

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.12 25 kg bag	2 x 25Kg	262.25
Rice	151.96 5kg	4kg	121.57
Cassava Flour	18.77 1kg	6kg	112.65
(Irish) Potatoes	22.75 1 Kg	4 Kg	91.00
Beans	41.08 1kg	3kg	123.24
Pounded Groundnut	42.18 1kg	1kg	42.18
Soya Pieces	40.86 1 kg	2kg	81.73
Beef	85.12 1kg	2kg	170.25
Chicken	120.48 2kg	5kg	301.20
Kapenta	145.56 1kg	1kg	145.56
Eggs	23.33 1 unit (10 eggs)	3 Trays (90 eggs)	209.97
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	516.50 40 Kg	40kg	516.50
Onion	20.74 1 Kg	4 Kg	82.96
Tomatoes	10.43 1 kg	6 kg	62.56
Banana	14.16 1 Kg	16 Kg	226.59
Other Fruits	20.67 1 kg	14 Kg	289.41
Cooking oil (2.5lts)	153.88 2.5lt	3.6lt	221.58
Salt	17.11 1 Kg	1 Kg	17.11
Tea	39.33 250g	250g	39.33
Sub Total			ZMW 3,427.60

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	338.33 90kg bag(s)	2 90kg bag(s)	676.67
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	19.50 400g	4 400g	78.00
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)	59.50 500ml	1 500ml	59.50
Sanitary towels	32.00 Pack of 10	2 Pack of 10	64.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	34.25 400ml	1 400ml	34.25
Subtotal			ZMW 4,058.48
Total for Basic Needs and Nutrition Basket			ZMW 7,486.08

(C) SOME OTHER ADDITIONAL COSTS

School Uniform (Grade 8-12)	600.00	Ndeke-Town	20.00
		Chifubu-Town	20.00
		Masala-Town	16.00
		Twapia-Town	24.00
		Mushili-Town	20.00

Health

Fuel (cost at the pump, Sept, 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 Ndola. The September Basic Needs and Nutrition Basket is approximately US\$ 476.51 based on the exchange rate of K15.71. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2022-09-30

Ndola September 2022 Basic Needs and Nutrition Basket Report

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