**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Lusaka** **February** **2025**

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

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

Mealie Meal (Roller) 298.57 25 kg bag 2 x 25Kg 597.14

Rice 161.31 5kg 4kg 129.05

Cassava Flour 28.25 1kg 6kg 169.49

(Sweet) Potatoes 20.57 1 Kg 4 Kg 82.28

Beans 60.97 1kg 3kg 182.91

Pounded Groundnut 88.04 1kg 1kg 88.04

Soya Pieces 72.12 1 kg 2kg 144.24

Beef 85.99 1kg 2kg 171.98

Chicken 149.00 2kg 5kg 372.49

Kapenta 491.26 1kg 1kg 491.26

Eggs 28.67 1 unit (10 eggs) 3 Trays (90 eggs) 257.99

Milk (Fresh) 14.42 500 ml 10 liters 288.49

Vegetables 701.81 40 Kg 40kg 701.81

Onion 30.67 1 Kg 4 Kg 122.68

Tomatoes 16.02 1 kg 6 kg 96.14

Banana 19.55 1 Kg 16 Kg 312.73

Other Fruits 56.47 1 kg 14 Kg 790.58

Cooking oil (2.5lts) 155.14 2.5lt 3.6lt 223.40

Salt 13.11 1 Kg 1 Kg 13.11

Tea 41.42 250g 250g 41.42

**SubTotal** **ZMW 5,277.24**

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

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

Charcoal 497.50 90kg bag(s) 2 90kg bag(s) 995.00

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

Wash soap (BOOM) 27.21 400g 4 400g 108.85

Jelly (Vaseline) 126.43 500ml 1 500ml 126.43

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 17.64 Pack of 10 2 Pack of 10 35.28

Toilet Paper (2ply) 5.71 Tissue(s) 6 Tissue(s) 34.27

Lotion (Dawn) 47.85 400ml 1 400ml 47.85

**Subtotal** **ZMW 6,321.88**

**Total for Basic Needs and Nutrition Basket** **ZMW 11,599.12**

**(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) K34.98

Diesel (per litre) K32.54

Paraffin (per litre) K29.56

**(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 |
| **6,096.76** | **8,490.16** | **6,265.13** | **8,843.65** | **6,117.16** | **9,848.04** | **9,600.87** | **8,200.10** | **11,599.12** | **7,757.20** | **8,115.17** | **6,025.39** | **6,711.47** | **8,116.36** | **10,106.33** | **10,285.61** |

This survey was conducted on 13th February 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$412.48. based upon the exchange rate of K28.12. Other costs would include personal care, clothing, recreation, etc

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**