

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.67 25 kg bag	2 x 25Kg	245.33
Rice	122.55 5kg	4kg	98.04
(Irish) Potatoes	17.42 1 Kg	4 Kg	69.68
Beans	37.63 1kg	3kg	112.88
Pounded Groundnut	33.96 1kg	1kg	33.96
Soya Pieces	47.62 1 kg	2kg	95.24
Beef	71.83 1kg	2kg	143.67
Chicken	113.33 2kg	5kg	283.33
Kapenta	133.84 1kg	1kg	133.84
Eggs	18.89 1 unit (10 eggs)	3 Trays (90 eggs)	170.00
Milk (Fresh)	15.67 500 ml	10 liters	313.33
Vegetables	416.04 40 Kg	40kg	416.04
Onion	22.01 1 Kg	4 Kg	88.03
Tomatoes	22.65 1 kg	6 kg	135.91
Banana	15.78 1 Kg	16 Kg	252.43
Other Fruits	19.09 1 kg	14 Kg	267.28
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	10.67 1 Kg	1 Kg	10.67
Tea	19.67 250g	250g	19.67
<b>Sub Total</b>			<b>ZMW 3,076.52</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	192.00 90kg bag(s)	2 90kg bag(s)	384.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	19.50 400g	4 400g	78.00
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)	42.00 500ml	1 500ml	42.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	94.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.75 400ml	1 400ml	35.75
<b>Subtotal</b>			<b>ZMW 2,566.75</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,643.27</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	40. 00

### **Health**

### **Fuel (cost at the pump May, 2022)**

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 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\$ 328.67 based upon the exchange rate of K17.17. Other costs would include personal care, clothing, recreation, etc.

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