**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Choma** **January** **2025**

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

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

Mealie Meal (Roller) 290.50 25 kg bag 2 x 25Kg 581.00

Rice 121.25 5kg 4kg 97.00

(Sweet) Potatoes 15.64 1 Kg 4 Kg 62.57

Beans 38.63 1kg 3kg 115.90

Pounded Groundnut 49.84 1kg 1kg 49.84

Soya Pieces 95.55 1 kg 2kg 191.10

Beef 85.51 1kg 2kg 171.02

Chicken 169.89 2kg 5kg 424.73

Kapenta 255.00 1kg 1kg 255.00

Eggs 30.08 1 unit (10 eggs) 3 Trays (90 eggs) 270.74

Milk (Fresh) 15.12 500 ml 10 liters 302.45

Vegetables 221.13 40 Kg 40kg 221.13

Onion 31.18 1 Kg 4 Kg 124.74

Tomatoes 12.69 1 kg 6 kg 76.14

Banana 19.69 1 Kg 16 Kg 315.00

Other Fruits 12.72 1 kg 14 Kg 178.10

Cooking oil (2.5lts) 144.87 2.5lt 3.6lt 208.62

Salt 16.00 1 Kg 1 Kg 16.00

Tea 91.50 250g 250g 91.50

**SubTotal** **ZMW 3,752.56**

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

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

Charcoal 300.00 90kg bag(s) 2 90kg bag(s) 600.00

Soap (Lifebuoy/Champion) 19.93 Tablet(s) 3 Tablet(s) 59.78

Wash soap (BOOM) 26.25 400g 4 400g 104.99

Jelly (Vaseline) 95.60 500ml 1 500ml 95.60

Electricity (medium density) 200.00 Month(s) 1 Month(s) 200.00

Water & Sanitation (med - fixed) 145.20 Month(s) 1 Month(s) 145.20

Housing (3 bedroom) 1,350.00 Month(s) 1 Month(s) 1,350.00

Sanitary towels 18.83 Pack of 10 2 Pack of 10 37.65

Toilet Paper (2ply) 5.03 Tissue(s) 6 Tissue(s) 30.15

Lotion (Dawn) 43.50 400ml 1 400ml 43.50

**Subtotal** **ZMW 2,666.86**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,419.43**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Kalukungu-Town 30.00

Nil Macha Road-Town 30.00

***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 at Spar, Macha Road, Makkalanguzu and Kalukungu Markets around Choma. The Basic Needs Basket is approximately US$230.58 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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