

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	157.50 25 kg bag	2 x 25Kg	314.99
Rice	146.92 5kg	4kg	117.54
Cassava Flour	20.10 1kg	6kg	120.57
Irish Potatoes	17.42 1 Kg	4 Kg	69.66
Beans	34.69 1kg	3kg	104.08
Pounded Groundnut	38.65 1kg	1kg	38.65
Soya Pieces	44.71 1 kg	2kg	89.42
Beef	84.57 1kg	2kg	169.14
Chicken	117.81 2kg	5kg	294.54
Kapenta	77.10 1kg	1kg	77.10
Eggs	19.05 1 unit (10 eggs)	3 Trays (90 eggs)	171.45
Milk (Fresh)	15.00 500 ml	10 liters	299.94
Vegetables	477.88 40 Kg	40kg	477.88
Onion	14.18 1 Kg	4 Kg	56.71
Tomatoes	12.45 1 kg	6 kg	74.67
Banana	16.84 1 Kg	16 Kg	269.44
Other Fruits	13.88 1 kg	14 Kg	194.27
Cooking oil (2.5lts)	140.43 2.5lt	3.6lt	202.21
Salt	25.58 1 Kg	1 Kg	25.58
Tea	49.07 250g	250g	49.07
<b>SubTotal</b>			<b>ZMW 3,216.92</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	355.00 90kg bag(s)	2 90kg bag(s)	710.00
Soap (Lifebuoy/Champion)	15.57 Tablet(s)	3 Tablet(s)	46.71
Wash soap (BOOM)	19.78 400g	4 400g	79.13
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)	63.00 500ml	1 500ml	63.00
Sanitary towels	29.57 Pack of 10	2 Pack of 10	59.14
Toilet Paper (2ply)	2.80 Tissue(s)	6 Tissue(s)	16.78
Lotion (Dawn)	35.07 400ml	1 400ml	35.07
<b>Subtotal</b>			<b>ZMW 4,073.39</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,290.31</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
School Uniform (Grade 8-12)	600.00	Ndeke-Town	20.00
		Chifubu-Town	20.00
		Masala-Town	16.00
		Twapia-Town	24.00
		Mushili-Town	20.00
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup> December, 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 at Chifubu, Lubuto, Mushili, Pick n Pay, Shoprite, Twapia, Masala and Schools as well as Schools, clinics/hospitals, and filling stations around Ndola. The December Basic Needs and Nutrition Basket is approximately US\$ 405.69 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**