**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Livingstone** **January** **2025**

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

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

Mealie Meal (Roller) 310.00 25 kg bag 2 x 25Kg 620.00

Rice 535.56 5kg 4kg 428.45

Cassava Flour 91.72 1kg 6kg 550.34

(Sweet) Potatoes 39.93 1 Kg 4 Kg 159.74

Beans 99.19 1kg 3kg 297.57

Pounded Groundnut 172.98 1kg 1kg 172.98

Soya Pieces 52.03 1 kg 2kg 104.06

Beef 83.33 1kg 2kg 166.66

Chicken 134.17 2kg 5kg 335.41

Kapenta 321.09 1kg 1kg 321.09

Eggs 29.53 1 unit (10 eggs) 3 Trays (90 eggs) 265.79

Milk (Fresh) 16.33 500 ml 10 liters 326.63

Vegetables 764.83 40 Kg 40kg 764.83

Onion 42.52 1 Kg 4 Kg 170.06

Tomatoes 16.94 1 kg 6 kg 101.61

Banana 38.32 1 Kg 16 Kg 613.05

Other Fruits 38.09 1 kg 14 Kg 533.32

Cooking oil (2.5lts) 129.58 2.5lt 3.6lt 186.60

Salt 12.50 1 Kg 1 Kg 12.50

Tea 38.00 250g 250g 38.00

**SubTotal** **ZMW 6,168.69**

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

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

Charcoal 177.75 90kg bag(s) 2 90kg bag(s) 355.50

Soap (Lifebuoy/Champion) 19.67 Tablet(s) 3 Tablet(s) 59.00

Wash soap (BOOM) 27.33 400g 4 400g 109.33

Jelly (Vaseline) 117.00 500ml 1 500ml 117.00

Electricity (medium density) 273.20 Month(s) 1 Month(s) 273.20

Water & Sanitation (med - fixed) 253.60 Month(s) 1 Month(s) 253.60

Housing (3 bedroom) 1,828.00 Month(s) 1 Month(s) 1,828.00

Sanitary towels 19.17 Pack of 10 2 Pack of 10 38.33

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

Lotion (Dawn) 54.00 400ml 1 400ml 54.00

**Subtotal** **ZMW 3,159.95**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,328.64**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform 271.00 Dambwa North-Town 25.00

Maramba-Town 20.00

Victoria Falls-Town 25.00

***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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite around Livingstone. The Basic Needs Basket is approximately US$335.80 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc

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