

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Ndola**

**July 2020**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Roller)	100.53 25 kg bag	2 x 25Kg	201.05
Rice	94.14 5kg	4kg	75.31
Cassava Flour	11.67 1kg	6kg	70.00
(Sweet) Potatoes	7.01 1 Kg	4 Kg	28.04
Beans	17.01 1kg	3kg	51.04
Pounded Groundnut	8.55 1kg	1kg	8.55
Soya Pieces	21.07 1 kg	2kg	42.13
Beef	40.93 1kg	2kg	81.85
Chicken	118.20 2kg	5kg	295.51
Kapenta	24.66 1kg	1kg	24.66
Eggs	14.62 1 unit (10 eggs)	3 Trays (90 eggs)	131.56
Milk (Fresh)	10.87 500 ml	10 liters	217.50
Vegetables	261.27 40 Kg	40kg	261.27
Onion	15.16 1 Kg	4 Kg	60.65
Tomatoes	12.78 1 kg	6 kg	76.70
Banana	7.39 1 Kg	16 Kg	118.25
Other Fruits	13.52 1 kg	14 Kg	189.32
Cooking oil (2.5lts)	72.50 2.5lt	3.6lt	104.40
Salt	21.85 1 Kg	1 Kg	21.85
<b>SubTotal</b>			<b>ZMW 2,059.65</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	201.60 90kg bag(s)	2 90kg bag(s)	403.20
Soap (Lifebuoy/Champion)	14.59 Tablet(s)	3 Tablet(s)	43.78
Wash soap (BOOM)	24.00 400g	4 400g	95.99
Jelly (Vaseline)	38.80 500ml	1 500ml	38.80
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	23.82 Pack of 10	2 Pack of 10	47.64
Toilet Paper (2ply)	5.52 Tissue(s)	6 Tissue(s)	33.09
Lotion (Dawn)	26.78 250ml	1 250ml	26.78
<b>Subtotal</b>			<b>ZMW 3,766.29</b>

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

**ZMW 5,825.94**

## **(C) SOME OTHER ADDITIONAL COSTS**

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
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
		Twapia-Town	16.00
		Mushili-Town	14.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
<b>item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Consultation Fee	1.00	Petrol (per litre)	17.62
CD4 Count	300.00	Diesel (per litre)	15.59
		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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

### **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 July, 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 July Basic Needs Basket is approximately US\$320.12 based upon the exchange rate Of K18.20. 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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