

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.62 25 kg bag	2 x 25Kg	251.24
Rice	145.37 5kg	4kg	116.30
Cassava Flour	16.31 1kg	6kg	97.87
(Irish) Potatoes	22.87 1 Kg	4 Kg	91.49
Beans	41.83 1kg	3kg	125.49
Pounded Groundnut	35.89 1kg	1kg	35.89
Soya Pieces	39.15 1 kg	2kg	78.30
Beef	77.66 1kg	2kg	155.33
Chicken	113.50 2kg	5kg	283.74
Kapenta	127.50 1kg	1kg	127.50
Eggs	19.44 1 unit (10 eggs)	3 Trays (90 eggs)	175.00
Milk (Fresh)	13.00 500 ml	10 liters	260.00
Vegetables	544.90 40 Kg	40kg	544.90
Onion	18.69 1 Kg	4 Kg	74.76
Tomatoes	16.86 1 kg	6 kg	101.18
Banana	15.16 1 Kg	16 Kg	242.61
Other Fruits	32.00 1 kg	14 Kg	447.95
Cooking oil (2.5lts)	125.83 2.5lt	3.6lt	181.20
Salt	11.00 1 Kg	1 Kg	11.00
Tea	26.67 250g	250g	26.67
SubTotal			ZMW 3,428.41

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	312.50 90kg bag(s)	2 90kg bag(s)	625.00
Soap (Lifebuoy/Champion)	14.33 Tablet(s)	3 Tablet(s)	43.00
Wash soap (BOOM)	18.50 400g	4 400g	74.00
Jelly (Vaseline)	39.00 500ml	1 500ml	39.00
Electricity (medium density)	384.6.00 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
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3,954.56
Total for Basic Needs and Nutrition Basket			ZMW 7,382.97

(C) SOME OTHER ADDITIONAL COSTS

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

Item	Amount (ZMW)
Petrol (per litre)	19.84

Diesel (per litre)	18.93
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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25th January, 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$414.76 based upon the exchange rate Of K17.80. 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 Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka