

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	97.78 25 kg bag	2 x 25Kg	195.57
Rice	77.88 5kg	4kg	62.30
Cassava Flour	10.54 1kg	6kg	63.25
(Sweet) Potatoes	11.76 1 Kg	4 Kg	47.05
Beans	23.17 1kg	3kg	69.51
Pounded Groundnut	14.34 1kg	1kg	14.34
Soya Pieces	23.24 1 kg	2kg	46.47
Beef	47.07 1kg	2kg	94.14
Chicken	115.09 2kg	5kg	287.72
Kapenta	22.29 1kg	1kg	22.29
Eggs	15.19 1 unit (10 eggs)	3 Trays (90 eggs)	136.74
Milk (Fresh)	12.86 500 ml	10 liters	257.10
Vegetables	327.92 40 Kg	40kg	327.92
Onion	9.74 1 Kg	4 Kg	38.96
Tomatoes	10.17 1 kg	6 kg	61.05
Banana	10.59 1 Kg	16 Kg	169.49
Other Fruits	19.06 1 kg	14 Kg	266.79
Cooking oil (2.5lts)	81.14 2.5lt	3.6lt	116.84
Salt	24.00 1 kg	1 Kg	24.00
SubTotal			ZMW 2,301.53

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	242.00 90kg bag(s)	2 90kg bag(s)	484.00
Soap (Lifebuoy/Champion)	10.93 Tablet(s)	3 Tablet(s)	32.78
Wash soap (BOOM)	12.71 400g	4 400g	50.85
Jelly (Vaseline)	46.43 500ml	1 500ml	46.43
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	18.43 Pack of 10	2 Pack of 10	36.85
Toilet Paper (2ply)	4.45 Tissue(s)	6 Tissue(s)	26.71
Lotion (Dawn)	27.64 250ml	1 250ml	27.64
Subtotal			ZMW 3,782.26

Total for Basic Needs and Nutrition Basket

ZMW 6,083.79

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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
		Twapia-Town	16.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	67.50	Petrol (per litre)	17.62
Consultation Fee	1.00	Diesel (per litre)	15.59
CD4 Count	300.00	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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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 October, 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 October Basic Needs Basket is approximately US\$299 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2020-10-31

Ndola October 2020 Basic Needs and Nutrition Basket Report

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