

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	155.20 25 kg bag	2 x 25Kg	310.40
Rice	65.92 5kg	4kg	52.74
Cassava Flour	13.12 1kg	6kg	78.70
Irish Potatoes	15.39 1 Kg	4 Kg	61.58
Beans	42.84 1kg	3kg	128.52
Pounded Groundnut	65.39 1kg	1kg	65.39
Soya Pieces	49.07 1 kg	2kg	98.13
Beef	67.95 1kg	2kg	135.91
Chicken	92.00 2kg	5kg	229.99
Kapenta	241.49 1kg	1kg	241.49
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	14.20 500 ml	10 liters	283.96
Vegetables	512.93 40 Kg	40kg	512.93
Onion	21.36 1 Kg	4 Kg	85.44
Tomatoes	12.87 1 kg	6 kg	77.19
Banana	14.88 1 Kg	16 Kg	238.01
Other Fruits	7.08 1 kg	14 Kg	99.18
Cooking oil (2.5lts)	102.64 2.5lt	3.6lt	147.80
Salt	11.40 1 Kg	1 Kg	11.40
Tea	31.50 250g	250g	31.50
SubTotal			ZMW 3,070.23

(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)	15.20 Tablet(s)	3 Tablet(s)	45.59
Wash soap (BOOM)	19.20 400g	4 400g	76.79
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)	33.60 500ml	1 500ml	33.60
Sanitary towels	21.60 Pack of 10	2 Pack of 10	43.20
Toilet Paper (2ply)	9.00 Tissue(s)	6 Tissue(s)	53.99
Lotion (Dawn)	30.40 400ml	1 400ml	30.40
Subtotal			ZMW 1,881.97
Total for Basic Needs and Nutrition Basket			ZMW 4,952.20

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	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 Oct, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.31
Diesel (per litre)	27.38
Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite as well as Schools, clinics/hospitals, and filling stations around Mongu. The November Basic Needs and Nutrition Basket is approximately US\$ 287.60 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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