

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.50 25 kg bag	2 x 25Kg	273.00
Rice	95.20 5kg	4kg	76.16
Cassava Flour	4.87 1kg	6kg	29.20
(Sweet) Potatoes	9.27 1 Kg	4 Kg	37.09
Beans	21.94 1kg	3kg	65.83
Pounded Groundnut	31.95 1kg	1kg	31.95
Soya Pieces	29.42 1 kg	2kg	58.84
Beef	48.33 1kg	2kg	96.66
Chicken	51.33 2kg	5kg	128.33
Kapenta	86.69 1kg	1kg	86.69
Eggs	13.89 1 unit (10 eggs)	3 Trays (90 eggs)	125.00
Milk (Fresh)	8.17 500 ml	10 liters	163.30
Vegetables	134.95 40 Kg	40kg	134.95
Onion	34.07 1 Kg	4 Kg	136.29
Tomatoes	8.03 1 kg	6 kg	48.17
Banana	7.35 1 Kg	16 Kg	117.63
Other Fruits	12.09 1 kg	14 Kg	169.26
Cooking oil (2.5lts)	78.67 2.5lt	3.6lt	113.29
Salt	11.33 1 kg	1 Kg	11.33
Tea	28.99 250g	250g	28.99
SubTotal			ZMW 1,931.97

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	131.40 90kg bag(s)	2 90kg bag(s)	262.80
Soap (Lifebuoy/Champion)	9.67 Tablet(s)	3 Tablet(s)	29.00
Wash soap (BOOM)	14.50 400g	4 400g	57.99
Jelly (Vaseline)	26.00 500ml	1 500ml	26.00
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	17.99 Pack of 10	2 Pack of 10	35.98
Toilet Paper (2ply)	4.83 Tissue(s)	6 Tissue(s)	29.00
Lotion (Dawn)	12.91 250ml	1 250ml	12.91
Subtotal			ZMW 1,992.80

Total for Basic Needs and Nutrition Basket

ZMW 3,924.77

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	225.00	Maiteneke-Town	16.00
Grades 8-9 (User + PTA/year)	400.00	Kaole -Town	12.00
Grades 10-12 (User + PTA/year)	1,600.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	200.00	Petrol (per litre)	17.62
High cost fee	550.00	Diesel (per litre)	15.39
		Paraffin (per litre)	15.39

(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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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, Guavas and Oranges.

This survey was conducted on 27th June, 2020 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 Kaole, Main market, Down town, Chilyapa, Maiteneke and Shoprite. The June Basic Needs Basket is approximately US\$216 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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