

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

December 2022

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

| Commodity            | Price (ZMW) / Unit     | Quantity / Month  | Total (ZMW)         |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 137.50 25 kg bag       | 2 x 25Kg          | 275.00              |
| Rice                 | 184.85 5kg             | 4kg               | 147.88              |
| Cassava Flour        | 47.50 1kg              | 6kg               | 285.00              |
| Irish Potatoes       | 22.08 1 Kg             | 4 Kg              | 88.32               |
| Beans                | 35.79 1kg              | 3kg               | 107.36              |
| Pounded Groundnut    | 31.27 1kg              | 1kg               | 31.27               |
| Soya Pieces          | 49.20 1 kg             | 2kg               | 98.41               |
| Beef                 | 75.13 1kg              | 2kg               | 150.25              |
| Chicken              | 95.17 2kg              | 5kg               | 237.92              |
| Kapenta              | 184.62 1kg             | 1kg               | 184.62              |
| Eggs                 | 20.83 1 unit (10 eggs) | 3 Trays (90 eggs) | 187.50              |
| Milk (Fresh)         | 15.50 500 ml           | 10 liters         | 310.00              |
| Vegetables           | 320.56 40 Kg           | 40kg              | 320.56              |
| Onion                | 16.74 1 Kg             | 4 Kg              | 66.97               |
| Tomatoes             | 10.85 1 kg             | 6 kg              | 65.09               |
| Banana               | 14.36 1 Kg             | 16 Kg             | 229.69              |
| Other Fruits         | 5.36 1 kg              | 14 Kg             | 75.08               |
| Cooking oil (2.5lts) | 137.50 2.5lt           | 3.6lt             | 198.00              |
| Salt                 | 9.00 1 Kg              | 1 Kg              | 9.00                |
| Tea                  | 19.44 250g             | 250g              | 19.44               |
| <b>SubTotal</b>      |                        |                   | <b>ZMW 3,087.36</b> |

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

| Commodity   | Price(ZMW) / Unit  | Quantity / Month | Total (ZMW)         |
|---|--------------------|------------------|---------------------|
| Charcoal  | 150.00 90kg bag(s) | 2 90kg bag(s)    | 300.00              |
| Soap (Lifebuoy/Champion)                          | 14.50 Tablet(s)    | 3 Tablet(s)      | 43.50               |
| Wash soap (BOOM)                                  | 19.00 400g         | 4 400g           | 76.00               |
| 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                                   | 22.00 Pack of 10   | 2 Pack of 10     | 44.00               |
| Toilet Paper (2ply)                               | 6.00 Tissue(s)     | 6 Tissue(s)      | 36.00               |
| Lotion (Dawn)                                     | 35.00 400ml        | 1 400ml          | 35.00               |
| <b>Subtotal</b>                                   |                    |                  | <b>ZMW 2,409.25</b> |
| <b>Total for Basic Needs and Nutrition Basket</b> |                    |                  | <b>ZMW 5,496.61</b> |

## (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)</i> | <i>Item</i>                      | <i>Amount (ZMW)</i> |
|                              |                                | Petrol (per litre)               | 25.89               |
|                              |                                | Diesel (per litre)               | 27.38               |
|                              |                                | Paraffin (per litre)             | 20.45               |

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

| Chinsali | Choma    | Kabwe    | Kasama   | Kitwe    | Livingstone | Lusaka   | Luanshya | Mansa    | Mazabuka | Mongu    | Monze    | Mpika    | Ndola    | Solwezi  |
|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 5,502.37 | 6,298.28 | 7,150.84 | 4,314.94 | 7,218.20 | 6,757.14    | 8,982.82 | 5,621.22 | 5,202.22 | 5,896.48 | 5,437.11 | 5,496.61 | 5,960.05 | 7,290.31 | 8,188.02 |

This survey was conducted on 25<sup>th</sup> December, 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 December Basic Needs and Nutrition Basket is approximately US\$ 305.88 based on the exchange rate of K 17.97 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**