

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.57 25 kg bag	2 x 25Kg	273.14
Rice	151.04 5kg	4kg	120.83
Cassava Flour	21.70 1kg	6kg	130.21
(Irish) Potatoes	22.56 1 Kg	4 Kg	90.23
Beans	35.12 1kg	3kg	105.36
Pounded Groundnut	38.90 1kg	1kg	38.90
Soya Pieces	42.95 1 kg	2kg	85.90
Beef	84.35 1kg	2kg	168.71
Chicken	131.21 2kg	5kg	328.02
Kapenta	117.90 1kg	1kg	117.90
Eggs	22.28 1 unit (10 eggs)	3 Trays (90 eggs)	200.56
Milk (Fresh)	14.78 500 ml	10 liters	295.66
Vegetables	500.89 40 Kg	40kg	500.89
Onion	16.93 1 Kg	4 Kg	67.74
Tomatoes	11.97 1 kg	6 kg	71.83
Banana	17.67 1 Kg	16 Kg	282.64
Other Fruits	12.34 1 kg	14 Kg	172.74
Cooking oil (2.5lts)	153.71 2.5lt	3.6lt	221.35
Salt	24.97 1 Kg	1 Kg	24.97
Tea	52.85 250g	250g	52.85

### Sub Total

**ZMW 3,350.41**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	349.00 90kg bag(s)	2 90kg bag(s)	698.00
Soap (Lifebuoy/Champion)	15.64 Tablet(s)	3 Tablet(s)	46.92
Wash soap (BOOM)	19.07 400g	4 400g	76.27
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)	61.28 500ml	1 500ml	61.28
Sanitary towels	27.85 Pack of 10	2 Pack of 10	55.71
Toilet Paper (2ply)	4.99 Tissue(s)	6 Tissue(s)	29.92
Lotion (Dawn)	34.57 400ml	1 400ml	34.57

### Subtotal

**ZMW 4,066.23**

### Total for Basic Needs and Nutrition Basket

**ZMW 7,416.64**

## (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, Oct, 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	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25<sup>th</sup> October 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 October Basic Needs and Nutrition Basket is approximately US\$ 443.84 based on the exchange rate of K16.71. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)

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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# Ndola October 2022 Basic Needs and Nutrition Basket Report

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