

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	155.00 25 kg bag	2 x 25Kg	310.00
Rice	104.45 5kg	4kg	83.56
Cassava Flour	16.31 1kg	6kg	97.86
Potato (Irish)	13.33 1 Kg	4 Kg	53.33
Beans	33.42 1kg	3kg	100.25
Pounded Groundnut	49.05 1kg	1kg	49.05
Soya Pieces	46.21 1 kg	2kg	92.42
Beef	65.00 1kg	2kg	129.99
Chicken	98.33 2kg	5kg	245.82
Kapenta	201.92 1kg	1kg	201.92
Eggs	18.55 1 unit (10 eggs)	3 Trays (90 eggs)	166.99
Milk (Fresh)	15.66 500 ml	10 liters	313.27
Vegetables	357.30 40 Kg	40kg	357.30
Onion	17.40 1 Kg	4 Kg	69.62
Tomatoes	15.11 1 kg	6 kg	90.68
Banana	19.09 1 Kg	16 Kg	305.45
Other Fruits	22.50 1 kg	14 Kg	314.97
Cooking oil (2.5lts)	126.00 2.5lt	3.6lt	181.44
Salt	12.00 1 Kg	1 Kg	12.00
Tea	25.00 250g	250g	25.00
<b>Sub Total</b>			<b>ZMW 3,200.91</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	130.00 90kg bag(s)	2 90kg bag(s)	260.00
Soap (Lifebuoy/Champion)	30.00 Tablet(s)	3 Tablet(s)	90.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
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
Jelly (Vaseline)	36.00 500ml	1 500ml	36.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
<b>Subtotal</b>			<b>ZMW 1,914.90</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,115.81</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
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		
<b>Health</b>		<b>Fuel (cost at the pump May, 2022)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	24.15

	Diesel (per litre)	25.64
Paraffin (per litre)	18.76	

**(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26<sup>th</sup> May, 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 April Basic Needs and Nutrition Basket is approximately US\$297.95 based on the exchange rate of K17.17. Other costs would include personal care, clothing, recreation, etc.

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