

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	99.26 25kg	2 25kg	198.51
Beans	25.14 kg	3 kg	75.42
Kapenta (Dry)	226.00 kg	2 kg	452.00
Fish (Bream, Dry)	240.00 kg	1 kg	240.00
Beef	39.21 kg	4 kg	156.85
Vegetables	16.80 kg	4 kg	67.20
Tomatoes	11.57 kg	4 kg	46.27
Onion	12.00 kg	2 kg	23.99
Cooking oil (2.5lts)	51.43 Litres	3 Litres	61.71
Bread	10.14 Loaf/day	1 Loaf/day	304.29
Sugar	28.28 2kg	3 2kg	84.85
Milk	8.73 500ml	4 500ml	34.90
Tea	195.78 kg	1 kg	195.78
Eggs	12.57 unit (10 eggs)	2 unit (10 eggs)	25.14
Salt	13.85 kg	1 kg	13.85
SubTotal			ZMW 1,980.77

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	265.00 90kg bag(s)	2 90kg bag(s)	530.00
Soap (Lifebuoy/Champion)	24.13 Tablet(s)	3 Tablet(s)	72.40
Wash soap (BOOM)	9.57 400g	4 400g	38.27
Jelly (Vaseline)	34.37 400g	1 400g	34.37
Electricity (medium density)	314.00 95	1 95	314.00
Water & Sanitation (med - fixed)	161.00 95	1 95	161.00
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00
Subtotal			ZMW 3,300.05

Total for Basic Needs and Nutrition Basket

ZMW 5,280.82

(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)	1,000.00	Ndeke-Town	12.00
Grades 10-12 (User + PTA/year)	1,000.00	Chifubu-Town	12.00
School Uniform (Grades 1-7)	850.00	Masala-Town	10.00
School Uniform (Grades 8-12)	1,100.00	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)	15.20
Malaria test	100.00	Diesel (per litre)	13.43
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

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, Chainda, 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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