

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.64 25 kg bag	2 x 25Kg	291.28
Rice	150.76 5kg	4kg	120.60
Cassava Flour	19.21 1kg	6kg	115.26
(Sweet) Potatoes	21.19 1 Kg	4 Kg	84.75
Beans	31.41 1kg	3kg	94.22
Pounded Groundnut	43.40 1kg	1kg	43.40
Soya Pieces	46.44 1 kg	2kg	92.87
Beef	89.43 1kg	2kg	178.85
Chicken	113.88 2kg	5kg	284.71
Kapenta	77.28 1kg	1kg	77.28
Eggs	22.14 1 unit (10 eggs)	3 Trays (90 eggs)	199.28
Milk (Fresh)	14.21 500 ml	10 liters	284.23
Vegetables	449.22 40 Kg	40kg	449.22
Onion	12.28 1 Kg	4 Kg	49.13
Tomatoes	13.47 1 kg	6 kg	80.85
Banana	17.49 1 Kg	16 Kg	279.91
Other Fruits	14.59 1 kg	14 Kg	204.23
Cooking oil (2.5lts)	139.50 2.5lt	3.6lt	200.88
Salt	25.20 1 Kg	1 Kg	25.20
Tea	49.28 250g	250g	49.28
SubTotal			ZMW 3,205.43

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	347.00 90kg bag(s)	2 90kg bag(s)	694.00
Soap (Lifebuoy/Champion)	15.21 Tablet(s)	3 Tablet(s)	45.63
Wash soap (BOOM)	19.57 400g	4 400g	78.27
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)	62.64 500ml	1 500ml	62.64
Sanitary towels	30.28 Pack of 10	2 Pack of 10	60.57
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.14 400ml	1 400ml	35.14
Subtotal			ZMW 4,069.81
Total for Basic Needs and Nutrition Basket			ZMW 7,275.24

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
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)	24.31

Diesel (per litre)
Paraffin (per litre)

27.38
19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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 as well as Schools, clinics/hospitals, and filling stations around Ndola. The November Basic Needs and Nutrition Basket is approximately US\$ 422.51 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2022-11-30

Ndola November 2022 Basic Needs and Nutrition Basket Report

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