**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kitwe** **March** **2025**

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

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

Mealie Meal (Roller) 272.00 25 kg bag 2 x 25Kg 544.00

Rice 215.54 5kg 4kg 172.43

Cassava Flour 15.65 1kg 6kg 93.90

(Sweet) Potatoes 18.27 1 Kg 4 Kg 73.09

Beans 55.96 1kg 3kg 167.89

Pounded Groundnut 46.31 1kg 1kg 46.31

Soya Pieces 88.98 1 kg 2kg 177.96

Beef 93.20 1kg 2kg 186.40

Chicken 154.80 2kg 5kg 387.00

Kapenta 416.94 1kg 1kg 416.94

Eggs 28.27 1 unit (10 eggs) 3 Trays (90 eggs) 254.39

Milk (Fresh) 14.60 500 ml 10 liters 291.96

Vegetables 542.20 40 Kg 40kg 542.20

Onion 23.19 1 Kg 4 Kg 92.74

Tomatoes 18.42 1 kg 6 kg 110.50

Banana 32.97 1 Kg 16 Kg 527.49

Other Fruits 67.20 1 kg 14 Kg 940.83

Cooking oil (2.5lts) 152.20 2.5lt 3.6lt 219.17

Salt 13.23 1 Kg 1 Kg 13.23

Tea 37.21 250g 250g 37.21

**SubTotal** **ZMW 5,295.62**

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

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

Charcoal 436.50 90kg bag(s) 2 90kg bag(s) 873.00

Soap (Lifebuoy/Champion) 17.80 Tablet(s) 3 Tablet(s) 53.39

Wash soap (BOOM) 25.80 400g 4 400g 103.19

Jelly (Vaseline) 121.00 500ml 1 500ml 121.00

Electricity (medium density) 346.00 Month(s) 1 Month(s) 346.00

Water & Sanitation (med - fixed) 243.00 Month(s) 1 Month(s) 243.00

Housing (3 bedroom) 2,616.00 Month(s) 1 Month(s) 2,616.00

Sanitary towels 15.60 Pack of 10 2 Pack of 10 31.20

Toilet Paper (2ply) 9.20 Tissue(s) 6 Tissue(s) 55.19

Lotion (Dawn) 49.75 400ml 1 400ml 49.75

Lotion (Dawn) 51.00 500ml 1 500ml 51.00

**Subtotal** **ZMW 4,542.71**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,838.33**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Nil Chamboli-Town 10.00

Ndeke-Town 16.00

Chimwemwe-Town 14.00

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

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

Nil 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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets around Kitwe. The Basic Needs Basket is approximately US$343.52 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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