

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.21 25 kg bag	2 x 25Kg	282.42
Rice	138.43 5kg	4kg	110.74
Cassava Flour	16.85 1kg	6kg	101.11
(Irish) Potatoes	20.31 1 Kg	4 Kg	81.23
Beans	46.42 1kg	3kg	139.26
Pounded Groundnut	44.85 1kg	1kg	44.85
Soya Pieces	49.33 1 kg	2kg	98.66
Beef	76.50 1kg	2kg	152.99
Chicken	119.71 2kg	5kg	299.26
Kapenta	143.18 1kg	1kg	143.18
Eggs	20.09 1 unit (10 eggs)	3 Trays (90 eggs)	180.85
Milk (Fresh)	15.50 500 ml	10 liters	309.94
Vegetables	513.45 40 Kg	40kg	513.45
Onion	22.58 1 Kg	4 Kg	90.32
Tomatoes	14.57 1 kg	6 kg	87.41
Banana	16.33 1 Kg	16 Kg	261.29
Other Fruits	26.83 1 kg	14 Kg	375.58
Cooking oil (2.5lts)	158.36 2.5lt	3.6lt	228.03
Salt	17.00 1 Kg	1 Kg	17.00
Tea	35.65 250g	250g	35.65
Sub Total			ZMW 3,553.24

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	339.00 90kg bag(s)	2 90kg bag(s)	678.00
Soap (Lifebuoy/Champion)	15.35 Tablet(s)	3 Tablet(s)	46.06
Wash soap (BOOM)	18.91 400g	4 400g	75.65
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)	60.21 500ml	1 500ml	60.21
Sanitary towels	27.43 Pack of 10	2 Pack of 10	54.85
Toilet Paper (2ply)	6.14 Tissue(s)	6 Tissue(s)	36.83
Lotion (Dawn)	34.85 400ml	1 400ml	34.85
Subtotal			ZMW 4,050.02
Total for Basic Needs and Nutrition Basket			ZMW 7,603.26

(C) SOME OTHER ADDITIONAL COSTS

School Uniform (Grade 8-12)	600.00	Ndeke-Town	20.00
		Chifubu-Town	22.00
		Masala-Town	18.00
		Twapia-Town	24.00
		Mushili-Town	20.00

Health

Fuel (cost at the pump, July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August 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 August Basic Needs and Nutrition Basket is approximately US\$ 478.19 based on the exchange rate of K15.90 Other costs Would include personal care, clothing, recreation, etc.

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