**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Livingstone** **March** **2025**

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

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

Mealie Meal (Roller) 289.00 25 kg bag 2 x 25Kg 578.00

Rice 525.79 5kg 4kg 420.63

Cassava Flour 91.63 1kg 6kg 549.77

(Sweet) Potatoes 35.69 1 Kg 4 Kg 142.75

Beans 99.19 1kg 3kg 297.57

Pounded Groundnut 166.81 1kg 1kg 166.81

Soya Pieces 49.46 1 kg 2kg 98.93

Beef 78.83 1kg 2kg 157.66

Chicken 133.33 2kg 5kg 333.33

Kapenta 385.19 1kg 1kg 385.19

Eggs 32.47 1 unit (10 eggs) 3 Trays (90 eggs) 292.19

Milk (Fresh) 16.17 500 ml 10 liters 323.30

Vegetables 714.58 40 Kg 40kg 714.58

Onion 54.52 1 Kg 4 Kg 218.09

Tomatoes 17.84 1 kg 6 kg 107.02

Banana 30.38 1 Kg 16 Kg 486.08

Other Fruits 57.36 1 kg 14 Kg 803.07

Cooking oil (2.5lts) 129.16 2.5lt 3.6lt 186.00

Salt 11.00 1 Kg 1 Kg 11.00

Tea 43.00 250g 250g 43.00

**SubTotal** **ZMW 6,314.96**

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

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

Charcoal 247.50 90kg bag(s) 2 90kg bag(s) 495.00

Soap (Lifebuoy/Champion) 19.33 Tablet(s) 3 Tablet(s) 58.00

Wash soap (BOOM) 27.33 400g 4 400g 109.33

Jelly (Vaseline) 114.00 500ml 1 500ml 114.00

Electricity (medium density) 273.20 Month(s) 1 Month(s) 273.20

Water & Sanitation (med - fixed) 253.60 Month(s) 1 Month(s) 253.60

Housing (3 bedroom) 1,828.00 Month(s) 1 Month(s) 1,828.00

Sanitary towels 21.00 Pack of 10 2 Pack of 10 42.00

Toilet Paper (2ply) 11.20 Tissue(s) 6 Tissue(s) 67.23

Lotion (Dawn) 51.50 400ml 1 400ml 51.50

**Subtotal** **ZMW 3,291.84**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,606.80**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform 271.00 Dambwa North-Town 25.00

Maramba-Town 20.00

Victoria Falls-Town 25.00

***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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite around Livingstone. The Basic Needs Basket is approximately US$335.43 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**