

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.00 25 kg bag	2 x 25Kg	304.00
Rice	88.54 5kg	4kg	70.83
Cassava Flour	11.99 1kg	6kg	71.96
(Irish) Potatoes	16.88 1 Kg	4 Kg	67.52
Beans	30.33 1kg	3kg	90.99
Pounded Groundnut	54.64 1kg	1kg	54.64
Soya Pieces	44.22 1 kg	2kg	88.44
Beef	59.00 1kg	2kg	118.00
Chicken	107.00 2kg	5kg	267.50
Kapenta	189.16 1kg	1kg	189.16
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	10.25 500 ml	10 liters	205.03
Vegetables	441.22 40 Kg	40kg	441.22
Onion	18.11 1 Kg	4 Kg	72.44
Tomatoes	10.94 1 kg	6 kg	65.66
Banana	12.51 1 Kg	16 Kg	200.11
Other Fruits	17.80 1 kg	14 Kg	249.16
Cooking oil (2.5lts)	121.00 2.5lt	3.6lt	174.24
Salt	11.00 1 Kg	1 Kg	11.00
Tea	21.00 250g	250g	21.00
<b>Sub Total</b>			<b>ZMW 2,942.88</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	169.25 90kg bag(s)	2 90kg bag(s)	253.50
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	17.50 400g	4 400g	70.00
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)	44.50 500ml	1 500ml	44.50
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 1,854.90</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,797.78</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	175.00

### **Transport (bus fare round**

Item	Amount (ZMW)
Manganda-Town	21.00
Shoprite-Town	14.00
Kapulanga-Town	31.50

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	22.74

Diesel (per litre)  
Paraffin (per litre)

26.16  
16.06

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25<sup>th</sup> October 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 October Basic Needs Basket is approximately US\$287.12 based upon the exchange rate of K16.71 other costs Would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**