

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.55 25 kg bag	2 x 25Kg	247.11
Rice	153.93 5kg	4kg	123.14
Cassava Flour	17.78 1kg	6kg	106.70
(Irish) Potatoes	31.90 1 Kg	4 Kg	127.61
Beans	37.92 1kg	3kg	113.75
Pounded Groundnut	46.58 1kg	1kg	46.58
Soya Pieces	32.99 1 kg	2kg	65.98
Beef	77.35 1kg	2kg	154.71
Chicken	150.03 2kg	5kg	375.07
Kapenta	129.75 1kg	1kg	129.75
Eggs	19.52 1 unit (10 eggs)	3 Trays (90 eggs)	175.71
Milk (Fresh)	12.64 500 ml	10 liters	252.80
Vegetables	540.93 40 Kg	40kg	540.93
Onion	19.50 1 Kg	4 Kg	77.99
Tomatoes	16.93 1 kg	6 kg	101.56
Banana	14.71 1 Kg	16 Kg	235.38
Other Fruits	17.56 1 kg	14 Kg	245.83
Cooking oil (2.5lts)	130.21 2.5lt	3.6lt	187.50
Salt	17.07 1 Kg	1 Kg	17.07
Tea	30.57 250g	250g	30.57
<b>Sub Total</b>			<b>ZMW 3,355.75</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	283.00 90kg bag(s)	2 90kg bag(s)	566.00
Soap (Lifebuoy/Champion)	14.07 Tablet(s)	3 Tablet(s)	42.21
Wash soap (BOOM)	15.78 400g	4 400g	63.14
Jelly (Vaseline)	48.35 500ml	1 500ml	48.35
Electricity (medium density)	384.6.00 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
Sanitary towels	19.21 Pack of 10	2 Pack of 10	38.43
Toilet Paper (2ply)	5.17 Tissue(s)	6 Tissue(s)	30.99
Lotion (Dawn)	31.00 400ml	1 400ml	31.00
<b>Subtotal</b>			<b>ZMW 3,883.68</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 7,239.43**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
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)**

Item	Amount (ZMW)
Petrol (per litre)	19.84

Diesel (per litre)

18.93

Paraffin (per litre)

15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 27th June 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 Masala, Twapia, Mushili, Lubuto, Chifubu Pick n Pay and Shoprite Supermarket and Schools, Clinics/hospitals, and filling stations around Ndola. The December Basic Needs and Nutrition Basket is approximately US\$394.09 based on the exchange rate of K18.37. 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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