

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.78 25 kg bag	2 x 25Kg	261.56
Rice	132.11 5kg	4kg	105.69
Cassava Flour	16.99 1kg	6kg	101.94
(Irish) Potatoes	19.78 1 Kg	4 Kg	79.12
Beans	44.00 1kg	3kg	132.00
Pounded Groundnut	34.56 1kg	1kg	34.56
Soya Pieces	46.89 1 kg	2kg	93.78
Beef	79.00 1kg	2kg	158.00
Chicken	120.00 2kg	5kg	300.00
Kapenta	140.67 1kg	1kg	140.67
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	525.00 40 Kg	40kg	525.00
Onion	18.78 1 Kg	4 Kg	75.12
Tomatoes	17.77 1 kg	6 kg	106.62
Banana	15.78 1 Kg	16 Kg	252.48
Other Fruits	24.00 1 kg	14 Kg	336.00
Cooking oil (2.5lts)	132.99 2.5lt	3.6lt	191.51
Salt	12.50 1 Kg	1 Kg	12.50
Tea	23.00 250g	250g	23.00
<b>Sub Total</b>			<b>ZMW 3,423.54</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	315.67 90kg bag(s)	2 90kg bag(s)	631.34
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	21.89 400g	4 400g	87.56
Electricity (medium density)	384.60 Month(s)	1 Month(s)	384.6
Water & Sanitation (med - fixed)	410.96 Month(s)	1 Month(s)	410.96
Housing (3 bedroom)	2,268.00 Month(s)	1 Month(s)	2,268.00
Jelly (Vaseline)	48.00 500ml	1 500ml	48.00
Sanitary towels	26.78 Pack of 10	2 Pack of 10	53.56
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	37.00 400ml	1 400ml	37.00
<b>Subtotal</b>			<b>ZMW 3,996.02</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,419.56</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Ndeke-Town	18.00
Chifubu-Town	18.00
Masala-Town	14.00
Twapia-Town	20.00
Mushili-Town	18.00

### **Health**

### **Fuel (cost at the pump, April 2022)**

Item	Amount (ZMW)
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Petrol (per litre)	26.50
Diesel (per litre)	26.22
Paraffin (per litre)	19.32

**(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April, 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Chifubu, Lubuto, Mushili, Pick n Pay, Shoprite, Twapia, Masala and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$437.99 based on the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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