**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Monze** **January** **2025**

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

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

Mealie Meal (Roller) 261.67 25 kg bag 2 x 25Kg 523.33

Rice 223.05 5kg 4kg 178.44

(Sweet) Potatoes 31.25 1 Kg 4 Kg 125.02

Beans 58.70 1kg 3kg 176.11

Pounded Groundnut 67.66 1kg 1kg 67.66

Soya Pieces 68.68 1 kg 2kg 137.36

Beef 82.50 1kg 2kg 165.00

Chicken 115.00 2kg 5kg 287.50

Kapenta 403.76 1kg 1kg 403.76

Eggs 35.00 1 unit (10 eggs) 3 Trays (90 eggs) 315.00

Milk (Fresh) 18.00 500 ml 10 liters 360.00

Vegetables 329.78 40 Kg 40kg 329.78

Onion 31.17 1 Kg 4 Kg 124.68

Tomatoes 9.51 1 kg 6 kg 57.05

Banana 28.28 1 Kg 16 Kg 452.43

Other Fruits 48.27 1 kg 14 Kg 675.80

Cooking oil (2.5lts) 142.50 2.5lt 3.6lt 205.20

Salt 12.75 1 Kg 1 Kg 12.75

Tea 30.00 250g 250g 30.00

**SubTotal** **ZMW 4,626.86**

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

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

Charcoal 110.00 90kg bag(s) 2 90kg bag(s) 220.00

Soap (Lifebuoy/Champion) 21.50 Tablet(s) 3 Tablet(s) 64.50

Wash soap (BOOM) 28.75 400g 4 400g 115.00

Jelly (Vaseline) 63.33 500ml 1 500ml 63.33

Electricity (medium density) 200.00 Month(s) 1 Month(s) 200.00

Water & Sanitation (med - fixed) 145.20 Month(s) 1 Month(s) 145.20

Housing (3 bedroom) 1,350.00 Month(s) 1 Month(s) 1,350.00

Sanitary towels 26.25 Pack of 10 2 Pack of 10 52.50

Toilet Paper (2ply) 5.25 Tissue(s) 6 Tissue(s) 31.50

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 2,287.03**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,913.89**

**(C) SOME OTHER ADDITIONAL COSTS**

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

School Uniform (Grade 8-12)] K200.00 Town to Manungu K50.00

Town to ZCA K60.00

Town to Siten K50.00

***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 Main Market, Town market, Manungu, Site and Service Market around Monze. The Basic Needs Basket is approximately US$248.34 based upon the exchange rate of K27.84. Other costs would include personal care, clothing, recreation, etc

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