

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.25 25 kg bag	2 x 25Kg	282.50
Rice	93.21 5kg	4kg	74.57
(Sweet) Potatoes	6.58 1 Kg	4 Kg	26.34
Beans	21.18 1kg	3kg	63.53
Pounded Groundnut	29.00 1kg	1kg	29.00
Soya Pieces	45.61 1 kg	2kg	91.23
Beef	33.75 1kg	2kg	67.50
Chicken	55.00 2kg	5kg	137.50
Kapenta	130.68 1kg	1kg	130.68
Eggs	10.00 1 unit (10 eggs)	3 Trays (90 eggs)	90.00
Milk (Fresh)	10.50 500 ml	10 liters	210.00
Vegetables	191.54 40 Kg	40kg	191.54
Onion	11.87 1 Kg	4 Kg	47.49
Tomatoes	6.53 1 kg	6 kg	39.20
Banana	9.13 1 Kg	16 Kg	146.06
Other Fruits	16.43 1 kg	14 Kg	230.08
Cooking oil (2.5lts)	66.25 2.5lt	3.6lt	95.40
Salt	7.00 1 Kg	1 Kg	7.00
<b>Subtotal</b>			<b>ZMW 1,959.62</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	9.00 Tablet(s)	3 Tablet(s)	27.00
Wash soap (BOOM)	10.75 400g	4 400g	43.00
Jelly (Vaseline)	19.00 500ml	1 500ml	19.00
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	1,800.00 Month(s)	1 Month(s)	1,800.00
Sanitary towels	27.50 Pack of 10	2 Pack of 10	55.00
Toilet Paper (2ply)	14.75 Tissue(s)	6 Tissue(s)	88.50
Lotion (Dawn)	19.25 250ml	1 250ml	19.25
<b>Subtotal</b>			<b>ZMW 2,781.75</b>

## **Total for Basic Needs Basket**

**ZMW 4,741.37**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	270.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	60.00		
School Uniform (Grades 8-9)	150.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	150.00	Petrol (per litre)	15.98
Self-referral (Emergency Fee)	40.00	Diesel (per litre)	14.23
Malaria test	50.00		

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

#### **Compositions of vegetables and fruits**

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted from 27<sup>th</sup> November, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Main Market, Town centre, Manungu Market, and Site and Service Market. Additional information was obtained from ZESCO, the Southern Water and Sewerage Company and schools, clinics and houses around Monze. The November Basic Needs Basket is approximately US\$324 based upon an average exchange rate of K14.65 per US\$ prevailing on the days of data collection. Please note that other monthly 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**