

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	159.40 25 kg bag	2 x 25Kg	318.80
Rice	101.62 5kg	4kg	81.30
Cassava Flour	10.74 1kg	6kg	64.46
(Sweet) Potatoes	11.60 1 Kg	4 Kg	46.39
Beans	39.19 1kg	3kg	117.58
Pounded Groundnut	38.90 1kg	1kg	38.90
Soya Pieces	51.67 1 kg	2kg	103.33
Beef	68.00 1kg	2kg	136.00
Chicken	118.20 2kg	5kg	295.49
Kapenta	165.55 1kg	1kg	165.55
Eggs	20.03 1 unit (10 eggs)	3 Trays (90 eggs)	180.30
Milk (Fresh)	16.60 500 ml	10 liters	331.96
Vegetables	407.48 40 Kg	40kg	407.48
Onion	16.79 1 Kg	4 Kg	67.16
Tomatoes	10.60 1 kg	6 kg	63.62
Banana	14.26 1 Kg	16 Kg	228.15
Other Fruits	22.18 1 kg	14 Kg	310.47
Cooking oil (2.5lts)	134.13 2.5lt	3.6lt	193.15
Salt	10.80 1 Kg	1 Kg	10.80
Tea	25.13 250g	250g	25.13
Sub Total			ZMW 3,186.01

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.00 90kg bag(s)	2 90kg bag(s)	240.00
Soap (Lifebuoy/Champion)	16.67 Tablet(s)	3 Tablet(s)	50.00
Wash soap (BOOM)	21.00 400g	4 400g	84.00
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)	33.50 500ml	1 500ml	33.50
Sanitary towels	24.50 Pack of 10	2 Pack of 10	49.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 1,861.40
Total for Basic Needs and Nutrition Basket			ZMW 5,047.41

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
			Manganda-Town	21.00
			Shoprite-Town	14.00
			Kapulanga-Town	31.50
School Uniform (Grades 8-12)	175.00			

Health

Fuel (cost at the pump August, 2022)

Item	Amount (ZMW)
Petrol (per litre)	23.19

Diesel (per litre) 24.87
Paraffin (per litre) 18.43

(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August 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 August Basic Needs Basket is approximately US\$ 317.44 based upon the exchange rate of K15.90 Other costs Would include personal care, clothing, recreation, etc.

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