

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	126.00 25 kg bag	2 x 25Kg	252.00
Rice	83.91 5kg	4kg	67.13
Cassava Flour	10.10 1kg	6kg	60.60
(Sweet) Potatoes	12.68 1 Kg	4 Kg	50.73
Beans	23.72 1kg	3kg	71.16
Pounded Groundnut	62.00 1kg	1kg	62.00
Soya Pieces	47.22 1 kg	2kg	94.45
Beef	35.60 1kg	2kg	71.20
Chicken	52.00 2kg	5kg	130.00
Kapenta	196.63 1kg	1kg	196.63
Eggs	19.00 1 unit (10 eggs)	3 Trays (90 eggs)	171.00
Milk (Fresh)	8.40 500 ml	10 liters	168.00
Vegetables	205.93 40 Kg	40kg	205.93
Onion	24.46 1 Kg	4 Kg	97.84
Tomatoes	7.48 1 kg	6 kg	44.88
Banana	11.44 1 Kg	16 Kg	183.01
Other Fruits	6.52 1 kg	14 Kg	91.35
Cooking oil (2.5lts)	85.00 2.5lt	3.6lt	122.40
Salt	8.80 1 kg	1 Kg	8.80
SubTotal			ZMW 2,149.09

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	82.00 90kg bag(s)	2 90kg bag(s)	164.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	12.80 400g	4 400g	51.20
Jelly (Vaseline)	26.00 500ml	1 500ml	26.00
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
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	16.60 Pack of 10	2 Pack of 10	33.20
Toilet Paper (2ply)	3.70 Tissue(s)	6 Tissue(s)	22.20
Lotion (Dawn)	24.40 250ml	1 250ml	24.40
Subtotal			ZMW 1,811.00
Total for Basic Needs and Nutrition Basket			ZMW 3,960.09

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	480.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	1,720.00	Shoprite-Town	10.00
Grades 10-12 (User + PTA/year)	1,720.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	20.00		

(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
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 surveys conducted at town centre market, Imwiko market, mulambwa market, Kapulanga market, central market and shoprite The June Basic Needs Basket is approximately US\$218 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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