**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Choma** **March** **2025**

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

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

Mealie Meal (Roller) 276.87 25 kg bag 2 x 25Kg 553.75

Rice 137.25 5kg 4kg 109.80

(Sweet) Potatoes 15.12 1 Kg 4 Kg 60.48

Beans 37.72 1kg 3kg 113.17

Pounded Groundnut 48.67 1kg 1kg 48.67

Soya Pieces 69.45 1 kg 2kg 138.91

Beef 87.24 1kg 2kg 174.48

Chicken 137.55 2kg 5kg 343.88

Kapenta 233.31 1kg 1kg 233.31

Eggs 31.00 1 unit (10 eggs) 3 Trays (90 eggs) 279.00

Milk (Fresh) 15.75 500 ml 10 liters 314.90

Vegetables 273.38 40 Kg 40kg 273.38

Onion 30.11 1 Kg 4 Kg 120.43

Tomatoes 13.84 1 kg 6 kg 83.02

Banana 20.76 1 Kg 16 Kg 332.22

Other Fruits 11.49 1 kg 14 Kg 160.86

Cooking oil (2.5lts) 154.25 2.5lt 3.6lt 222.12

Salt 14.40 1 Kg 1 Kg 14.40

Tea 105.10 250g 250g 105.10

**SubTotal** **ZMW 3,681.88**

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

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

Charcoal 252.00 90kg bag(s) 2 90kg bag(s) 504.00

Soap (Lifebuoy/Champion) 18.43 Tablet(s) 3 Tablet(s) 55.28

Wash soap (BOOM) 26.00 400g 4 400g 103.99

Jelly (Vaseline) 91.75 500ml 1 500ml 91.75

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 20.62 Pack of 10 2 Pack of 10 41.25

Toilet Paper (2ply) 5.33 Tissue(s) 6 Tissue(s) 31.95

Lotion (Dawn) 42.25 400ml 1 400ml 42.25

**Subtotal** **ZMW 2,565.65**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,247.53**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Kalukungu-Town 30.00

Nil Macha Road-Town 30.00

***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 Spar, Macha Road, Makkalanguzu and Kalukungu Markets around Choma. The Basic Needs Basket is approximately US$218.14 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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