

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.40 25 kg bag	2 x 25Kg	284.80
Rice	97.26 5kg	4kg	77.80
Cassava Flour	7.76 1kg	6kg	46.54
(Sweet) Potatoes	9.87 1 Kg	4 Kg	39.50
Beans	20.42 1kg	3kg	61.25
Pounded Groundnut	55.04 1kg	1kg	55.04
Soya Pieces	31.88 1 kg	2kg	63.75
Beef	33.80 1kg	2kg	67.60
Chicken	56.40 2kg	5kg	141.00
Kapenta	159.77 1kg	1kg	159.77
Eggs	12.53 1 unit (10 eggs)	3 Trays (90 eggs)	112.80
Milk (Fresh)	8.10 500 ml	10 liters	162.00
Vegetables	264.85 40 Kg	40kg	264.85
Onion	9.77 1 Kg	4 Kg	39.09
Tomatoes	5.69 1 kg	6 kg	34.17
Banana	10.31 1 Kg	16 Kg	164.95
Other Fruits	1.77 1 kg	14 Kg	24.79
Cooking oil (2.5lts)	59.75 2.5lt	3.6lt	86.04
Salt	6.75 1 Kg	1 Kg	6.75
Subtotal			ZMW 1,892.48

(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)	8.25 Tablet(s)	3 Tablet(s)	24.75
Wash soap (BOOM)	9.00 400g	4 400g	36.00
Jelly (Vaseline)	27.00 500ml	1 500ml	27.00
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	210.00 Month(s)	1 Month(s)	210.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	6.25 Tissue(s)	6 Tissue(s)	37.50
Lotion (Dawn)	21.75 250ml	1 250ml	21.75
Subtotal			ZMW 1,861.00

Total for Basic Needs Basket

ZMW 3,753.48

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	150.00		
School Uniform (Grades 1-7)	600.00		
School Uniform (Grades 8-12)	600.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	15.98
Self-referral (Emergency Fee)	20.00	Diesel (per litre)	14.23
Malaria test	20.00	Paraffin (per litre)	11.34

(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 27th 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 town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite. The November Basic Needs Basket is approximately US\$256 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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