

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

September 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	92.14 5kg	4kg	73.72
Cassava Flour	8.54 1kg	6kg	51.24
(Sweet) Potatoes	17.10 1 Kg	4 Kg	68.42
Beans	33.53 1kg	3kg	100.60
Pounded Groundnut	59.93 1kg	1kg	59.93
Soya Pieces	41.39 1 kg	2kg	82.78
Beef	71.67 1kg	2kg	143.33
Chicken	97.50 2kg	5kg	243.75
Kapenta	142.39 1kg	1kg	142.39
Eggs	18.92 1 unit (10 eggs)	3 Trays (90 eggs)	170.25
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	442.49 40 Kg	40kg	442.49
Onion	12.45 1 Kg	4 Kg	49.80
Tomatoes	14.56 1 kg	6 kg	87.33
Banana	13.88 1 Kg	16 Kg	222.01
Other Fruits	22.38 1 kg	14 Kg	313.31
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	8.50 1 Kg	1 Kg	8.50
Tea	25.00 250g	250g	25.00
<b>Sub Total</b>			<b>ZMW 3,087.66</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	177.50 90kg bag(s)	2 90kg bag(s)	355.00
Soap (Lifebuoy/Champion)	14.67 Tablet(s)	3 Tablet(s)	44.00
Wash soap (BOOM)	21.50 400g	4 400g	86.00
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	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	7.50 Tissue(s)	6 Tissue(s)	45.00
Lotion (Dawn)	32.50 400ml	1 400ml	32.50
<b>Subtotal</b>			<b>ZMW 1,981.30</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,068.96</b>

## (C) SOME OTHER ADDITIONAL COSTS

### (D) 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 Sept, 2022)

Item	Amount (ZMW)
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Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25<sup>th</sup> September 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 September Basic Needs Basket is approximately US\$ 322.65 based upon the exchange rate of K15.71 other costs Would include personal care, clothing, recreation, etc.

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