**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Ndola** **April** **2025**

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

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

Mealie Meal (Roller) 322.64 25 kg bag 2 x 25Kg 645.28

Rice 277.50 5kg 4kg 222.00

Cassava Flour 43.42 1kg 6kg 260.52

(Sweet) Potatoes 12.45 1 Kg 4 Kg 49.79

Beans 84.60 1kg 3kg 253.80

Pounded Groundnut 78.00 1kg 1kg 78.00

Soya Pieces 54.53 1 kg 2kg 109.06

Beef 95.71 1kg 2kg 191.42

Chicken 152.14 2kg 5kg 380.36

Kapenta 177.53 1kg 1kg 177.53

Eggs 37.86 1 unit (10 eggs) 3 Trays (90 eggs) 340.71

Milk (Fresh) 21.21 500 ml 10 liters 424.23

Vegetables 789.75 40 Kg 40kg 789.75

Onion 16.55 1 Kg 4 Kg 66.22

Tomatoes 14.38 1 kg 6 kg 86.30

Banana 21.60 1 Kg 16 Kg 345.59

Other Fruits 33.52 1 kg 14 Kg 469.28

Cooking oil (2.5lts) 172.14 2.5lt 3.6lt 247.88

Salt 45.78 1 Kg 1 Kg 45.78

Tea 50.35 250g 250g 50.35

**SubTotal** **ZMW 5,233.84**

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

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

Charcoal 696.00 90kg bag(s) 2 90kg bag(s) 1,392.00

Soap (Lifebuoy/Champion) 28.00 Tablet(s) 3 Tablet(s) 83.99

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

Jelly (Vaseline) 116.14 500ml 1 500ml 116.14

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 45.93 Pack of 10 2 Pack of 10 91.85

Toilet Paper (2ply) 7.81 Tissue(s) 6 Tissue(s) 46.86

Lotion (Dawn) 58.43 400ml 1 400ml 58.43

**Subtotal** **ZMW 4,984.81**

**Total for Basic Needs and Nutrition Basket** **ZMW 10,218.66**

**(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) 30.23

Paraffin (per litre) 29.56

**(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 |
| **6,182.36** | **7,721.80** | **7,657.11** | **9,772.50** | **7,306.02** | **9,604.91** | **9,743.17** | **8,166.13** | **11,418.04** | **7,941.87** | **8,928.72** | **6,412.57** | **6,967.70** | **8,168.52** | **10,218.66** | **9,791.68** |

This survey was conducted on 11th April 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$362.11 based on the exchange rate of K28.22. 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**