

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.28 25 kg bag	2 x 25Kg	234.57
Rice	90.55 5kg	4kg	72.44
Cassava Flour	14.79 1kg	6kg	88.74
(Sweet) Potatoes	12.12 1 Kg	4 Kg	48.47
Beans	25.10 1kg	3kg	75.29
Pounded Groundnut	12.91 1kg	1kg	12.91
Soya Pieces	20.54 1 kg	2kg	41.08
Beef	63.78 1kg	2kg	127.57
Chicken	111.00 2kg	5kg	277.49
Kapenta	87.49 1kg	1kg	87.49
Eggs	25.43 1 unit (10 eggs)	3 Trays (90 eggs)	228.84
Milk (Fresh)	11.93 500 ml	10 liters	238.54
Vegetables	390.47 40 Kg	40kg	390.47
Onion	22.64 1 Kg	4 Kg	90.56
Tomatoes	14.09 1 kg	6 kg	84.56
Banana	15.68 1 Kg	16 Kg	250.88
Other Fruits	20.51 1 kg	14 Kg	287.16
Cooking oil (2.5lts)	111.28 2.5lt	3.6lt	160.25
Salt	25.85 1 Kg	1 Kg	25.85
Tea	109.36 250g	250g	109.36
SubTotal			ZMW 2,932.53

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	268.00 90kg bag(s)	2 90kg bag(s)	536.00
Soap (Lifebuoy/Champion)	11.93 Tablet(s)	3 Tablet(s)	35.78
Wash soap (BOOM)	13.21 400g	4 400g	52.85
Jelly (Vaseline)	47.84 500ml	1 500ml	47.84
Electricity (medium density)	400.00 Month(s)	1 Month(s)	400.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	2,118.00 Month(s)	1 Month(s)	2,118.00
Sanitary towels	16.71 Pack of 10	2 Pack of 10	33.42
Toilet Paper (2ply)	6.11 Tissue(s)	6 Tissue(s)	36.69
Lotion (Dawn)	28.64 400ml	1 400ml	28.64
Subtotal			ZMW 3,450.21

Total for Basic Needs and Nutrition Basket

ZMW 6,382.74

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chifubu-Town	14.00
Grades 10-12 (User + PTA/year)	600.00	Masala-Town	12.00
		Twapia-Town	16.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

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 April, 2021 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 masala market, Twapia market, Shoprite, pick N pay, mushily market, Lubuto market and Chifubu market. The April Basic Needs Basket is approximately US\$286 based upon the exchange rate Of K22.29 Other costs would include personal care, clothing, recreation, etc

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Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2021-04-30

Ndola April 2021 Basic Needs and Nutrition Basket Report

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