

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	180.17 25 kg bag	2 x 25Kg	360.33
Rice	162.76 5kg	4kg	130.21
Cassava Flour	21.07 1kg	6kg	126.44
(Sweet) Potatoes	19.48 1 Kg	4 Kg	77.93
Beans	33.64 1kg	3kg	100.92
Pounded Groundnut	42.57 1kg	1kg	42.57
Soya Pieces	51.20 1 kg	2kg	102.40
Beef	83.93 1kg	2kg	167.85
Chicken	119.50 2kg	5kg	298.75
Kapenta	78.19 1kg	1kg	78.19
Eggs	15.86 1 unit (10 eggs)	3 Trays (90 eggs)	142.77
Milk (Fresh)	16.00 500 ml	10 liters	319.94
Vegetables	487.52 40 Kg	40kg	487.52
Onion	16.25 1 Kg	4 Kg	64.99
Tomatoes	15.41 1 kg	6 kg	92.44
Banana	17.10 1 Kg	16 Kg	273.62
Other Fruits	10.63 1 kg	14 Kg	148.82
Cooking oil (2.5lts)	142.85 2.5lt	3.6lt	205.71
Salt	21.71 1 Kg	1 Kg	21.71
Tea	42.75 250g	250g	42.75
SubTotal			ZMW 3,285.86

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	460.00 90kg bag(s)	2 90kg bag(s)	920.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.49
Wash soap (BOOM)	19.64 400g	4 400g	78.56
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)	63.85 500ml	1 500ml	63.85
Sanitary towels	30.78 Pack of 10	2 Pack of 10	61.57
Toilet Paper (2ply)	3.91 Tissue(s)	6 Tissue(s)	23.46
Lotion (Dawn)	33.85 400ml	1 400ml	33.85
Subtotal			ZMW 4291.35
Total for Basic Needs and Nutrition Basket			ZMW 7577.21

(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
Item	Amount (ZMW)	Item (Fuel pump price, January 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	18.95

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January 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\$ 399.85 based on the exchange rate of K18.95 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2023-01-31

Ndola January 2023 Basic Needs and Nutrition Basket Report

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