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka