

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	144.10 25 kg bag	2 x 25Kg	288.20
Rice	108.82 5kg	4kg	87.05
Cassava Flour	6.14 1kg	6kg	36.82
(Sweet) Potatoes	8.04 1 Kg	4 Kg	32.17
Beans	17.34 1kg	3kg	52.01
Pounded Groundnut	31.59 1kg	1kg	31.59
Soya Pieces	32.79 1 kg	2kg	65.58
Beef	48.00 1kg	2kg	96.00
Chicken	47.25 2kg	5kg	118.13
Kapenta	70.83 1kg	1kg	70.83
Eggs	11.78 1 unit (10 eggs)	3 Trays (90 eggs)	106.00
Milk (Fresh)	7.50 500 ml	10 liters	150.00
Vegetables	193.58 40 Kg	40kg	193.58
Onion	10.78 1 Kg	4 Kg	43.13
Tomatoes	5.64 1 kg	6 kg	33.82
Banana	8.00 1 Kg	16 Kg	128.00
Other Fruits	4.18 1 kg	14 Kg	58.58
Cooking oil (2.5lts)	50.00 2.5lt	3.6lt	72.00
Salt	6.50 1 Kg	1 Kg	6.50
Tea	16.57 250g	250g	16.57
Subtotal			ZMW 1,686.58

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.60 90kg bag(s)	2 90kg bag(s)	241.20
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	196.00 Month(s)	1 Month(s)	196.00
Water & Sanitation (med - fixed)	132.50 Month(s)	1 Month(s)	132.50
Housing (3 bedroom)	2,116.50 Month(s)	1 Month(s)	2,116.50
Sanitary towels	26.33 Pack of 10	2 Pack of 10	52.67
Toilet Paper (2ply)	3.50 Tissue(s)	6 Tissue(s)	21.00
Lotion (Dawn)	17.50 250ml	1 250ml	17.50
Subtotal			ZMW 2,863.87
Total for Basic Needs Basket			ZMW 4,550.44

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Maiteneke-Town	8.00
Grades 10-12 (User + PTA/year)	600.00	Senama-Town	6.00
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	Petrol (per litre)	15.98
Malaria test	20.00	Diesel (per litre)	14.23
		Paraffin (per litre)	13.02

(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 on 26th 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 Maiteneke Market, Kaole Market, Chilyapa Market, Down Market, Main Market and Shoprite. Additional information was obtained from ZESCO, Luapula Water and Sewerage Company and schools, clinics, hospital and houses around Mansa. The November Basic Needs Basket is approximately US\$312 based upon the 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.

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