**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Ndola** **January** **2025**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Mealie Meal (Roller) 300.50 25 kg bag 2 x 25Kg 600.99

Rice 282.85 5kg 4kg 226.28

Cassava Flour 45.31 1kg 6kg 271.87

(Sweet) Potatoes 19.55 1 Kg 4 Kg 78.19

Beans 64.60 1kg 3kg 193.80

Pounded Groundnut 58.32 1kg 1kg 58.32

Soya Pieces 42.19 1 kg 2kg 84.39

Beef 95.50 1kg 2kg 190.99

Chicken 144.28 2kg 5kg 360.71

Kapenta 156.64 1kg 1kg 156.64

Eggs 35.95 1 unit (10 eggs) 3 Trays (90 eggs) 323.56

Milk (Fresh) 20.64 500 ml 10 liters 412.80

Vegetables 780.39 40 Kg 40kg 780.39

Onion 16.49 1 Kg 4 Kg 65.96

Tomatoes 17.83 1 kg 6 kg 107.01

Banana 27.89 1 Kg 16 Kg 446.21

Other Fruits 9.92 1 kg 14 Kg 138.85

Cooking oil (2.5lts) 165.43 2.5lt 3.6lt 238.23

Salt 35.21 1 Kg 1 Kg 35.21

Tea 49.43 250g 250g 49.43

**SubTotal** **ZMW 4,819.83**

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

**Commodity** **Price(ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Charcoal 604.00 90kg bag(s) 2 90kg bag(s) 1,208.00

Soap (Lifebuoy/Champion) 26.64 Tablet(s) 3 Tablet(s) 79.93

Wash soap (BOOM) 33.14 400g 4 400g 132.56

Jelly (Vaseline) 112.57 500ml 1 500ml 112.57

Electricity (medium density) 384.60 Month(s) 1 Month(s) 384.60

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 46.93 Pack of 10 2 Pack of 10 93.85

Toilet Paper (2ply) 6.86 Tissue(s) 6 Tissue(s) 41.15

Lotion (Dawn) 55.71 400ml 1 400ml 55.71

**Subtotal** **ZMW 4,787.33**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,607.16**

**(C) SOME OTHER ADDITIONAL COSTS**

***Education*** ***Transport (bus fare round trip)***

**Item** **Amount (ZMW)** **Item** **Amount (ZMW)**

School Uniform (Grades 8-12) 600.00 Ndeke-Town 28.00

Chifubu-Town 28.00

Masala-Town 22.00

Twapia-Town 33.00

Mushili-Town 28.00

Lubuto – Town 24.00

***Health*** ***Fuel (cost at the pump)***

Nil **Item** **Amount (ZMW)**

Petrol (per litre) 34.67

Diesel (per litre) 32.43

Paraffin (per litre) 28.67

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Chinsali | Chipata | Choma | Kabwe | Kasama | Kitwe | Livingstone | Luanshya | Lusaka | Mansa | Mazabuka | Mongu | Monze | Mpika | Ndola | Solwezi |
| **5,965.29** | **8,926.15** | **6,419.43** | **8,181.02** | **6,187.95** | **9,180.41** | **9,328.64** | **8,022.42** | **10,800.56** | **7,357.36** | **6,978.57** | **5,889.32** | **6,913.89** | **8,089.57** | **9,607.16** | **9,844.39** |

This survey was conducted on 10th January 2025 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 and Masala market around Ndola. The Basic Needs Basket is approximately US$324.08 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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