**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mongu** **January** **2025**

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

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

Mealie Meal (Roller) 216.00 25 kg bag 2 x 25Kg 432.00

Rice 105.07 5kg 4kg 84.06

Cassava Flour 13.15 1kg 6kg 78.89

(Sweet) Potatoes 15.25 1 Kg 4 Kg 61.01

Beans 22.17 1kg 3kg 66.50

Pounded Groundnut 21.74 1kg 1kg 21.74

Soya Pieces 36.46 1 kg 2kg 72.92

Beef 71.00 1kg 2kg 142.00

Chicken 135.20 2kg 5kg 337.99

Kapenta 55.41 1kg 1kg 55.41

Eggs 33.67 1 unit (10 eggs) 3 Trays (90 eggs) 302.99

Milk (Fresh) 18.00 500 ml 10 liters 359.96

Vegetables 663.91 40 Kg 40kg 663.91

Onion 21.89 1 Kg 4 Kg 87.56

Tomatoes 12.51 1 kg 6 kg 75.04

Banana 17.45 1 Kg 16 Kg 279.23

Other Fruits 11.36 1 kg 14 Kg 159.04

Cooking oil (2.5lts) 234.20 2.5lt 3.6lt 337.25

Salt 13.60 1 Kg 1 Kg 13.60

Tea 51.29 250g 250g 51.29

**SubTotal** **ZMW 3,682.36**

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

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

Charcoal 247.50 90kg bag(s) 1 90kg bag(s) 436.50

Soap (Lifebuoy/Champion) 25.40 Tablet(s) 3 Tablet(s) 76.19

Wash soap (BOOM) 30.00 400g 4 400g 119.99

Jelly (Vaseline) 68.00 500ml 1 500ml 68.00

Electricity (medium density) 229.50 Month(s) 1 Month(s) 229.50

Water & Sanitation (med - fixed) 210.40 Month(s) 1 Month(s) 210.40

Housing (3 bedroom) 905.00 Month(s) 1 Month(s) 905.00

Sanitary towels 31.00 Pack of 10 2 Pack of 10 62.00

Toilet Paper (2ply) 9.40 Tissue(s) 6 Tissue(s) 56.39

Lotion (Dawn) 43.00 400ml 1 400ml 43.00

**Subtotal** **ZMW 2,206.96**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,889.32**

**(C) SOME OTHER ADDITIONAL COSTS**

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

Imwiko-Town K20.00

Shoprite-Town K20.00

Kapulanga-Town K30.00

School Uniform (Grades 8-12) K175.00

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

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

Registration (book) 5.00 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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite around Mongu. The Basic Needs Basket is approximately US$211.54 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc

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