**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Chipata** **January** **2025**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Mealie Meal (Roller) 305.99 25 kg bag 2 x 25Kg 611.98

Rice 352.91 5kg 4kg 282.33

Cassava Flour 73.43 1kg 6kg 440.57

(Sweet) Potatoes 36.54 1 Kg 4 Kg 146.17

Beans 69.67 1kg 3kg 209.01

Pounded Groundnut 129.50 1kg 1kg 129.50

Soya Pieces 82.39 1 kg 2kg 164.78

Beef 96.83 1kg 2kg 193.66

Chicken 100.83 2kg 5kg 252.08

Kapenta 146.79 1kg 1kg 146.79

Eggs 28.50 1 unit (10 eggs) 3 Trays (90 eggs) 256.50

Milk (Fresh) 27.67 500 ml 10 liters 553.30

Vegetables 1,338.71 40 Kg 40kg 1,338.71

Onion 25.31 1 Kg 4 Kg 101.24

Tomatoes 29.81 1 kg 6 kg 178.84

Banana 44.80 1 Kg 16 Kg 716.81

Other Fruits 35.19 1 kg 14 Kg 492.69

Cooking oil (2.5lts) 169.50 2.5lt 3.6lt 244.08

Salt 15.17 1 Kg 1 Kg 15.17

Tea 34.17 250g 250g 34.17

**SubTotal** **ZMW 6,508.37**

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

**Commodity** **Price(ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Charcoal 275.40 90kg bag(s) 2 90kg bag(s) 550.80

Soap (Lifebuoy/Champion) 21.33 Tablet(s) 3 Tablet(s) 64.00

Wash soap (BOOM) 27.58 400g 4 400g 110.33

Jelly (Vaseline) 94.33 500ml 1 500ml 94.33

Electricity (medium density) 171.00 Month(s) 1 Month(s) 171.00

Water & Sanitation (med - fixed) 140.00 Month(s) 1 Month(s) 140.00

Housing (3 bedroom) 1,144.17 Month(s) 1 Month(s) 1,144.17

Sanitary towels 23.67 Pack of 10 2 Pack of 10 47.33

Toilet Paper (2ply) 7.67 Tissue(s) 6 Tissue(s) 45.99

Lotion (Dawn) 49.83 400ml 1 400ml 49.83

**Subtotal** **ZMW 2,417.78**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,926.15**

**(C) SOME OTHER ADDITIONAL COSTS**

***Education*** ***Transport (bus fare round trip)***

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

Border-Town 60.00

Nil Gonder-Town 80.00

Kapata-Town 20.00

***Health*** ***Fuel (cost at the pump)***

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

Nil Petrol (per litre) 34.67

Diesel (per litre) 32.43

Paraffin (per litre) 28.67

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Chinsali | Chipata | Choma | Kabwe | Kasama | Kitwe | Livingstone | Luanshya | Lusaka | Mansa | Mazabuka | Mongu | Monze | Mpika | Ndola | Solwezi |
| **5,965.29** | **8,926.15** | **6,419.43** | **8,181.02** | **6,187.95** | **9,180.41** | **9,328.64** | **8,022.42** | **10,800.56** | **7,357.36** | **6,978.57** | **5,889.32** | **6,913.89** | **8,089.57** | **9,607.16** | **9,844.39** |

This survey was conducted on 10th January 2025 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection.Average Prices were calculated based on prices gathered from retail outlets Kapata market, Nabvutika market, Saturday market, Mchini market, Shoprite and Magazine market around Chipata. The Basic Needs Basket is approximately US$320 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc

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