

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.55 25 kg bag	2 x 25Kg	271.10
Rice	140.99 5kg	4kg	112.79
Cassava Flour	19.00 1kg	6kg	114.00
(Sweet) Potatoes	19.00 1 Kg	4 Kg	76.00
Beans	44.78 1kg	3kg	134.34
Pounded Groundnut	40.11 1kg	1kg	40.11
Soya Pieces	50.99 1 kg	2kg	101.98
Beef	80.00 1kg	2kg	160.00
Chicken	125.00 2kg	5kg	312.50
Kapenta	140.00 1kg	1kg	140.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	515.83 40 Kg	40kg	515.83
Onion	20.50 1 Kg	4 Kg	82.00
Tomatoes	15.00 1 kg	6 kg	90.00
Banana	15.00 1 Kg	16 Kg	240.00
Other Fruits	25.00 1 kg	14 Kg	350.00
Cooking oil (2.5lts)	150.00 2.5lt	3.6lt	216.00
Salt	18.88 1 Kg	1 Kg	18.88
Tea	35.00 250g	250g	35.00
Sub Total			ZMW 3,470.54

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	280.00 90kg bag(s)	2 90kg bag(s)	560.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	52.00 500ml	1 500ml	52.00
Sanitary towels	28.00 Pack of 10	2 Pack of 10	56.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3,933.56
Total for Basic Needs and Nutrition Basket			ZMW 7,404.01

(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, June2022)

Item	Amount (ZMW)
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Petrol (per litre)	24.95
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June, 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 June Basic Needs and Nutrition Basket is approximately US\$ 417.36 based on the exchange rate of K17.74. Other costs Would include personal care, clothing, recreation, etc.

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