

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	178.67 25 kg bag	2 x 25Kg	357.33
Rice	171.24 5kg	4kg	136.99
Cassava Flour	21.55 1kg	6kg	129.28
Irish Potatoes	16.55 1 Kg	4 Kg	66.18
Beans	27.89 1kg	3kg	83.66
Pounded Groundnut	44.30 1kg	1kg	44.30
Soya Pieces	52.19 1 kg	2kg	104.37
Beef	83.43 1kg	2kg	166.85
Chicken	117.42 2kg	5kg	293.54
Kapenta	66.79 1kg	1kg	66.79
Eggs	20.51 1 unit (10 eggs)	3 Trays (90 eggs)	184.55
Milk (Fresh)	15.50 500 ml	10 liters	309.94
Vegetables	508.61 40 Kg	40kg	508.61
Onion	18.29 1 Kg	4 Kg	73.15
Tomatoes	16.60 1 kg	6 kg	99.62
Banana	15.29 1 Kg	16 Kg	244.60
Other Fruits	19.73 1 kg	14 Kg	276.24
Cooking oil (2.5lts)	142.85 2.5lt	3.6lt	205.71
Salt	21.53 1 Kg	1 Kg	21.53
Tea	46.14 250g	250g	46.14
<b>SubTotal</b>			<b>ZMW 3,419.39</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	480.00 90kg bag(s)	2 90kg bag(s)	960.00
Soap (Lifebuoy/Champion)	16.07 Tablet(s)	3 Tablet(s)	48.21
Wash soap (BOOM)	20.50 400g	4 400g	81.99
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)	65.21 500ml	1 500ml	65.21
Sanitary towels	30.35 Pack of 10	2 Pack of 10	60.71
Toilet Paper (2ply)	4.36 Tissue(s)	6 Tissue(s)	26.19
Lotion (Dawn)	36.57 400ml	1 400ml	36.57
<b>Subtotal</b>			<b>ZMW 4,342.44</b>

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

**ZMW 7,761.83**

## (C) SOME OTHER ADDITIONAL COSTS

Education	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
School Uniform (Grade 8-12)	600.00	Ndeke-Town	24.00
		Chifubu-Town	24.00
		Masala-Town	16.00
		Twapia-Town	26.00
		Mushili-Town	24.00
		Lubuto – Town	20.00

Item	Amount (ZMW)	Item (Fuel pump price, January 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

## (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
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 27<sup>TH</sup> February 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 Basic Needs and Nutrition Basket is approximately US\$ 392. 81 based on the exchange rate of K 19.76 Other costs would include personal care, clothing, recreation, etc.

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JCTR Repository

<https://repository.jctr.org.zm>

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Reports

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# Ndola February 2023 Basic Needs and Nutrition Basket Report

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