

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.09 25 kg bag	2 x 25Kg	238.18
Rice	120.00 5kg	4kg	96.00
(Irish) Potatoes	21.99 1 Kg	4 Kg	87.96
Beans	35.97 1kg	3kg	107.91
Pounded Groundnut	27.00 1kg	1kg	27.00
Soya Pieces	55.00 1 kg	2kg	110.00
Beef	73.00 1kg	2kg	146.00
Chicken	120.00 2kg	5kg	300.00
Kapenta	138.00 1kg	1kg	138.00
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	186.00
Milk (Fresh)	16.50 500 ml	10 liters	330.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	19.78 1 Kg	4 Kg	79.12
Tomatoes	16.56 1 kg	6 kg	99.36
Banana	16.45 1 Kg	16 Kg	263.20
Other Fruits	23.66 1 kg	14 Kg	331.24
Cooking oil (2.5lts)	129.88 2.5lt	3.6lt	187.03
Salt	12.00 1 Kg	1 Kg	12.00
Tea	24.00 250g	250g	24.00
Sub Total			ZMW 3,163.00

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	191.11 90kg bag(s)	2 90kg bag(s)	382.22
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)	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
Jelly (Vaseline)	43.00 500ml	1 500ml	43.00
Sanitary towels	26.00 Pack of 10	2 Pack of 10	52.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	34.67 400ml	1 400ml	34.67
Subtotal			ZMW 2,517.39
Total for Basic Needs and Nutrition Basket			ZMW 5,681.23

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	40. 00
Health		Fuel (cost at the pump March, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	26.50

Diesel (per litre)	26.22
Paraffin (per litre)	19.32

(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April, 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 Main Market, Town market, Manungu, Site and Service and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$335.37 based upon the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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