**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kasama** **January** **2025**

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

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

Mealie Meal (Roller) 261.80 25 kg bag 2 x 25Kg 523.60

Rice 183.44 5kg 4kg 146.75

Cassava Flour 20.79 1kg 6kg 124.76

(Sweet) Potatoes 19.70 1 Kg 4 Kg 78.80

Beans 40.34 1kg 3kg 121.01

Pounded Groundnut 92.02 1kg 1kg 92.02

Soya Pieces 62.17 1 kg 2kg 124.34

Beef 100.00 1kg 2kg 200.00

Chicken 133.09 2kg 5kg 332.73

Kapenta 113.31 1kg 1kg 113.31

Eggs 33.17 1 unit (10 eggs) 3 Trays (90 eggs) 298.50

Milk (Fresh) 20.00 500 ml 10 liters 400.00

Vegetables 495.50 40 Kg 40kg 495.50

Onion 25.56 1 Kg 4 Kg 102.25

Tomatoes 17.72 1 kg 6 kg 106.32

Banana 18.34 1 Kg 16 Kg 293.52

Other Fruits 10.44 1 kg 14 Kg 146.19

Cooking oil (2.5lts) 153.00 2.5lt 3.6lt 220.32

Salt 11.33 1 Kg 1 Kg 11.33

**SubTotal** **ZMW 3,931.26**

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

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

Charcoal 270.00 90kg bag(s) 2 90kg bag(s) 540.00

Soap (Lifebuoy/Champion) 18.40 Tablet(s) 3 Tablet(s) 55.19

Wash soap (BOOM) 24.80 400g 4 400g 99.19

Jelly (Vaseline) 52.50 500ml 1 500ml 52.50

Electricity (medium density) 168.84 Month(s) 1 Month(s) 168.84

Water & Sanitation (med - fixed) 133.60 Month(s) 1 Month(s) 133.60

Housing (3 bedroom) 1,050.00 Month(s) 1 Month(s) 1,050.00

Sanitary towels 24.99 Pack of 10 2 Pack of 10 49.98

Toilet Paper (2ply) 10.40 Tissue(s) 6 Tissue(s) 62.39

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 2,256.69**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,187.95**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 410.00 Tazara-Town 16.00

Location-Town 16.00

***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 Chambeshi, Chikumanino, New Town, Shoprite and Tazara markets around Kasama. The Basic Needs Basket is approximately US$222.27 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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