

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.65 25 kg bag	2 x 25Kg	209.30
Rice	168.86 5kg	4kg	135.09
Cassava Flour	23.67 1kg	6kg	142.04
(Sweet) Potatoes	15.00 1 Kg	4 Kg	60.00
Beans	26.79 1kg	3kg	80.38
Pounded Groundnut	51.66 1kg	1kg	51.66
Soya Pieces	27.24 1 kg	2kg	54.49
Beef	75.66 1kg	2kg	151.33
Chicken	131.60 2kg	5kg	328.99
Kapenta	107.63 1kg	1kg	107.63
Eggs	18.50 1 unit (10 eggs)	3 Trays (90 eggs)	166.50
Milk (Fresh)	14.41 500 ml	10 liters	288.27
Vegetables	593.91 40 Kg	40kg	593.91
Onion	21.33 1 Kg	4 Kg	85.32
Tomatoes	18.33 1 kg	6 kg	109.98
Banana	14.48 1 Kg	16 Kg	231.71
Other Fruits	21.48 1 kg	14 Kg	300.66
Cooking oil (2.5lts)	118.83 2.5lt	3.6lt	171.12
Salt	27.33 1 Kg	1 Kg	27.33
Tea	65.99 250g	250g	65.99
SubTotal			ZMW 3,361.67

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	296.38 90kg bag(s)	2 90kg bag(s)	592.75
Soap (Lifebuoy/Champion)	12.83 Tablet(s)	3 Tablet(s)	38.49
Wash soap (BOOM)	17.30 400g	4 400g	69.2
Jelly (Vaseline)	51.25 500ml	1 500ml	51.25
Electricity (medium density)	161.00 Month(s)	1 Month(s)	161.00
Water & Sanitation (med - fixed)	400.00 Month(s)	1 Month(s)	400.00
Housing (3 bedroom)	2,118.00 Month(s)	1 Month(s)	2,118.00
Sanitary towels	26.25 Pack of 10	2 Pack of 10	52.49
Toilet Paper (2ply)	25.75 Tissue(s)	6 Tissue(s)	154.48
Lotion (Dawn)	28.33 400ml	1 400ml	32.91
Subtotal			ZMW 3,670.57

Total for Basic Needs and Nutrition Basket

ZMW 7,032.24

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Ndeke-Town	14.00
Grades 10-12 (User + PTA/year)	600.00	Chifubu-Town	14.00
		Masala-Town	12.00
		Twapia-Town	16.00
		Mushili-Town	14.00
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	21.16

Diesel (per litre)

20.15

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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. 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

2021-12-31

Ndola December 2021 Basic Needs and Nutrition Basket Report

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