

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.57 25 kg bag	2 x 25Kg	227.14
Rice	81.32 5kg	4kg	65.05
Cassava Flour	12.60 1kg	6kg	75.61
(Sweet) Potatoes	13.83 1 Kg	4 Kg	55.31
Beans	16.95 1kg	3kg	50.85
Pounded Groundnut	15.01 1kg	1kg	15.01
Soya Pieces	38.51 1 kg	2kg	77.03
Beef	42.14 1kg	2kg	84.28
Chicken	122.64 2kg	5kg	306.59
Kapenta	29.24 1kg	1kg	29.24
Eggs	12.92 1 unit (10 eggs)	3 Trays (90 eggs)	116.24
Milk (Fresh)	11.14 500 ml	10 liters	222.83
Vegetables	287.77 40 Kg	40kg	287.77
Onion	13.56 1 Kg	4 Kg	54.25
Tomatoes	13.04 1 kg	6 kg	78.24
Banana	9.04 1 Kg	16 Kg	144.65
Other Fruits	14.27 1 kg	14 Kg	199.79
Cooking oil (2.5lts)	79.55 2.5lt	3.6lt	114.56
Salt	16.57 1 Kg	1 Kg	16.57
SubTotal			ZMW 2,221.00

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.02 90kg bag(s)	2 90kg bag(s)	280.03
Soap (Lifebuoy/Champion)	9.45 Tablet(s)	3 Tablet(s)	28.35
Wash soap (BOOM)	12.48 400g	4 400g	49.93
Jelly (Vaseline)	38.50 500ml	1 500ml	38.50
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	19.29 Pack of 10	2 Pack of 10	38.58
Toilet Paper (2ply)	9.30 Tissue(s)	6 Tissue(s)	55.81
Lotion (Dawn)	25.93 250ml	1 250ml	25.93
Subtotal			ZMW 3,594.12

Total for Basic Needs and Nutrition Basket

ZMW 5,815.13

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	50.00	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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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 June, 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 June Basic Needs Basket is approximately US\$321 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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