

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.64 25 kg bag	2 x 25Kg	207.28
Rice	97.33 5kg	4kg	77.87
Cassava Flour	10.12 1kg	6kg	60.71
(Sweet) Potatoes	14.70 1 Kg	4 Kg	58.79
Beans	21.92 1kg	3kg	65.76
Pounded Groundnut	9.44 1kg	1kg	9.44
Soya Pieces	18.66 1 kg	2kg	37.33
Beef	52.64 1kg	2kg	105.28
Chicken	112.38 2kg	5kg	280.96
Kapenta	40.10 1kg	1kg	40.10
Eggs	15.21 1 unit (10 eggs)	3 Trays (90 eggs)	136.93
Milk (Fresh)	11.14 500 ml	10 liters	222.80
Vegetables	370.59 40 Kg	40kg	370.59
Onion	10.93 1 Kg	4 Kg	43.70
Tomatoes	12.79 1 kg	6 kg	76.74
Banana	13.36 1 Kg	16 Kg	213.77
Other Fruits	11.67 1 kg	14 Kg	163.40
Cooking oil (2.5lts)	83.21 2.5lt	3.6lt	119.83
Salt	19.43 1 Kg	1 Kg	19.43
SubTotal			ZMW 2,310.69

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	242.00 90kg bag(s)	2 90kg bag(s)	484.00
Soap (Lifebuoy/Champion)	10.28 Tablet(s)	3 Tablet(s)	30.85
Wash soap (BOOM)	12.78 400g	4 400g	51.13
Jelly (Vaseline)	45.56 500ml	1 500ml	45.56
Electricity (medium density)	566.00 Month(s)	1 Month(s)	566.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	2,350.00 Month(s)	1 Month(s)	2,350.00
Sanitary towels	17.64 Pack of 10	2 Pack of 10	35.28
Toilet Paper (2ply)	5.35 Tissue(s)	6 Tissue(s)	32.09
Lotion (Dawn)	26.78 400ml	1 400ml	26.78
Subtotal			ZMW 3,782.69

Total for Basic Needs and Nutrition Basket

ZMW 6,093.38

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Ndeke-Town	14.00
Grades 8-9 (User + PTA/year)	750.00	Chifubu-Town	14.00
Grades 10-12 (User + PTA/year)	750.00	Masala-Town	12.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	300.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	100.00	Diesel (per litre)	15.59
Malaria test	100.00	Paraffin (per litre)	15.50

Consultation Fee 1.00

CD4 Count 300.00

(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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

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, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. v. 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\$290 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2020-11-30

Ndola November 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/744>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)