

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	81.86 25kg	2 25kg	163.71
Beans	16.57 kg	3 kg	49.71
Kapenta (Dry)	178.33 kg	2 kg	356.67
Fish (Bream, Dry)	214.00 kg	1 kg	214.00
Beef	37.42 kg	4 kg	149.68
Vegetables	17.67 kg	4 kg	70.67
Tomatoes	8.00 kg	4 kg	31.99
Onion	12.00 kg	2 kg	24.00
Cooking oil (2.5lts)	46.07 Litres	3 Litres	55.28
Bread	8.50 Loaf/day	1 Loaf/day	255.00
Sugar	25.56 2kg	3 2kg	76.69
Milk	8.00 500ml	4 500ml	31.99
Tea	178.13 kg	1 kg	178.13
Eggs	11.78 unit (10 eggs)	2 unit (10 eggs)	23.57
Salt	11.85 kg	1 kg	11.85
SubTotal			ZMW 1,692.95

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	194.00 90kg bag(s)	2 90kg bag(s)	388.00
Soap (Lifebuoy/Champion)	8.43 Tablet(s)	10 Tablet(s)	84.26
Wash soap (BOOM)	8.93 400g	4 400g	35.71
Jelly (Vaseline)	30.78 500ml	1 500ml	30.78
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	130.46 95	1 95	130.46
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00
Subtotal			ZMW 3,111.21
Total for Basic Needs and Nutrition Basket			ZMW 4,804.16

(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	11.00
Grades 8-9 (User + PTA/year)	850.00	Ndeke-Town	11.00
Grades 10-12 (User + PTA/year)	980.00	Masala-Town	9.00
School Uniform (Grades 1-7)	710.00	Twapia-Town	12.00
School Uniform (Grades 8-12)	900.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	13.75
Malaria test	100.00	Diesel (per litre)	12.01
Consultation Fee	1.00	Paraffin (per litre)	8.85
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, Chanda, 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.

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

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Ndola September 2018 Basic Needs and Nutrition Basket report

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