**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kitwe** **January** **2025**

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

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

Mealie Meal (Roller) 278.75 25 kg bag 2 x 25Kg 557.50

Rice 208.18 5kg 4kg 166.55

Cassava Flour 32.99 1kg 6kg 197.94

(Sweet) Potatoes 13.34 1 Kg 4 Kg 53.36

Beans 62.06 1kg 3kg 186.18

Pounded Groundnut 43.33 1kg 1kg 43.33

Soya Pieces 68.86 1 kg 2kg 137.72

Beef 88.20 1kg 2kg 176.40

Chicken 153.24 2kg 5kg 383.11

Kapenta 453.28 1kg 1kg 453.28

Eggs 29.00 1 unit (10 eggs) 3 Trays (90 eggs) 260.99

Milk (Fresh) 16.40 500 ml 10 liters 327.96

Vegetables 775.96 40 Kg 40kg 775.96

Onion 17.84 1 Kg 4 Kg 71.37

Tomatoes 16.65 1 kg 6 kg 99.91

Banana 21.51 1 Kg 16 Kg 344.10

Other Fruits 17.38 1 kg 14 Kg 243.29

Cooking oil (2.5lts) 148.00 2.5lt 3.6lt 213.12

Salt 13.39 1 Kg 1 Kg 13.39

Tea 26.80 250g 250g 26.80

**SubTotal** **ZMW 4,732.24**

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

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

Charcoal 423.00 90kg bag(s) 2 90kg bag(s) 846.00

Soap (Lifebuoy/Champion) 17.40 Tablet(s) 3 Tablet(s) 52.19

Wash soap (BOOM) 25.80 400g 4 400g 103.19

Jelly (Vaseline) 105.20 500ml 1 500ml 105.20

Electricity (medium density) 346.00 Month(s) 1 Month(s) 346.00

Water & Sanitation (med - fixed) 243.40 Month(s) 1 Month(s) 243.40

Housing (3 bedroom) 2,616.00 Month(s) 1 Month(s) 2,616.00

Sanitary towels 15.60 Pack of 10 2 Pack of 10 31.20

Toilet Paper (2ply) 9.80 Tissue(s) 6 Tissue(s) 58.79

Lotion (Dawn) 46.20 400ml 1 400ml 46.20

**Subtotal** **ZMW 4,448.17**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,180.41**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Nil Chamboli-Town 10.00

Ndeke-Town 16.00

Chimwemwe-Town 14.00

***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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets around Kitwe. The Basic Needs Basket is approximately US$329.76 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc.

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