

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	191.07 5kg	4kg	152.86
Irish Potatoes	16.98 1 Kg	4 Kg	67.94
Beans	36.81 1kg	3kg	110.44
Pounded Groundnut	33.61 1kg	1kg	33.61
Soya Pieces	53.63 1 kg	2kg	107.26
Beef	75.13 1kg	2kg	150.25
Chicken	92.50 2kg	5kg	231.25
Kapenta	178.67 1kg	1kg	178.67
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	575.89 40 Kg	40kg	575.89
Onion	17.15 1 Kg	4 Kg	68.59
Tomatoes	5.66 1 kg	6 kg	33.94
Banana	16.27 1 Kg	16 Kg	260.34
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	137.50 2.5lt	3.6lt	198.00
Salt	9.33 1 Kg	1 Kg	9.33
Tea	26.67 250g	250g	26.67
SubTotal			ZMW 3,245.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	125.00 90kg bag(s)	2 90kg bag(s)	250.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.50
Wash soap (BOOM)	19.50 400g	4 400g	78.00
Electricity (medium density)	234.00 Month(s)	1 Month(s)	234.00
Water & Sanitation (med - fixed)	220.00 Month(s)	1 Month(s)	220.00
Housing (3 bedroom)	1,392.00 Month(s)	1 Month(s)	1,392.00
Jelly (Vaseline)	28.75 500ml	1 500ml	28.75
Sanitary towels	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,358.25
Total for Basic Needs and Nutrition Basket			ZMW 5,603.29

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	41. 00
<i>Health</i>		<i>Fuel (cost at the pump Oct, 2022)</i>	
		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 Main Market, Town market, Manungu, Site and Service Market as well as Schools, clinics/hospitals, and filling stations around Monze. The November Basic Needs and Nutrition Basket is approximately US\$ 325.41 based on the exchange rate of K 17.22 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 Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka