**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mansa** **January** **2025**

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

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

Mealie Meal (Roller) 295.00 25 kg bag 2 x 25Kg 590.00

Rice 308.75 5kg 4kg 247.00

Cassava Flour 13.78 1kg 6kg 82.68

(Sweet) Potatoes 57.49 1 Kg 4 Kg 229.95

Beans 55.52 1kg 3kg 166.55

Pounded Groundnut 40.36 1kg 1kg 40.36

Soya Pieces 69.82 1 kg 2kg 139.64

Beef 81.67 1kg 2kg 163.33

Chicken 130.00 2kg 5kg 325.00

Kapenta 364.71 1kg 1kg 364.71

Eggs 33.33 1 unit (10 eggs) 3 Trays (90 eggs) 300.00

Milk (Fresh) 10.17 500 ml 10 liters 203.30

Vegetables 537.92 40 Kg 40kg 537.92

Onion 26.10 1 Kg 4 Kg 104.39

Tomatoes 25.51 1 kg 6 kg 153.07

Banana 15.42 1 Kg 16 Kg 246.78

Other Fruits 7.13 1 kg 14 Kg 99.81

Cooking oil (2.5lts) 129.83 2.5lt 3.6lt 186.96

Salt 25.00 1 Kg 1 Kg 25.00

Tea 19.33 250g 250g 19.33

**SubTotal** **ZMW 4,225.75**

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

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

Charcoal 540.00 90kg bag(s) 2 90kg bag(s) 1,080.00

Soap (Lifebuoy/Champion) 15.83 Tablet(s) 3 Tablet(s) 47.50

Wash soap (BOOM) 30.83 400g 4 400g 123.33

Jelly (Vaseline) 83.83 500ml 1 500ml 83.83

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 16.87 Pack of 10 2 Pack of 10 33.73

Toilet Paper (2ply) 5.53 Tissue(s) 6 Tissue(s) 33.19

Lotion (Dawn) 34.83 400ml 1 400ml 34.83

**Subtotal** **ZMW 3,131.61**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,357.36**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 240.00 Maiteneke-Town 120.00

Kaole -Town 12.00

***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 Kaole, Main market, Shoprite, Chilyapa and Maiteneke market around Mansa. The Basic Needs Basket is approximately US$264.27 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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