

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	135.00 5kg	4kg	108.00
Cassava Flour	17.45 1kg	6kg	104.70
(Sweet) Potatoes	17.00 1 Kg	4 Kg	68.00
Beans	50.89 1kg	3kg	152.67
Pounded Groundnut	38.00 1kg	1kg	38.00
Soya Pieces	53.21 1 kg	2kg	106.42
Beef	76.00 1kg	2kg	152.00
Chicken	122.00 2kg	5kg	305.00
Kapenta	138.00 1kg	1kg	138.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	522.22 40 Kg	40kg	522.22
Onion	17.67 1 Kg	4 Kg	70.68
Tomatoes	15.21 1 kg	6 kg	91.26
Banana	13.89 1 Kg	16 Kg	222.24
Other Fruits	21.67 1 kg	14 Kg	303.38
Cooking oil (2.5lts)	146.00 2.5lt	3.6lt	210.24
Salt	11.00 1 Kg	1 Kg	11.00
Tea	33.00 250g	250g	33.00
<b>Sub Total</b>			<b>ZMW 3,386.81</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	300.00 90kg bag(s)	2 90kg bag(s)	600.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	384.60 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)	50.00 500ml	1 500ml	50.00
Sanitary towels	30.00 Pack of 10	1 Pack of 10	30.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00

**Subtotal** **ZMW 3,939.56**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,326.37**

## (C) SOME OTHER ADDITIONAL COSTS

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, July, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	26.75

Diesel (per litre)

28.01

Paraffin (per litre)

21.27

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,839.61	5,645.47	5,843.48	7,326.37	7,950

This survey was conducted on 25<sup>th</sup> July, 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 Chifubu, Lubuto, Mushili, Pick n Pay, Shoprite, Twapia, Masala and Schools, clinics/hospitals, and filling stations around Lusaka. The July Basic Needs and Nutrition Basket is approximately US\$ 440.29 based on the exchange rate of K16.64 Other costs Would include personal care, clothing, recreation, etc.

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**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

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Reports

Advocacy on Living Conditions

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