

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	92.43 25 kg bag	2 x 25Kg	184.85
Rice	74.09 5kg	4kg	59.27
Cassava Flour	10.53 1kg	6kg	63.21
(Sweet) Potatoes	8.72 1 Kg	4 Kg	34.88
Beans	21.85 1kg	3kg	65.54
Pounded Groundnut	18.07 1kg	1kg	18.07
Soya Pieces	23.19 1 kg	2kg	46.38
Beef	43.85 1kg	2kg	87.71
Chicken	117.42 2kg	5kg	293.55
Kapenta	23.34 1kg	1kg	23.34
Eggs	9.91 1 unit (10 eggs)	3 Trays (90 eggs)	89.18
Milk (Fresh)	10.78 500 ml	10 liters	215.69
Vegetables	304.04 40 Kg	40kg	304.04
Onion	12.89 1 Kg	4 Kg	51.55
Tomatoes	13.35 1 kg	6 kg	80.07
Banana	8.35 1 Kg	16 Kg	133.61
Other Fruits	13.42 1 kg	14 Kg	187.84
Cooking oil (2.5lts)	74.36 2.5lt	3.6lt	107.07
Salt	22.14 1 Kg	1 Kg	22.14
SubTotal			ZMW 2,067.99

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	254.00 90kg bag(s)	2 90kg bag(s)	508.00
Soap (Lifebuoy/Champion)	9.81 Tablet(s)	3 Tablet(s)	29.43
Wash soap (BOOM)	12.41 400g	4 400g	49.65
Jelly (Vaseline)	38.71 500ml	1 500ml	38.71
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	18.18 Pack of 10	2 Pack of 10	36.35
Toilet Paper (2ply)	4.87 Tissue(s)	6 Tissue(s)	29.20
Lotion (Dawn)	27.64 250ml	1 250ml	27.64
Subtotal			ZMW 3,795.98

Total for Basic Needs and Nutrition Basket

ZMW 5,863.97

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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
		Twapia-Town	16.00
		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
Consultation Fee	1.00	Diesel (per litre)	15.59
CD4 Count	300.00	Paraffin (per litre)	15.50

(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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

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 August, 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 August Basic Needs Basket is approximately US\$302.622 based upon the exchange rate of K19.3772. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2020-08-31

Ndola August 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1333>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)