**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Chinsali** **January** **2025**

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

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

Mealie Meal (Roller) 277.50 25 kg bag 2 x 25Kg 555.00

Rice 81.22 5kg 4kg 64.98

Cassava Flour 8.07 1kg 6kg 48.42

(Sweet) Potatoes 31.34 1 Kg 4 Kg 125.34

Beans 16.15 1kg 3kg 48.46

Pounded Groundnut 22.20 1kg 1kg 22.20

Soya Pieces 15.88 1 kg 2kg 31.76

Beef 100.00 1kg 2kg 200.00

Chicken 160.00 2kg 5kg 400.00

Kapenta 144.15 1kg 1kg 144.15

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

Milk (Fresh) 18.00 500 ml 10 liters 360.00

Vegetables 344.55 40 Kg 40kg 344.55

Onion 18.50 1 Kg 4 Kg 74.02

Tomatoes 16.04 1 kg 6 kg 96.27

Banana 17.45 1 Kg 16 Kg 279.18

Other Fruits 14.31 1 kg 14 Kg 200.36

Cooking oil (2.5lts) 140.00 2.5lt 3.6lt 201.60

Salt 12.00 1 Kg 1 Kg 12.00

Tea 40.00 250g 250g 40.00

**SubTotal** **ZMW 3,548.29**

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

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

Charcoal 252.00 90kg bag(s) 2 90kg bag(s) 504.00

Soap (Lifebuoy/Champion) 20.00 Tablet(s) 3 Tablet(s) 60.00

Wash soap (BOOM) 25.00 400g 4 400g 100.00

Jelly (Vaseline) 120.00 500ml 1 500ml 120.00

Electricity (medium density) 171.00 Month(s) 1 Month(s) 171.00

Water & Sanitation (med - fixed) 185.00 Month(s) 1 Month(s) 185.00

Housing (3 bedroom) 1,115.00 Month(s) 1 Month(s) 1,115.00

Sanitary towels 25.00 Pack of 10 2 Pack of 10 50.00

Toilet Paper (2ply) 12.00 Tissue(s) 6 Tissue(s) 72.00

Lotion (Dawn) 40.00 400ml 1 400ml 40.00

**Subtotal** **ZMW 2,417.00**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,965.29**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Nil Lubwa-Town 250.00

Shambakale -Town 250.00

***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 9th – 10th January 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 Kalunkungu, Kabuta, New and Old market around Chinsali. The Basic Needs Basket is approximately US$214.27 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**