

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.06 25 kg bag	2 x 25Kg	304.11
Rice	104.89 5kg	4kg	83.91
Cassava Flour	16.84 1kg	6kg	101.01
(Sweet) Potatoes	15.83 1 Kg	4 Kg	63.30
Beans	36.48 1kg	3kg	109.43
Pounded Groundnut	30.35 1kg	1kg	30.35
Soya Pieces	44.34 1 kg	2kg	88.67
Beef	73.45 1kg	2kg	146.89
Chicken	112.50 2kg	5kg	281.25
Kapenta	131.28 1kg	1kg	131.28
Eggs	10.01 1 unit (10 eggs)	3 Trays (90 eggs)	90.09
Milk (Fresh)	15.39 500 ml	10 liters	307.80
Vegetables	421.23 40 Kg	40kg	421.23
Onion	16.01 1 Kg	4 Kg	64.04
Tomatoes	14.78 1 kg	6 kg	88.68
Banana	14.58 1 Kg	16 Kg	233.20
Other Fruits	16.23 1 kg	14 Kg	227.15
Cooking oil (2.5lts)	131.00 2.5lt	3.6lt	188.64
Salt	12.00 1 Kg	1 Kg	12.00
Tea	11.01 250g	250g	11.01
Sub Total			ZMW 2,984.03

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	196.00 90kg bag(s)	2 90kg bag(s)	392.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
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
Jelly (Vaseline)	55.00 500ml	1 500ml	55.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 2388.20
Total for Basic Needs and Nutrition Basket			ZMW 5,372.23

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform (Grades 8-12)	283.50

Transport (bus fare round

Item	Amount (ZMW)
Maiteneke-Town	22.00
Kaole -Town	18.00

Health

Fuel (cost at the pump May, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64

(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 26th June, 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 June Basic Needs and Nutrition Basket is approximately US\$ 302.83 based on the exchange rate of K17.74 other costs would include personal care, clothing, recreation, etc.

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