

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.58 25 kg bag	2 x 25Kg	283.16
Rice	64.79 5kg	4kg	51.83
Cassava Flour	11.54 1kg	6kg	69.24
(Sweet) Potatoes	12.84 1 Kg	4 Kg	51.36
Beans	28.71 1kg	3kg	86.13
Pounded Groundnut	10.02 1kg	1kg	10.02
Soya Pieces	60.96 1 kg	2kg	121.91
Beef	43.08 1kg	2kg	86.16
Chicken	80.31 2kg	5kg	200.77
Kapenta	21.46 1kg	1kg	21.46
Eggs	12.89 1 unit (10 eggs)	3 Trays (90 eggs)	115.99
Milk (Fresh)	7.27 500 ml	10 liters	145.41
Vegetables	372.69 40 Kg	40kg	372.69
Onion	11.58 1 Kg	4 Kg	46.32
Tomatoes	10.38 1 kg	6 kg	62.31
Banana	9.51 1 Kg	16 Kg	152.13
Other Fruits	12.61 1 kg	14 Kg	176.57
Cooking oil (2.5lts)	70.83 2.5lt	3.6lt	102.00
Salt	20.08 1 Kg	1 Kg	20.08
SubTotal			ZMW 2,175.54

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	141.88 90kg bag(s)	2 90kg bag(s)	283.75
Soap (Lifebuoy/Champion)	9.08 Tablet(s)	3 Tablet(s)	27.24
Wash soap (BOOM)	9.66 400g	4 400g	38.65
Jelly (Vaseline)	38.08 500ml	1 500ml	38.08
Electricity (medium density)	314.00 Month(s)	1 Month(s)	314.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	2,150.00 Month(s)	1 Month(s)	2,150.00
Sanitary towels	18.83 Pack of 10	2 Pack of 10	37.66
Toilet Paper (2ply)	5.15 Tissue(s)	6 Tissue(s)	30.90
Lotion (Dawn)	17.33 250ml	1 250ml	17.33
Subtotal			ZMW 3,098.61

Total for Basic Needs and Nutrition Basket

ZMW 5,274.16

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Ndeke-Town	12.00
Grades 8-9 (User + PTA/year)	600.00	Chifubu-Town	12.00
Grades 10-12 (User + PTA/year)	600.00	Masala-Town	10.00
		Twapia-Town	14.00
		Mushili-Town	12.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)		
Self-referral (Emergency Fee)	67.50		
Malaria test	100.00		

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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

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 and Oranges.

This survey was conducted on 27th December, 2019 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\$381 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2019-12-31

Ndola December 2019 Basic Needs and Nutrition Basket Report

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