

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast Milk (Long life)			
Mealie Meal (Roller)	133.08 25 kg bag	2 x 25Kg	266.16
Rice	68.66 5kg	4kg	54.93
Cassava Flour	10.76 1kg	6kg	64.53
(Sweet) Potatoes	15.04 1 Kg	4 Kg	60.15
Beans	18.77 1kg	3kg	56.31
Pounded Groundnut	16.74 1kg	1kg	16.74
Soya Pieces	40.02 1 kg	2kg	80.04
Beef	43.73 1kg	2kg	87.45
Chicken	103.62 2kg	5kg	259.06
Kapenta	29.17 1kg	1kg	29.17
Eggs	12.05 1 unit (10 eggs)	3 Trays (90 eggs)	108.44
Milk (Fresh)	11.17 500 ml	10 liters	223.32
Vegetables	330.05 40 Kg	40kg	330.05
Onion	13.69 1 Kg	4 Kg	54.76
Tomatoes	12.65 1 kg	6 kg	75.87
Banana	10.38 1 Kg	16 Kg	166.07
Other Fruits	16.42 1 kg	14 Kg	229.93
Cooking oil (2.5lts)	96.87 2.5lt	3.6lt	139.50
Salt	21.85 1 Kg	1 Kg	21.85
SubTotal			ZMW 2,324.35

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	141.20 90kg bag(s)	2 90kg bag(s)	282.40
Soap (Lifebuoy/Champion)	10.04 Tablet(s)	3 Tablet(s)	30.13
Wash soap (BOOM)	11.98 400g	4 400g	47.93
Jelly (Vaseline)	40.84 500ml	1 500ml	40.84
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)	2,350.00 Month(s)	1 Month(s)	2,350.00
Sanitary towels	19.81 Pack of 10	2 Pack of 10	39.61
Toilet Paper (2ply)	5.42 Tissue(s)	3 Tissue(s)	29.88
Lotion (Dawn)	24.64 250ml	1 250ml	24.64
Subtotal			ZMW 3,572.45

Total for Basic Needs and Nutrition Basket

ZMW 5,896.79

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	100.00	Petrol (per litre)	17.62
Consultation Fee	1.00	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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

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, 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 masala market, Twapia market, Shoprite, pick N pay, mushily market, Lubuto market and Chifubu market. The April Basic Needs Basket is approximately US\$316 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-04-30

Ndola April 2020 Basic Needs and Nutrition Basket Report

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