

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.50 25 kg bag	2 x 25Kg	226.99
Rice	134.93 5kg	4kg	107.95
Cassava Flour	13.23 1kg	6kg	79.39
(Sweet) Potatoes	11.61 1 Kg	4 Kg	46.43
Beans	25.20 1kg	3kg	75.59
Pounded Groundnut	19.32 1kg	1kg	19.32
Soya Pieces	30.20 1 kg	2kg	60.40
Beef	76.36 1kg	2kg	152.71
Chicken	113.81 2kg	5kg	284.54
Kapenta	117.68 1kg	1kg	117.68
Eggs	27.71 1 unit (10 eggs)	3 Trays (90 eggs)	249.43
Milk (Fresh)	12.28 500 ml	10 liters	245.66
Vegetables	436.76 40 Kg	40kg	436.76
Onion	21.73 1 Kg	4 Kg	86.91
Tomatoes	16.10 1 kg	6 kg	96.59
Banana	15.78 1 Kg	16 Kg	252.48
Other Fruits	17.95 1 kg	14 Kg	251.25
Cooking oil (2.5lts)	134.50 2.5lt	3.6lt	193.68
Salt	28.14 1 Kg	1 Kg	28.14
Tea	90.57 250g	250g	90.57
SubTotal			ZMW 3,102.45

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	349.00 90kg bag(s)	2 90kg bag(s)	698.00
Soap (Lifebuoy/Champion)	13.35 Tablet(s)	3 Tablet(s)	40.06
Wash soap (BOOM)	44.14 400g	4 400g	176.56
Jelly (Vaseline)	49.50 500ml	1 500ml	49.50
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	25.78 Pack of 10	2 Pack of 10	51.57
Toilet Paper (2ply)	4.14 Tissue(s)	6 Tissue(s)	24.85
Lotion (Dawn)	34.43 400ml	1 400ml	34.43
Subtotal			ZMW 3,753.96

Total for Basic Needs and Nutrition Basket

ZMW 6,856.41

(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
		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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 July, 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 July Basic Needs Basket is approximately US\$357 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc

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Reports

Advocacy on Living Conditions

2021-07-31

Ndola July 2021 Basic Needs and Nutrition Basket Report

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