

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	109.93 25 kg bag	2 x 25Kg	219.85
Rice	73.37 5kg	4kg	58.69
Cassava Flour	11.71 1kg	6kg	70.26
(Sweet) Potatoes	15.09 1 Kg	4 Kg	60.34
Beans	24.80 1kg	3kg	74.39
Pounded Groundnut	13.44 1kg	1kg	13.44
Soya Pieces	17.55 1 kg	2kg	35.09
Beef	55.93 1kg	2kg	111.85
Chicken	112.42 2kg	5kg	281.05
Kapenta	51.09 1kg	1kg	51.09
Eggs	20.66 1 unit (10 eggs)	3 Trays (90 eggs)	185.98
Milk (Fresh)	10.35 500 ml	10 liters	207.09
Vegetables	385.88 40 Kg	40kg	385.88
Onion	13.47 1 Kg	4 Kg	53.86
Tomatoes	13.42 1 kg	6 kg	80.53
Banana	13.91 1 Kg	16 Kg	222.50
Other Fruits	11.83 1 kg	14 Kg	165.63
Cooking oil (2.5lts)	86.40 2.5lt	3.6lt	124.42
Salt	15.25 1 Kg	1 Kg	15.25
Tea	25.00 250g	250g	25.00
SubTotal			ZMW 2,442.20

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	123.10 90kg bag(s)	2 90kg bag(s)	246.20
Soap (Lifebuoy/Champion)	11.07 Tablet(s)	3 Tablet(s)	33.21
Wash soap (BOOM)	12.57 400g	4 400g	50.27
Jelly (Vaseline)	44.00 500ml	1 500ml	44.00
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	20.00 Pack of 10	2 Pack of 10	39.99
Toilet Paper (2ply)	2.73 Tissue(s)	6 Tissue(s)	16.37
Lotion (Dawn)	28.14 400ml	1 400ml	28.14
Subtotal			ZMW 3,535.18
Total for Basic Needs and Nutrition Basket			ZMW 5,977.38

(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)	15.39
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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 December, 2020 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 December Basic Needs Basket is approximately US\$283 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-12-31

Ndola December 2020 Basic Needs and Nutrition Basket Report

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