

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.01 25 kg bag	2 x 25Kg	270.02
Rice	132.99 5kg	4kg	106.39
Cassava Flour	16.01 1kg	6kg	96.06
(Irish) Potatoes	21.78 1 Kg	4 Kg	87.12
Beans	42.82 1kg	3kg	128.46
Pounded Groundnut	32.00 1kg	1kg	32.00
Soya Pieces	45.65 1 kg	2kg	91.30
Beef	76.88 1kg	2kg	153.76
Chicken	115.50 2kg	5kg	288.75
Kapenta	130.99 1kg	1kg	130.99
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	530.00 40 Kg	40kg	530.00
Onion	17.00 1 Kg	4 Kg	68.00
Tomatoes	16.11 1 kg	6 kg	96.66
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	27.34 1 kg	14 Kg	382.76
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	12.00 1 Kg	1 Kg	12.00
Tea	25.00 250g	250g	25.00
Sub Total			ZMW 3,422.47

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	311.89 90kg bag(s)	2 90kg bag(s)	623.78
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	19.00 400g	4 400g	76.00
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
Jelly (Vaseline)	48.00 500ml	1 500ml	48.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3, 969.84
Total for Basic Needs and Nutrition Basket			ZMW 7,392.31

(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)	21.96

Diesel (per litre)	21.54
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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$420.01 based upon the exchange rate Of K17.60 Other costs Would include personal care, clothing, recreation, etc.

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