**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Chinsali** **March** **2025**

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

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

Mealie Meal (Roller) 232.50 25 kg bag 2 x 25Kg 465.00

Rice 129.66 5kg 4kg 103.73

Cassava Flour 7.84 1kg 6kg 47.03

(Sweet) Potatoes 32.99 1 Kg 4 Kg 131.94

Beans 15.27 1kg 3kg 45.80

Pounded Groundnut 17.78 1kg 1kg 17.78

Soya Pieces 16.84 1 kg 2kg 33.67

Beef 100.00 1kg 2kg 200.00

Chicken 145.00 2kg 5kg 362.50

Kapenta 99.71 1kg 1kg 99.71

Eggs 33.00 1 unit (10 eggs) 3 Trays (90 eggs) 297.00

Milk (Fresh) 20.50 500 ml 10 liters 410.00

Vegetables 267.64 40 Kg 40kg 267.64

Onion 10.57 1 Kg 4 Kg 42.26

Tomatoes 25.07 1 kg 6 kg 150.43

Banana 17.47 1 Kg 16 Kg 279.46

Other Fruits 21.59 1 kg 14 Kg 302.20

Cooking oil (2.5lts) 150.00 2.5lt 3.6lt 216.00

Salt 10.00 1 Kg 1 Kg 10.00

Tea 50.00 250g 250g 50.00

**SubTotal** **ZMW 3,532.16**

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

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

Charcoal 224.00 90kg bag(s) 2 90kg bag(s) 448.00

Soap (Lifebuoy/Champion) 23.00 Tablet(s) 3 Tablet(s) 69.00

Wash soap (BOOM) 26.88 400g 4 400g 107.50

Jelly (Vaseline) 122.00 500ml 1 500ml 122.00

Electricity (medium density) 171.00 Month(s) 1 Month(s) 171.00

Water & Sanitation (med - fixed) 185.00 Month(s) 1 Month(s) 185.00

Housing (3 bedroom) 1,115.00 Month(s) 1 Month(s) 1,115.00

Sanitary towels 25.00 Pack of 10 2 Pack of 10 50.00

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 60.00

Lotion (Dawn) 52.50 400ml 1 400ml 52.50

**Subtotal** **ZMW 2,380.00**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,912.16**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Lubwa-Town 250.00

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

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

Petrol (per litre) 34.98

Diesel (per litre) 32.54

Paraffin (per litre) 29.56

**(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Chinsali | Choma | Kabwe | Kitwe | Livingstone | Luanshya | Lusaka | Mansa | Mongu | Monze | Mpika | Ndola |
| **5,912.16** | **6,247.53** | **9,146.91** | **9,838.33** | **9,606.80** | **8,305.19** | **11,546.87** | **7,809.26** | **6,466.84** | **6,480.59** | **8,147.79** | **10,350.08** |

This survey was conducted on 14th March 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 Kalunkungu, Kabuta, New and Old market around Chinsali. The Basic Needs Basket is approximately US$206.42 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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