

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	96.68 25kg	2 25kg	193.37
Beans	25.69 kg	3 kg	77.08
Kapenta (Dry)	196.00 kg	2 kg	392.00
Fish (Bream, Dry)	230.00 kg	1 kg	230.00
Beef	37.99 kg	4 kg	151.97
Vegetables	18.40 kg	4 kg	73.60
Tomatoes	12.07 kg	4 kg	48.28
Onion	12.70 kg	2 kg	25.40
Cooking oil (2.5lts)	50.88 Litres	3 Litres	61.06
Bread	7.98 Loaf/day	1 Loaf/day	239.53
Sugar	27.61 2kg	3 2kg	82.83
Milk	8.71 500ml	4 500ml	34.85
Tea	187.20 kg	1 kg	187.20
Eggs	11.64 unit (10 eggs)	2 unit (10 eggs)	23.28
Salt	13.08 kg	1 kg	13.08
SubTotal			ZMW 1,833.52

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	224.00 90kg bag(s)	2 90kg bag(s)	448.00
Soap (Lifebuoy/Champion)	9.41 Tablet(s)	10 Tablet(s)	94.13
Wash soap (BOOM)	9.28 400g	4 400g	37.13
Jelly (Vaseline)	33.11 500ml	1 500ml	33.11
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	130.46 95	1 95	130.46
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00

Subtotal **ZMW 3,184.83**

Total for Basic Needs and Nutrition Basket **ZMW 5,018.36**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Mushili-Town	12.00
Grades 8-9 (User + PTA/year)	850.00	Ndeke-Town	12.00
Grades 10-12 (User + PTA/year)	980.00	Chifubu-Town	12.00
School Uniform (Grades 1-7)	710.00	Masala-Town	10.00
School Uniform (Grades 8-12)	900.00	Twapia-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	16.06
Malaria test	100.00	Diesel (per litre)	14.65
Consultation Fee	1.00	Paraffin (per litre)	11.34
CD4 Count	300.00		

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

Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2018-12-31

Ndola December 2018 Basic Needs and Nutrition Basket Report

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