

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Ndola**

**May 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	131.85 25 kg bag	2 x 25Kg	263.71
Rice	81.69 5kg	4kg	65.35
Cassava Flour	10.79 1kg	6kg	64.72
(Sweet) Potatoes	12.37 1 Kg	4 Kg	49.49
Beans	19.43 1kg	3kg	58.28
Pounded Groundnut	13.57 1kg	1kg	13.57
Soya Pieces	57.09 1 kg	2kg	114.18
Beef	43.71 1kg	2kg	87.42
Chicken	112.37 2kg	5kg	280.92
Kapenta	29.06 1kg	1kg	29.06
Eggs	14.52 1 unit (10 eggs)	3 Trays (90 eggs)	130.71
Milk (Fresh)	12.25 500 ml	10 liters	244.97
Vegetables	752.11 40 Kg	40kg	752.11
Onion	13.08 1 Kg	4 Kg	52.32
Tomatoes	11.79 1 kg	6 kg	70.76
Banana	10.53 1 Kg	16 Kg	168.55
Other Fruits	19.06 1 kg	14 Kg	266.79
Cooking oil (2.5lts)	88.62 2.5lt	3.6lt	127.62
Salt	19.45 1 Kg	1 Kg	19.45
<b>SubTotal</b>			<b>ZMW 2,859.97</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	139.00 90kg bag(s)	2 90kg bag(s)	278.00
Soap (Lifebuoy/Champion)	11.87 Tablet(s)	3 Tablet(s)	35.61
Wash soap (BOOM)	12.83 400g	4 400g	51.33
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
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	18.82 Pack of 10	2 Pack of 10	37.64
Toilet Paper (2ply)	9.66 Tissue(s)	6 Tissue(s)	57.95
Lotion (Dawn)	25.27 250ml	1 250ml	25.27
<b>Subtotal</b>			<b>ZMW 3,602.80</b>

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

**ZMW 6,462.77**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</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	Chifubu-Town	14.00
Grades 10-12 (User + PTA/year)	750.00	Masala-Town	12.00
		Mushili-Town	14.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	100.00	Petrol (per litre)	17.62
Consultation Fee	1.00	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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,630.43	6,365.72	5,353.84.	4,893.93	6,077.84	5,203.27

### 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 May, 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 May Basic Needs Basket is approximately US\$360 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

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2020-05-31

# Ndola May 2020 Basic Nutrition and Needs Basket Report

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