

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Ndola**

**October 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.93 25 kg bag	2 x 25Kg	197.85
Rice	136.90 5kg	4kg	109.52
Cassava Flour	46.91 1kg	6kg	281.45
(Sweet) Potatoes	10.56 1 Kg	4 Kg	42.24
Beans	25.49 1kg	3kg	76.46
Pounded Groundnut	23.25 1kg	1kg	23.25
Soya Pieces	23.70 1 kg	2kg	47.40
Beef	76.21 1kg	2kg	152.42
Chicken	113.27 2kg	5kg	283.16
Kapenta	119.50 1kg	1kg	119.50
Eggs	17.71 1 unit (10 eggs)	3 Trays (90 eggs)	159.40
Milk (Fresh)	12.64 500 ml	10 liters	252.83
Vegetables	399.62 40 Kg	40kg	399.62
Onion	17.01 1 Kg	4 Kg	68.06
Tomatoes	15.43 1 kg	6 kg	92.55
Banana	12.76 1 Kg	16 Kg	204.23
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	103.78 2.5lt	3.6lt	149.45
Salt	24.29 1 Kg	1 Kg	24.29
Tea	73.16 250g	250g	73.16
<b>SubTotal</b>			<b>ZMW 3,036.84</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	271.00 90kg bag(s)	2 90kg bag(s)	542.00
Soap (Lifebuoy/Champion)	12.43 Tablet(s)	3 Tablet(s)	37.28
Wash soap (BOOM)	17.35 400g	4 400g	69.42
Jelly (Vaseline)	46.64 500ml	1 500ml	46.64
Electricity (medium density)	161.00 Month(s)	1 Month(s)	161.00
Water & Sanitation (med - fixed)	400.00 Month(s)	1 Month(s)	400.00
Housing (3 bedroom)	2,118.00 Month(s)	1 Month(s)	2,118.00
Sanitary towels	24.35 Pack of 10	2 Pack of 10	48.71
Toilet Paper (2ply)	4.27 Tissue(s)	6 Tissue(s)	25.60
Lotion (Dawn)	29.21 400ml	1 400ml	29.21
<b>Subtotal</b>			<b>ZMW 3,477.86</b>

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

**ZMW 6,514.69**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Ndeke-Town	14.00
Grades 10-12 (User + PTA/year)	600.00	Chifubu-Town	14.00
		Masala-Town	12.00
		Twapia-Town	16.00
		Mushili-Town	14.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

### 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 27<sup>th</sup> October, 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, mushili market, Lubuto market and Chifubu market. The October Basic Needs Basket is approximately US\$378 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc

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**JCTR Repository**

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

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# Ndola December 2021 Basic Needs and Nutrition Basket Report

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