

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.00 25 kg bag	2 x 25Kg	263.99
Rice	144.17 5kg	4kg	115.33
Cassava Flour	21.83 1kg	6kg	130.98
Potato (Irish)	18.42 1 Kg	4 Kg	73.66
Beans	41.83 1kg	3kg	125.49
Pounded Groundnut	42.83 1kg	1kg	42.83
Soya Pieces	48.74 1 kg	2kg	97.48
Beef	78.16 1kg	2kg	156.33
Chicken	126.99 2kg	5kg	317.48
Kapenta	148.33 1kg	1kg	148.33
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.66 500 ml	10 liters	313.27
Vegetables	517.64 40 Kg	40kg	517.64
Onion	22.16 1 Kg	4 Kg	88.65
Tomatoes	16.00 1 kg	6 kg	95.98
Banana	15.83 1 Kg	16 Kg	253.28
Other Fruits	28.96 1 kg	14 Kg	405.41
Cooking oil (2.5lts)	147.83 2.5lt	3.6lt	212.88
Salt	20.00 1 Kg	1 Kg	20.00
Tea	31.67 250g	250g	31.67
Sub Total			ZMW 3,590.68

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	270.00 90kg bag(s)	2 90kg bag(s)	540.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	18.00 400g	4 400g	72.00
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)	54.50 500ml	1 500ml	54.50
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	34.50 400ml	1 400ml	34.50
Subtotal			ZMW 3,904.06
Total for Basic Needs and Nutrition Basket			ZMW 6,967.62

(C) SOME OTHER ADDITIONAL COSTS

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Education

Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00

Transport (bus fare round trip)

Item	Amount (ZMW)
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, May 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May, 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 April Basic Needs and Nutrition Basket is approximately US\$ 405.80 based on the exchange rate of K17.17. Other costs Would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2022-05-31

Ndola May 2022 Basic Needs and Nutrition Basket Report

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