

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.21 25 kg bag	2 x 25Kg	234.43
Rice	73.52 5kg	4kg	58.82
Cassava Flour	15.83 1kg	6kg	95.00
(Sweet) Potatoes	14.54 1 Kg	4 Kg	58.16
Beans	23.60 1kg	3kg	70.80
Pounded Groundnut	13.19 1kg	1kg	13.19
Soya Pieces	31.11 1 kg	2kg	62.22
Beef	59.35 1kg	2kg	118.71
Chicken	108.74 2kg	5kg	271.86
Kapenta	52.85 1kg	1kg	52.85
Eggs	18.83 1 unit (10 eggs)	3 Trays (90 eggs)	169.48
Milk (Fresh)	11.57 500 ml	10 liters	231.40
Vegetables	340.19 40 Kg	40kg	340.19
Onion	14.79 1 Kg	4 Kg	59.15
Tomatoes	14.94 1 kg	6 kg	89.63
Banana	13.84 1 Kg	16 Kg	221.37
Other Fruits	9.84 1 kg	14 Kg	137.70
Cooking oil (2.5lts)	98.57 2.5lt	3.6lt	141.94
Salt	24.91 1 Kg	1 Kg	24.91
Tea	96.74 250g	250g	96.74
SubTotal			ZMW 2,548.54

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	258.00 90kg bag(s)	2 90kg bag(s)	516.00
Soap (Lifebuoy/Champion)	11.00 Tablet(s)	3 Tablet(s)	32.99
Wash soap (BOOM)	12.85 400g	4 400g	49.49
Jelly (Vaseline)	44.93 500ml	1 500ml	44.93
Electricity (medium density)	400.00 Month(s)	1 Month(s)	400.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	2,118.00 Month(s)	1 Month(s)	2,118.00
Sanitary towels	19.53 Pack of 10	2 Pack of 10	39.06
Toilet Paper (2ply)	7.38 Tissue(s)	6 Tissue(s)	44.29
Lotion (Dawn)	28.28 400ml	1 400ml	28.28
Subtotal			ZMW 3,434.04

Total for Basic Needs and Nutrition Basket

ZMW 5,982.58

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chifubu-Town	14.00
Grades 10-12 (User + PTA/year)	600.00	Masala-Town	12.00
Grades 8-12 (User + PTA/year)	1,834.00	Twapia-Town	16.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	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

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 January, 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 January Basic Needs Basket is approximately US\$277 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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Ndola January 2021 Basic Needs and Nutrition Basket Report

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