**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mpika** **January** **2025**

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

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

Mealie Meal (Roller) 228.33 25 kg bag 2 x 25Kg 456.67

Rice 421.32 5kg 4kg 337.06

Cassava Flour 19.02 1kg 6kg 114.13

(Sweet) Potatoes 19.29 1 Kg 4 Kg 77.17

Beans 53.69 1kg 3kg 161.06

Pounded Groundnut 30.34 1kg 1kg 30.34

Soya Pieces 76.31 1 kg 2kg 152.62

Beef 81.60 1kg 2kg 163.20

Chicken 141.55 2kg 5kg 353.88

Kapenta 191.70 1kg 1kg 191.70

Eggs 28.80 1 unit (10 eggs) 3 Trays (90 eggs) 259.20

Milk (Fresh) 17.00 500 ml 10 liters 340.00

Vegetables 1,035.23 40 Kg 40kg 1,035.23

Onion 32.39 1 Kg 4 Kg 129.56

Tomatoes 30.91 1 kg 6 kg 185.43

Banana 28.80 1 Kg 16 Kg 460.83

Other Fruits 28.44 1 kg 14 Kg 398.21

Cooking oil (2.5lts) 129.10 2.5lt 3.6lt 185.90

Salt 13.00 1 Kg 1 Kg 13.00

Tea 78.00 250g 250g 78.00

**SubTotal** **ZMW 5,123.21**

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

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

Charcoal 223.20 90kg bag(s) 2 90kg bag(s) 446.40

Soap (Lifebuoy/Champion) 24.00 Tablet(s) 3 Tablet(s) 72.00

Wash soap (BOOM) 29.20 400g 4 400g 116.80

Jelly (Vaseline) 80.00 500ml 1 500ml 80.00

Electricity (medium density) 440.00 Month(s) 1 Month(s) 440.00

Water & Sanitation (med - fixed) 169.50 Month(s) 1 Month(s) 169.50

Housing (3 bedroom) 1,486.66 Month(s) 1 Month(s) 1,486.66

Sanitary towels 25.00 Pack of 10 2 Pack of 10 50.00

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 60.00

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 2,966.36**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,089.57**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 174.00 Tazara-Town 170.00

Chilonga-Town 400.00

***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 Musakanya, Kamwanya, New Tazara, Chitulika and Chilongo around Mpika. The Basic Needs Basket is approximately US$290.57 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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