**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Lusaka** **March** **2025**

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

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

Mealie Meal (Roller) 279.00 25 kg bag 2 x 25Kg 558.00

Rice 166.99 5kg 4kg 133.60

Cassava Flour 29.00 1kg 6kg 173.98

Irish Potatoes 22.16 1 Kg 4 Kg 88.66

Beans 60.97 1kg 3kg 182.92

Pounded Groundnut 81.23 1kg 1kg 81.23

Soya Pieces 81.78 1 kg 2kg 163.57

Beef 89.43 1kg 2kg 178.85

Chicken 152.14 2kg 5kg 380.34

Kapenta 399.64 1kg 1kg 399.64

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

Milk (Fresh) 14.42 500 ml 10 liters 288.49

Vegetables 643.53 40 Kg 40kg 643.53

Onion 26.56 1 Kg 4 Kg 106.23

Tomatoes 14.41 1 kg 6 kg 86.48

Banana 18.00 1 Kg 16 Kg 288.05

Other Fruits 57.33 1 kg 14 Kg 802.61

Cooking oil (2.5lts) 154.43 2.5lt 3.6lt 222.37

Salt 14.06 1 Kg 1 Kg 14.06

Tea 45.00 250g 250g 45.00

**SubTotal** **ZMW 5,095.59**

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

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

Charcoal 562.50 90kg bag(s) 2 90kg bag(s) 1,125.00

Soap (Lifebuoy/Champion) 18.83 Tablet(s) 3 Tablet(s) 56.48

Wash soap (BOOM) 27.42 400g 4 400g 109.70

Jelly (Vaseline) 124.14 500ml 1 500ml 124.14

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 16.92 Pack of 10 2 Pack of 10 33.85

Toilet Paper (2ply) 5.64 Tissue(s) 6 Tissue(s) 33.83

Lotion (Dawn) 48.28 400ml 1 400ml 48.28

**Subtotal** **ZMW 6,451.27**

**Total for Basic Needs and Nutrition Basket** **ZMW 11,546.87**

**(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* **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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata and Matero around Lusaka. The Basic Needs Basket is approximately US$403.17. based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc

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