**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Luanshya** **March** **2025**

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

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

Mealie Meal (Roller) 268.80 25 kg bag 2 x 25Kg 537.60

Rice 216.21 5kg 4kg 172.96

Cassava Flour 12.86 1kg 6kg 77.17

(Sweet) Potatoes 14.84 1 Kg 4 Kg 59.34

Beans 72.05 1kg 3kg 216.14

Pounded Groundnut 94.84 1kg 1kg 94.84

Soya Pieces 47.58 1 kg 2kg 95.16

Beef 71.20 1kg 2kg 142.40

Chicken 154.80 2kg 5kg 387.00

Kapenta 403.63 1kg 1kg 403.63

Eggs 29.93 1 unit (10 eggs) 3 Trays (90 eggs) 269.40

Milk (Fresh) 16.20 500 ml 10 liters 323.96

Vegetables 568.28 40 Kg 40kg 568.28

Onion 28.88 1 Kg 4 Kg 115.52

Tomatoes 19.43 1 kg 6 kg 116.57

Banana 20.67 1 Kg 16 Kg 330.68

Other Fruits 46.50 1 kg 14 Kg 651.00

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

Salt 14.55 1 Kg 1 Kg 14.55

Tea 53.60 250g 250g 53.60

**SubTotal** **ZMW 4,845.77**

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

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

Charcoal 402.75 90kg bag(s) 2 90kg bag(s) 805.50

Soap (Lifebuoy/Champion) 17.20 Tablet(s) 3 Tablet(s) 51.59

Wash soap (BOOM) 25.40 400g 4 400g 101.59

Jelly (Vaseline) 122.80 500ml 1 500ml 122.80

Electricity (medium density) 370.75 Month(s) 1 Month(s) 370.75

Water & Sanitation (med - fixed) 275.00 Month(s) 1 Month(s) 275.00

Housing (3 bedroom) 1,587.00 Month(s) 1 Month(s) 1,587.00

Sanitary towels 16.20 Pack of 10 2 Pack of 10 32.40

Toilet Paper (2ply) 10.20 Tissue(s) 6 Tissue(s) 61.19

Lotion (Dawn) 51.60 400ml 1 400ml 51.60

**Subtotal** **ZMW 3,459.41**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,305.19**

**(C) SOME OTHER ADDITIONAL COSTS**

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

Nil Town to Kalala K12.00

Town to Mpatamatu K24.00

Town to New Town K12.00

Town to Kamirenda K12.00

Town to Roan K12.00

***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 Mpatamatu, Roan, Zaone, Mikomfwa and Shoprite markets around Luanshya. The Basic Needs Basket is approximately US$289.99 based on the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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