

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

July 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	102.00 5kg	4kg	81.60
Cassava Flour	13.00 1kg	6kg	78.00
(Sweet) Potatoes	16.77 1 Kg	4 Kg	67.08
Beans	38.25 1kg	3kg	114.75
Pounded Groundnut	43.00 1kg	1kg	43.00
Soya Pieces	55.00 1 kg	2kg	110.00
Beef	69.00 1kg	2kg	138.00
Chicken	95.11 2kg	5kg	237.78
Kapenta	190.77 1kg	1kg	190.77
Eggs	19.00 1 unit (10 eggs)	3 Trays (90 eggs)	171.00
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	368.89 40 Kg	40kg	368.89
Onion	13.67 1 Kg	4 Kg	54.68
Tomatoes	13.00 1 kg	6 kg	78.00
Banana	19.72 1 Kg	16 Kg	315.52
Other Fruits	18.89 1 kg	14 Kg	264.46
Cooking oil (2.5lts)	135.00 2.5lt	3.6lt	194.40
Salt	11.00 1 Kg	1 Kg	11.00
Tea	20.00 250g	250g	20.00
Sub Total			ZMW 3,138.92

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	143.00 90kg bag(s)	2 90kg bag(s)	286.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	45.29 400ml	1 400ml	45.29
Subtotal			ZMW 1,700.69
Total for Basic Needs and Nutrition Basket			ZMW 4,839.61

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
			Manganda-Town	23.00
			Shoprite-Town	15.00
			Kapulanga-Town	33.00
School Uniform (Grades 8-12)	175.00			

Health

Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75

Diesel (per litre) 28.01
Paraffin (per litre) 21.27

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4, 839.61	5,645.47	5,843.48	7,326.37	7,950

This survey was conducted on 25th July 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 retail outlets at Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite and schools. Clinics/hospitals, and filling stations around Mongu. The July Basic Needs Basket is approximately US\$ 290.84 based upon the exchange rate of K16.64. Other costs Would include personal care, clothing, recreation, etc.

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