**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Lusaka** **January** **2025**

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

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

Mealie Meal (Roller) 301.67 25 kg bag 2 x 25Kg 603.33

Rice 149.00 5kg 4kg 119.20

Cassava Flour 32.15 1kg 6kg 192.88

(Sweet) Potatoes 17.43 1 Kg 4 Kg 69.71

Beans 61.37 1kg 3kg 184.11

Pounded Groundnut 83.23 1kg 1kg 83.23

Soya Pieces 77.11 1 kg 2kg 154.23

Beef 88.13 1kg 2kg 176.27

Chicken 147.83 2kg 5kg 369.58

Kapenta 417.08 1kg 1kg 417.08

Eggs 28.24 1 unit (10 eggs) 3 Trays (90 eggs) 254.13

Milk (Fresh) 13.99 500 ml 10 liters 279.89

Vegetables 555.35 40 Kg 40kg 555.35

Onion 33.56 1 Kg 4 Kg 134.25

Tomatoes 11.23 1 kg 6 kg 67.38

Banana 22.38 1 Kg 16 Kg 358.04

Other Fruits 15.68 1 kg 14 Kg 219.56

Cooking oil (2.5lts) 157.42 2.5lt 3.6lt 226.69

Salt 13.49 1 Kg 1 Kg 13.49

Tea 45.20 250g 250g 45.20

**SubTotal** **ZMW 4,523.59**

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

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

Charcoal 469.67 90kg bag(s) 2 90kg bag(s) 939.33

Soap (Lifebuoy/Champion) 18.07 Tablet(s) 3 Tablet(s) 54.20

Wash soap (BOOM) 27.64 400g 4 400g 110.55

Jelly (Vaseline) 125.71 500ml 1 500ml 125.71

Electricity (medium density) 653.00 Month(s) 1 Month(s) 653.00

Water & Sanitation (med - fixed) 300.00 Month(s) 1 Month(s) 300.00

Housing (3 bedroom) 3,967.00 Month(s) 1 Month(s) 3,967.00

Sanitary towels 18.25 Pack of 10 2 Pack of 10 36.49

Toilet Paper (2ply) 6.57 Tissue(s) 6 Tissue(s) 39.40

Lotion (Dawn) 51.28 400ml 1 400ml 51.28

**Subtotal** **ZMW 6,276.97**

**Total for Basic Needs and Nutrition Basket** **ZMW 10,800.56**

**(C) SOME OTHER ADDITIONAL COSTS**

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

*Nil*  Chelston – Town K36.00

Matero -Town K20.00

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

Nil Petrol (per litre) K34.67

Diesel (per litre) K32.43

Paraffin (per litre) K28.67

**(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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata and Matero around Lusaka. The Basic Needs Basket is approximately US$387.95. based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc

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