

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	91.97 25kg	2 25kg	183.94
Beans	21.98 kg	3 kg	65.95
Kapenta (Dry)	188.00 kg	2 kg	376.00
Fish (Bream, Dry)	230.00 kg	1 kg	230.00
Beef	35.90 kg	4 kg	143.59
Vegetables	18.60 kg	4 kg	74.40
Tomatoes	10.56 kg	4 kg	42.22
Onion	10.40 kg	2 kg	20.80
Cooking oil (2.5lts)	49.27 Litres	3 Litres	59.12
Bread	8.56 Loaf/day	1 Loaf/day	256.71
Sugar	26.61 2kg	3 2kg	79.83
Milk	8.28 500ml	4 500ml	33.13
Tea	186.48 kg	1 kg	186.48
Eggs	11.71 unit (10 eggs)	2 unit (10 eggs)	23.43
Salt	13.28 kg	1 kg	13.28
SubTotal			ZMW 1,788.90

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	8.78 Tablet(s)	10 Tablet(s)	87.83
Wash soap (BOOM)	9.64 400g	4 400g	38.56
Jelly (Vaseline)	32.27 500ml	1 500ml	32.27
Electricity (medium density)	314.22 95	1 95	314.22
Water & Sanitation (med - fixed)	130.46 95	1 95	130.46
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00

Subtotal **ZMW 3,173.34**

Total for Basic Needs and Nutrition Basket **ZMW 4,962.24**

(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	Mushili-Town	12.00
Grades 8-9 (User + PTA/year)	850.00	Ndeke-Town	12.00
Grades 10-12 (User + PTA/year)	980.00	Chifubu-Town	12.00
School Uniform (Grades 1-7)	710.00	Masala-Town	10.00
School Uniform (Grades 8-12)	900.00	Twapia-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	16.06
Malaria test	100.00	Diesel (per litre)	14.65
Consultation Fee	1.00	Paraffin (per litre)	10.95
CD4 Count	300.00		

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2018-11-30

Ndola November 2018 Basic Needs and Nutrition Basket Report

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