

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.20 25 kg bag	2 x 25Kg	284.40
Rice	93.68 5kg	4kg	74.94
Cassava Flour	13.95 1kg	6kg	83.72
(Irish) Potatoes	12.89 1 Kg	4 Kg	51.55
Beans	33.57 1kg	3kg	100.71
Pounded Groundnut	38.31 1kg	1kg	38.31
Soya Pieces	51.70 1 kg	2kg	103.41
Beef	63.00 1kg	2kg	126.00
Chicken	112.00 2kg	5kg	280.00
Kapenta	174.41 1kg	1kg	174.41
Eggs	19.93 1 unit (10 eggs)	3 Trays (90 eggs)	179.39
Milk (Fresh)	13.40 500 ml	10 liters	267.96
Vegetables	346.29 40 Kg	40kg	346.29
Onion	34.29 1 Kg	4 Kg	137.18
Tomatoes	20.84 1 kg	6 kg	125.07
Banana	25.96 1 Kg	16 Kg	415.30
Other Fruits	18.33 1 kg	14 Kg	256.61
Cooking oil (2.5lts)	119.00 2.5lt	3.6lt	171.36
Salt	10.40 1 Kg	1 Kg	10.40
Tea	17.60 250g	250g	17.60
SubTotal			ZMW 3,244.58

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	107.00 90kg bag(s)	2 90kg bag(s)	214.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	15.80 400g	4 400g	63.19
Jelly (Vaseline)	43.00 500ml	1 500ml	43.00
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	16.20 Pack of 10	2 Pack of 10	32.40
Toilet Paper (2ply)	4.20 Tissue(s)	6 Tissue(s)	25.20
Lotion (Dawn)	34.20 400ml	1 400ml	34.20
Subtotal			ZMW 1,798.89
Total for Basic Needs and Nutrition Basket			ZMW 5,043.46

(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		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	21.96

	Diesel (per litre)	21.96
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
9,305.38	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 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\$283.34 based on the exchange rate of K17.80. Other costs would include personal care, clothing, recreation, etc.

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