

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.43 25 kg bag	2 x 25Kg	238.85
Rice	80.62 5kg	4kg	64.49
Cassava Flour	16.01 1kg	6kg	96.04
(Sweet) Potatoes	17.31 1 Kg	4 Kg	69.23
Beans	24.92 1kg	3kg	74.75
Pounded Groundnut	12.09 1kg	1kg	12.09
Soya Pieces	27.00 1 kg	2kg	54.00
Beef	63.43 1kg	2kg	126.85
Chicken	108.94 2kg	5kg	272.34
Kapenta	62.40 1kg	1kg	62.40
Eggs	24.71 1 unit (10 eggs)	3 Trays (90 eggs)	222.42
Milk (Fresh)	11.86 500 ml	10 liters	237.11
Vegetables	332.83 40 Kg	40kg	332.83
Onion	16.93 1 Kg	4 Kg	67.70
Tomatoes	16.04 1 kg	6 kg	96.22
Banana	14.49 1 Kg	16 Kg	231.84
Other Fruits	24.50 1 kg	14 Kg	342.94
Cooking oil (2.5lts)	116.43 2.5lt	3.6lt	167.65
Salt	25.28 1 kg	1 Kg	25.28
Tea	107.76 250g	250g	107.76
SubTotal			ZMW 2,902.80

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	268.10 90kg bag(s)	2 90kg bag(s)	536.20
Soap (Lifebuoy/Champion)	11.50 Tablet(s)	2 Tablet(s)	32.71
Wash soap (BOOM)	13.57 400g	4 400g	54.27
Jelly (Vaseline)	48.35 500ml	1 500ml	48.35
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	23.21 Pack of 10	2 Pack of 10	46.42
Toilet Paper (2ply)	6.68 Tissue(s)	6 Tissue(s)	40.05
Lotion (Dawn)	27.57 400ml	1 400ml	27.57
Subtotal			ZMW 3,464.58

Total for Basic Needs and Nutrition Basket

ZMW 6,367.38

(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
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,953.66

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 March, 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 March Basic Needs Basket is approximately US\$288 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc

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2021-03-30

Ndola March 2021 Basic Needs and Nutrition Basket Report

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