**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Luanshya** **January** **2025**

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

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

Mealie Meal (Roller) 268.00 25 kg bag 2 x 25Kg 536.00

Rice 228.89 5kg 4kg 183.11

Cassava Flour 15.75 1kg 6kg 94.49

(Sweet) Potatoes 18.72 1 Kg 4 Kg 74.89

Beans 26.70 1kg 3kg 80.11

Pounded Groundnut 44.10 1kg 1kg 44.10

Soya Pieces 49.26 1 kg 2kg 98.52

Beef 91.00 1kg 2kg 182.00

Chicken 127.28 2kg 5kg 318.21

Kapenta 313.17 1kg 1kg 313.17

Eggs 28.47 1 unit (10 eggs) 3 Trays (90 eggs) 256.19

Milk (Fresh) 17.00 500 ml 10 liters 339.96

Vegetables 729.09 40 Kg 40kg 729.09

Onion 23.75 1 Kg 4 Kg 94.99

Tomatoes 11.02 1 kg 6 kg 66.10

Banana 42.22 1 Kg 16 Kg 675.59

Other Fruits 27.69 1 kg 14 Kg 387.69

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

Salt 12.22 1 Kg 1 Kg 12.22

Tea 29.20 250g 250g 29.20

**SubTotal** **ZMW 4,734.50**

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

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

Charcoal 315.00 90kg bag(s) 2 90kg bag(s) 630.00

Soap (Lifebuoy/Champion) 18.20 Tablet(s) 3 Tablet(s) 54.59

Wash soap (BOOM) 26.20 400g 4 400g 104.79

Jelly (Vaseline) 122.40 500ml 1 500ml 122.40

Electricity (medium density) 370.75 Month(s) 1 Month(s) 370.75

Water & Sanitation (med - fixed) 275.00 Month(s) 1 Month(s) 275.00

Housing (3 bedroom) 1,587.00 Month(s) 1 Month(s) 1,587.00

Sanitary towels 16.80 Pack of 10 2 Pack of 10 33.60

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 59.99

Lotion (Dawn) 49.80 400ml 1 400ml 49.80

**Subtotal** **ZMW 3,287.91**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,022.42**

**(C) SOME OTHER ADDITIONAL COSTS**

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

School Uniform (Grades 8-12) Town to Kalala K12.00

Town to Mpatamatu K24.00

Town to New Town K12.00

Nil Town to Kamirenda K12.00

Town to Roan K12.00

***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 Mpatamatu, Roan, Zaone, Mikomfwa and Shoprite markets around Luanshya. The Basic Needs Basket is approximately US$288.16 based on the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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