

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	97.64 25 kg bag	2 x 25Kg	195.28
Rice	145.90 5kg	4kg	116.72
Cassava Flour	20.01 1kg	6kg	120.06
(Sweet) Potatoes	16.13 1 Kg	4 Kg	64.52
Beans	28.12 1kg	3kg	84.37
Pounded Groundnut	22.87 1kg	1kg	22.87
Soya Pieces	36.31 1 kg	2kg	72.61
Beef	77.43 1kg	2kg	154.85
Chicken	116.77 2kg	5kg	291.91
Kapenta	104.82 1kg	1kg	104.82
Eggs	20.86 1 unit (10 eggs)	3 Trays (90 eggs)	187.70
Milk (Fresh)	13.21 500 ml	10 liters	264.23
Vegetables	557.10 40 Kg	40kg	557.10
Onion	16.09 1 Kg	4 Kg	64.38
Tomatoes	18.22 1 kg	6 kg	109.32
Banana	14.08 1 Kg	16 Kg	225.33
Other Fruits	22.92 1 kg	14 Kg	320.93
Cooking oil (2.5lts)	120.64 2.5lt	3.6lt	173.72
Salt	26.71 1 Kg	1 Kg	26.71
Tea	71.00 250g	250g	71.00
SubTotal			ZMW 3,228.42

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	285.00 90kg bag(s)	2 90kg bag(s)	570.00
Soap (Lifebuoy/Champion)	12.50 Tablet(s)	3 Tablet(s)	37.50
Soap (Lifebuoy/Champion)	13.99 90kg bag(s)	2 90kg bag(s)	27.98
Wash soap (BOOM)	17.57 400g	4 400g	70.27
Jelly (Vaseline)	48.71 500ml	1 500ml	48.71
Electricity (medium density)	161.00 Month(s)	1 Month(s)	161.00
Water & Sanitation (med - fixed)	400.00 Month(s)	1 Month(s)	400.00
Housing (3 bedroom)	2,118.00 Month(s)	1 Month(s)	2,118.00
Sanitary towels	24.43 Pack of 10	2 Pack of 10	48.85
Toilet Paper (2ply)	8.06 Tissue(s)	6 Tissue(s)	48.35
Lotion (Dawn)	29.78 400ml	1 400ml	29.78
Subtotal			ZMW 3,560.44

Total for Basic Needs and Nutrition Basket

ZMW 6,788.87

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Ndeke-Town	14.00
Grades 10-12 (User + PTA/year)	600.00	Chifubu-Town	14.00
		Masala-Town	12.00
		Twapia-Town	16.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)

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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

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 November, 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 November Basic Needs Basket is approximately US\$381.83 based upon the exchange rate Of K17.78 Other costs would include personal care, clothing, recreation, etc

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Advocacy on Living Conditions

2021-11-30

Ndola November 2021 Basic Needs and Nutrition Basket Report

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