**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Ndola** **March** **2025**

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

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

Mealie Meal (Roller) 327.57 25 kg bag 2 x 25Kg 655.14

Rice 293.21 5kg 4kg 234.57

Cassava Flour 40.23 1kg 6kg 241.36

(Sweet) Potatoes 18.19 1 Kg 4 Kg 72.76

Beans 71.26 1kg 3kg 213.77

Pounded Groundnut 70.62 1kg 1kg 70.62

Soya Pieces 46.08 1 kg 2kg 92.17

Beef 95.64 1kg 2kg 191.28

Chicken 150.84 2kg 5kg 377.11

Kapenta 160.14 1kg 1kg 160.14

Eggs 37.58 1 unit (10 eggs) 3 Trays (90 eggs) 338.25

Milk (Fresh) 21.00 500 ml 10 liters 419.94

Vegetables 807.99 40 Kg 40kg 807.99

Onion 14.88 1 Kg 4 Kg 59.50

Tomatoes 14.72 1 kg 6 kg 88.29

Banana 25.42 1 Kg 16 Kg 406.65

Other Fruits 37.57 1 kg 14 Kg 525.98

Cooking oil (2.5lts) 170.50 2.5lt 3.6lt 245.53

Salt 36.05 1 Kg 1 Kg 36.05

Tea 50.64 250g 250g 50.64

**SubTotal** **ZMW 5,287.72**

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

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

Charcoal 695.00 90kg bag(s) 2 90kg bag(s) 1,390.00

Soap (Lifebuoy/Champion) 28.78 Tablet(s) 3 Tablet(s) 86.35

Wash soap (BOOM) 33.00 400g 4 400g 131.99

Jelly (Vaseline) 115.50 500ml 1 500ml 115.50

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 48.03 Pack of 10 2 Pack of 10 96.05

Toilet Paper (2ply) 20.57 Tissue(s) 6 Tissue(s) 123.42

Lotion (Dawn) 55.50 400ml 1 400ml 55.50

**Subtotal** **ZMW 5,062.36**

**Total for Basic Needs and Nutrition Basket** **ZMW 10,350.08**

**(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) 34.98

Diesel (per litre) 32.54

Paraffin (per litre) 29.56

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Chinsali | Choma | Kabwe | Kitwe | Livingstone | Luanshya | Lusaka | Mansa | Mongu | Monze | Mpika | Ndola |
| **5,912.16** | **6,247.53** | **9,146.91** | **9,838.33** | **9,606.80** | **8,305.19** | **11,546.87** | **7,809.26** | **6,466.84** | **6,480.59** | **8,147.79** | **10,350.08** |

This survey was conducted on 14th March 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$361.39 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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