

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.00 25 kg bag	2 x 25Kg	281.99
Rice	57.14 5kg	4kg	45.71
Cassava Flour	11.32 1kg	6kg	67.91
(Sweet) Potatoes	13.21 1 Kg	4 Kg	52.86
Beans	27.43 1kg	3kg	82.29
Pounded Groundnut	10.00 1kg	1kg	10.00
Soya Pieces	56.73 1 kg	2kg	113.47
Beef	43.35 1kg	2kg	86.71
Chicken	81.23 2kg	5kg	203.09
Kapenta	20.47 1kg	1kg	20.47
Eggs	12.40 1 unit (10 eggs)	3 Trays (90 eggs)	111.63
Milk (Fresh)	8.12 500 ml	10 liters	162.42
Vegetables	371.09 40 Kg	40kg	371.09
Onion	10.50 1 Kg	4 Kg	42.00
Tomatoes	11.31 1 kg	6 kg	67.86
Banana	10.46 1 Kg	16 Kg	167.29
Other Fruits	9.60 1 kg	14 Kg	134.42
Cooking oil (2.5lts)	74.31 2.5lt	3.6lt	107.01
Salt	16.57 1 Kg	1 Kg	16.57
SubTotal			ZMW 2,144.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	153.00 90kg bag(s)	2 90kg bag(s)	306.00
Soap (Lifebuoy/Champion)	9.03 Tablet(s)	3 Tablet(s)	27.10
Wash soap (BOOM)	10.23 400g	4 400g	40.92
Jelly (Vaseline)	38.41 500ml	1 500ml	38.41
Electricity (medium density)	566.00 Month(s)	1 Month(s)	566.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	2,500.00 Month(s)	1 Month(s)	2,500.00
Sanitary towels	19.25 Pack of 10	2 Pack of 10	38.50
Toilet Paper (2ply)	4.74 Tissue(s)	6 Tissue(s)	28.43
Lotion (Dawn)	18.98 250ml	1 250ml	18.98
Subtotal			ZMW 3,725.34

Total for Basic Needs and Nutrition Basket **ZMW 5,870.13**

(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	Ndeke-Town	14.00
Grades 8-9 (User + PTA/year)	750.00	Chifubu-Town	14.00
Grades 10-12 (User + PTA/year)	750.00	Masala-Town	12.00
School Uniform (Grades 1-7)	850.00	Twapia-Town	16.00
School Uniform (Grades 8-9)	860.00	Mushili-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	67.50	Petrol (per litre)	17.62
Malaria test	100.00	Diesel (per litre)	15.59
Consultation Fee	1.00	Paraffin (per litre)	15.50

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

This survey was conducted on 27th December, 2019 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 retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chinda, 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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Ndola January 2019 Basic Needs and Nutrition Basket Report

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