**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mazabuka** **January** **2025**

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

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

Mealie Meal (Roller) 264.00 25 kg bag 2 x 25Kg 528.00

Rice 289.58 5kg 4kg 231.66

(Sweet) Potatoes 23.47 1 Kg 4 Kg 93.89

Beans 45.72 1kg 3kg 137.15

Pounded Groundnut 70.05 1kg 1kg 70.05

Soya Pieces 71.01 1 kg 2kg 142.03

Beef 92.00 1kg 2kg 183.99

Chicken 123.33 2kg 5kg 308.33

Kapenta 288.23 1kg 1kg 288.23

Eggs 31.47 1 unit (10 eggs) 3 Trays (90 eggs) 283.19

Milk (Fresh) 16.00 500 ml 10 liters 319.92

Vegetables 331.62 40 Kg 40kg 331.62

Onion 24.99 1 Kg 4 Kg 99.95

Tomatoes 14.25 1 kg 6 kg 85.48

Banana 19.26 1 Kg 16 Kg 308.13

Other Fruits 9.99 1 kg 14 Kg 139.86

Cooking oil (2.5lts) 149.80 2.5lt 3.6lt 215.71

Salt 14.95 1 Kg 1 Kg 14.95

Tea 45.10 250g 250g 45.10

**SubTotal** **ZMW 3,827.24**

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

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

Charcoal 180.00 90kg bag(s) 2 90kg bag(s) 360.00

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

Wash soap (BOOM) 26.00 400g 4 400g 103.98

Jelly (Vaseline) 75.19 500ml 1 500ml 75.19

Electricity (medium density) 336.00 Month(s) 1 Month(s) 336.00

Water & Sanitation (med - fixed) 161.00 Month(s) 1 Month(s) 161.00

Housing (3 bedroom) 1,953.20 Month(s) 1 Month(s) 1,953.20

Sanitary towels 14.20 Pack of 10 2 Pack of 10 28.39

Toilet Paper (2ply) 5.60 Tissue(s) 6 Tissue(s) 33.58

Lotion (Dawn) 45.40 400ml 1 400ml 45.40

**Subtotal** **ZMW 3,151.33**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,978.57**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform 157.50 Town to Kabobola 70.00

Town to Nakambala 60.00

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

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

Registration (book) 5.00 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 Nakambala market, Kabobola market, town market, Choppies and Shoprite around Mazabuka. The Basic Needs Basket is approximately US$ 250.67 based upon the exchange rate of K26.95. Other costs would include personal care, clothing, recreation, etc

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