

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.28 25 kg bag	2 x 25Kg	304.57
Rice	60.23 5kg	4kg	48.19
Cassava Flour	9.82 1kg	6kg	58.91
(Sweet) Potatoes	13.93 1 Kg	4 Kg	55.74
Beans	29.41 1kg	3kg	88.23
Pounded Groundnut	12.57 1kg	1kg	12.57
Soya Pieces	61.25 1 kg	2kg	122.50
Beef	43.64 1kg	2kg	87.27
Chicken	90.49 2kg	5kg	226.24
Kapenta	28.01 1kg	1kg	28.01
Eggs	13.90 1 unit (10 eggs)	3 Trays (90 eggs)	125.13
Milk (Fresh)	10.78 500 ml	10 liters	215.69
Vegetables	366.76 40 Kg	40kg	366.76
Onion	12.59 1 Kg	4 Kg	50.38
Tomatoes	11.49 1 kg	6 kg	68.93
Banana	10.16 1 Kg	16 Kg	162.55
Other Fruits	15.92 1 kg	14 Kg	222.88
Cooking oil (2.5lts)	81.51 2.5lt	3.6lt	117.37
Salt	20.00 1 Kg	1 Kg	20.00
<b>SubTotal</b>			<b>ZMW 2,381.92</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	8.90 Tablet(s)	3 Tablet(s)	26.71
Wash soap (BOOM)	10.64 400g	4 400g	42.57
Jelly (Vaseline)	34.19 500ml	1 500ml	34.19
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	20.28 Pack of 10	2 Pack of 10	40.57
Toilet Paper (2ply)	4.53 Tissue(s)	6 Tissue(s)	27.20
Lotion (Dawn)	24.21 400ml	1 400ml	24.21
<b>Subtotal</b>			<b>ZMW 3,560.44</b>

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

**ZMW 5,942.35**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
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	Masala-Town	12.00
Grades 10-12 (User + PTA/year)	750.00	Twapia-Town	16.00
		Mushili-Town	14.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	67.50	Petrol (per litre)	17.62
Malaria test	100.00	Diesel (per litre)	15.59
Consultation Fee	1.00	Paraffin (per litre)	15.50

## (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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

### 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 March, 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 March Basic Needs Basket is approximately US\$335 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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