**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kabwe** **March** **2025**

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

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

Mealie Meal (Roller) 247.00 25 kg bag 2 x 25Kg 494.00

Rice 213.25 5kg 4kg 170.60

Cassava Flour 25.00 1kg 6kg 149.97

(Sweet) Potatoes 18.30 1 Kg 4 Kg 73.20

Beans 58.88 1kg 3kg 176.65

Pounded Groundnut 72.47 1kg 1kg 72.47

Soya Pieces 58.44 1 kg 2kg 116.87

Beef 70.00 1kg 2kg 139.99

Chicken 149.02 2kg 5kg 372.56

Kapenta 517.96 1kg 1kg 517.96

Eggs 33.00 1 unit (10 eggs) 3 Trays (90 eggs) 296.99

Milk (Fresh) 15.60 500 ml 10 liters 311.96

Vegetables 672.72 40 Kg 40kg 672.72

Onion 34.80 1 Kg 4 Kg 139.19

Tomatoes 11.46 1 kg 6 kg 68.77

Banana 21.31 1 Kg 16 Kg 340.96

Other Fruits 35.27 1 kg 14 Kg 493.78

Cooking oil (2.5lts) 148.00 2.5lt 3.6lt 213.12

Salt 12.99 1 Kg 1 Kg 12.99

Tea 41.60 250g 250g 41.60

**SubTotal** **ZMW 4,876.35**

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

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

Charcoal 382.50 90kg bag(s) 2 90kg bag(s) 765.00

Soap (Lifebuoy/Champion) 20.00 Tablet(s) 3 Tablet(s) 59.99

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

Jelly (Vaseline) 108.40 500ml 1 500ml 108.40

Electricity (medium density) 311.00 Month(s) 1 Month(s) 311.00

Water & Sanitation (med - fixed) 252.00 Month(s) 1 Month(s) 252.00

Housing (3 bedroom) 2,550.00 Month(s) 1 Month(s) 2,550.00

Sanitary towels 22.00 Pack of 10 2 Pack of 10 44.00

Toilet Paper (2ply) 5.20 Tissue(s) 6 Tissue(s) 31.19

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 4,270.56**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,146.91**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 385.00 Town-Ngunugu 20.00

Town-Lukanga 16.00

Town-Makululu 16.00

***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 Katondo, Poleni, Shoprite and Nakoli markets around Kabwe. The Basic Needs Basket is approximately US$319.38 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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