

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.71 25 kg bag	2 x 25Kg	265.43
Rice	64.65 5kg	4kg	51.72
Cassava Flour	9.33 1kg	6kg	55.95
(Sweet) Potatoes	11.84 1 Kg	4 Kg	47.35
Beans	26.18 1kg	3kg	78.53
Pounded Groundnut	10.18 1kg	1kg	10.18
Soya Pieces	54.51 1 kg	2kg	109.01
Beef	41.64 1kg	2kg	83.29
Chicken	73.18 2kg	5kg	182.95
Kapenta	67.05 1kg	1kg	67.05
Eggs	12.40 1 unit (10 eggs)	3 Trays (90 eggs)	111.64
Milk (Fresh)	7.50 500 ml	10 liters	150.00
Vegetables	581.87 40 Kg	40kg	581.87
Onion	21.76 1 Kg	4 Kg	87.04
Tomatoes	8.55 1 kg	6 kg	51.28
Banana	8.53 1 Kg	16 Kg	136.49
Other Fruits	9.61 1 kg	14 Kg	134.58
Cooking oil (2.5lts)	79.69 2.5lt	3.6lt	114.75
Salt	16.79 1 Kg	1 Kg	16.79
Subtotal			ZMW 2,335.90

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	271.67 90kg bag(s)	2 90kg bag(s)	543.33
Soap (Lifebuoy/Champion)	22.40 Tablet(s)	3 Tablet(s)	67.20
Wash soap (BOOM)	27.20 400g	4 400g	108.80
Jelly (Vaseline)	38.70 500ml	1 500ml	38.70
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	35.70 Pack of 10	2 Pack of 10	71.40
Toilet Paper (2ply)	12.20 Tissue(s)	6 Tissue(s)	73.20
Lotion (Dawn)	15.90 250ml	1 250ml	15.90
Subtotal			ZMW 3,543.53

Total for Basic Needs Basket

ZMW 5,879.44

(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)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	67.50	Petrol (per litre)	15.98
Malaria test	100.00	Diesel (per litre)	14.25
Consultation Fee	1.00	Paraffin (per litre)	13.02
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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

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 November, 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 November Basic Needs Basket is approximately **US\$401 based** upon the exchange rate of **K14.65 per US\$** prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.*

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2019-11-30

Ndola November 2019 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/961>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)