

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Ndola**

**May 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	111.57 25 kg bag	2 x 25Kg	223.14
Rice	87.93 5kg	4kg	70.35
Cassava Flour	14.99 1kg	6kg	89.97
(Sweet) Potatoes	13.62 1 Kg	4 Kg	54.47
Beans	25.80 1kg	3kg	77.39
Pounded Groundnut	19.88 1kg	1kg	19.88
Soya Pieces	21.61 1 kg	2kg	43.22
Beef	66.28 1kg	2kg	132.57
Chicken	106.31 2kg	5kg	265.78
Kapenta	97.80 1kg	1kg	97.80
Eggs	23.93 1 unit (10 eggs)	3 Trays (90 eggs)	215.34
Milk (Fresh)	12.56 500 ml	10 liters	251.27
Vegetables	408.19 40 Kg	40kg	408.19
Onion	23.64 1 Kg	4 Kg	94.56
Tomatoes	14.23 1 kg	6 kg	85.35
Banana	17.23 1 Kg	16 Kg	275.68
Other Fruits	21.18 1 kg	14 Kg	296.56
Cooking oil (2.5lts)	136.43 2.5lt	3.6lt	196.46
Salt	25.71 1 kg	1 Kg	25.71
Tea	109.09 250g	250g	109.09
<b>SubTotal</b>			<b>ZMW 3,032.76</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	282.00 90kg bag(s)	2 90kg bag(s)	564.00
Soap (Lifebuoy/Champion)	12.93 Tablet(s)	3 Tablet(s)	38.78
Wash soap (BOOM)	14.35 400g	4 400g	57.42
Jelly (Vaseline)	47.58 500ml	1 500ml	47.58
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	27.64 Pack of 10	2 Pack of 10	55.28
Toilet Paper (2ply)	21.16 Tissue(s)	6 Tissue(s)	126.98
Lotion (Dawn)	29.93 400ml	1 400ml	29.93
<b>Subtotal</b>			<b>ZMW 3,598.97</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,631.73**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

### 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 27<sup>th</sup> May, 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 May Basic Needs Basket is approximately US\$295 based upon the exchange rate Of K22.51 Other costs would include personal care, clothing, recreation, etc

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**Jesuit Centre for Theological Reflection (JCTR)**

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2021-05-31

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