**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kabwe** **January** **2025**

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

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

Mealie Meal (Roller) 258.00 25 kg bag 2 x 25Kg 516.00

Rice 220.28 5kg 4kg 176.22

Cassava Flour 23.00 1kg 6kg 137.97

(Sweet) Potatoes 22.59 1 Kg 4 Kg 90.35

Beans 55.40 1kg 3kg 166.21

Pounded Groundnut 78.64 1kg 1kg 78.64

Soya Pieces 63.14 1 kg 2kg 126.27

Beef 76.66 1kg 2kg 153.33

Chicken 133.73 2kg 5kg 334.31

Kapenta 580.35 1kg 1kg 580.35

Eggs 31.00 1 unit (10 eggs) 3 Trays (90 eggs) 278.99

Milk (Fresh) 15.60 500 ml 10 liters 311.96

Vegetables 651.41 40 Kg 40kg 651.41

Onion 26.93 1 Kg 4 Kg 107.72

Tomatoes 11.93 1 kg 6 kg 71.61

Other Fruits 10.64 1 kg 14 Kg 149.02

Cooking oil (2.5lts) 152.00 2.5lt 3.6lt 218.88

Salt 13.01 1 Kg 1 Kg 13.01

Tea 41.60 250g 250g 41.60

**SubTotal** **ZMW 4,203.86**

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

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

Charcoal 238.50 90kg bag(s) 2 90kg bag(s) 477.00

Soap (Lifebuoy/Champion) 20.00 Tablet(s) 3 Tablet(s) 59.99

Wash soap (BOOM) 25.00 400g 4 400g 99.99

Jelly (Vaseline) 103.20 500ml 1 500ml 103.20

Electricity (medium density) 311.00 Month(s) 1 Month(s) 311.00

Water & Sanitation (med - fixed) 252.00 Month(s) 1 Month(s) 252.00

Housing (3 bedroom) 2,550.00 Month(s) 1 Month(s) 2,550.00

Sanitary towels 22.00 Pack of 10 2 Pack of 10 44.00

Toilet Paper (2ply) 5.20 Tissue(s) 6 Tissue(s) 31.19

Lotion (Dawn) 48.80 400ml 1 400ml 48.80

**Subtotal** **ZMW 3,977.16**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,181.02**

**(C) SOME OTHER ADDITIONAL COSTS**

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

Town- Ngunugu K20.00

Town- Lukanga K16.00

Town-Makuluku K16.00

School Uniform (Grades 8-12) K385.00

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

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

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 Katondo, Poleni, Shoprite and Nakoli markets around Kabwe. The Basic Needs Basket is approximately US$293.86 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**