**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mongu** **March** **2025**

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

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

Mealie Meal (Roller) 256.30 25 kg bag 2 x 25Kg 512.60

Rice 127.61 5kg 4kg 102.09

Cassava Flour 18.03 1kg 6kg 108.21

(Sweet) Potatoes 10.66 1 Kg 4 Kg 42.65

Beans 32.16 1kg 3kg 96.48

Pounded Groundnut 22.67 1kg 1kg 22.67

Soya Pieces 40.87 1 kg 2kg 81.74

Beef 77.00 1kg 2kg 154.00

Chicken 146.80 2kg 5kg 366.99

Kapenta 105.77 1kg 1kg 105.77

Eggs 34.00 1 unit (10 eggs) 3 Trays (90 eggs) 305.99

Milk (Fresh) 17.60 500 ml 10 liters 351.96

Vegetables 565.81 40 Kg 40kg 565.81

Onion 26.84 1 Kg 4 Kg 107.35

Tomatoes 13.01 1 kg 6 kg 78.03

Banana 21.96 1 Kg 16 Kg 351.43

Other Fruits 29.26 1 kg 14 Kg 409.66

Cooking oil (2.5lts) 232.20 2.5lt 3.6lt 334.37

Salt 14.00 1 Kg 1 Kg 14.00

Tea 84.12 250g 250g 84.12

**SubTotal** **ZMW 4,195.90**

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

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

Charcoal 252.00 90kg bag(s) 2 90kg bag(s) 504.00

Soap (Lifebuoy/Champion) 25.60 Tablet(s) 3 Tablet(s) 76.79

Wash soap (BOOM) 30.00 400g 4 400g 119.99

Jelly (Vaseline) 69.40 500ml 1 500ml 69.40

Electricity (medium density) 229.50 Month(s) 1 Month(s) 229.50

Water & Sanitation (med - fixed) 210.40 Month(s) 1 Month(s) 210.40

Housing (3 bedroom) 905.00 Month(s) 1 Month(s) 905.00

Sanitary towels 28.33 Pack of 10 2 Pack of 10 56.66

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 60.00

Lotion (Dawn) 39.20 400ml 1 400ml 39.20

**Subtotal** **ZMW 2,270.94**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,466.84**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 175.00 Shoprite-Town 20.00

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

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

Registration (book) 5.00 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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite around Mongu. The Basic Needs Basket is approximately US$225.80 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**