

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.78 25 kg bag	2 x 25Kg	197.57
Rice	151.78 5kg	4kg	121.43
Cassava Flour	26.91 1kg	6kg	161.45
(Sweet) Potatoes	9.57 1 Kg	4 Kg	38.28
Beans	25.13 1kg	3kg	75.39
Pounded Groundnut	10.79 1kg	1kg	10.79
Soya Pieces	24.06 1 kg	2kg	48.12
Beef	77.78 1kg	2kg	155.57
Chicken	116.85 2kg	5kg	292.13
Kapenta	117.04 1kg	1kg	117.04
Eggs	19.27 1 unit (10 eggs)	3 Trays (90 eggs)	173.46
Milk (Fresh)	12.85 500 ml	10 liters	257.09
Vegetables	480.22 40 Kg	40kg	480.22
Onion	17.58 1 Kg	4 Kg	70.33
Tomatoes	16.10 1 kg	6 kg	96.62
Banana	14.49 1 Kg	16 Kg	231.83
Other Fruits	20.92 1 kg	14 Kg	292.82
Cooking oil (2.5lts)	121.21 2.5lt	3.6lt	174.55
Salt	26.12 1 Kg	1 Kg	26.12
Tea	74.71 250g	250g	74.71
SubTotal			ZMW 3,095.48

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	286.00 90kg bag(s)	2 90kg bag(s)	572.00
Soap (Lifebuoy/Champion)	27.64 Tablet(s)	3 Tablet(s)	82.92
Wash soap (BOOM)	18.00 400g	4 400g	71.99
Jelly (Vaseline)	48.50 500ml	1 500ml	48.50
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	24.93 Pack of 10	2 Pack of 10	49.85
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.51
Lotion (Dawn)	30.64 400ml	1 400ml	30.64
Subtotal			ZMW 3,560.40

Total for Basic Needs and Nutrition Basket

ZMW 6,655.88

(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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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 September Basic Needs Basket is approximately US\$414 based upon the exchange rate Of K16.67 Other costs would include personal care, clothing, recreation, etc

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Jesuit Centre for Theological Reflection (JCTR)

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Statements

Advocacy on Living Conditions

2021-09-30

Ndola September 2021 Basic Needs And Nutrition Basket Report

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