**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Monze** **March** **2025**

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

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

Mealie Meal (Roller) 215.00 25 kg bag 2 x 25Kg 430.00

Rice 234.00 5kg 4kg 187.20

(Sweet) Potatoes 22.17 1 Kg 4 Kg 88.69

Beans 57.47 1kg 3kg 172.40

Pounded Groundnut 93.66 1kg 1kg 93.66

Soya Pieces 65.80 1 kg 2kg 131.59

Beef 83.75 1kg 2kg 167.50

Chicken 125.00 2kg 5kg 312.50

Kapenta 387.05 1kg 1kg 387.05

Eggs 34.17 1 unit (10 eggs) 3 Trays (90 eggs) 307.50

Milk (Fresh) 18.00 500 ml 10 liters 360.00

Vegetables 362.66 40 Kg 40kg 362.66

Onion 36.96 1 Kg 4 Kg 147.85

Tomatoes 8.49 1 kg 6 kg 50.96

Banana 22.43 1 Kg 16 Kg 358.92

Other Fruits 27.94 1 kg 14 Kg 391.15

Cooking oil (2.5lts) 143.75 2.5lt 3.6lt 207.00

Salt 12.75 1 Kg 1 Kg 12.75

Tea 30.00 250g 250g 30.00

**SubTotal** **ZMW 4,199.39**

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

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

Charcoal 110.00 90kg bag(s) 2 90kg bag(s) 220.00

Soap (Lifebuoy/Champion) 21.50 Tablet(s) 3 Tablet(s) 64.50

Wash soap (BOOM) 27.50 400g 4 400g 110.00

Jelly (Vaseline) 62.50 500ml 1 500ml 62.50

Electricity (medium density) 200.00 Month(s) 1 Month(s) 200.00

Water & Sanitation (med - fixed) 145.20 Month(s) 1 Month(s) 145.20

Housing (3 bedroom) 1,350.00 Month(s) 1 Month(s) 1,350.00

Sanitary towels 26.25 Pack of 10 2 Pack of 10 52.50

Toilet Paper (2ply) 5.25 Tissue(s) 6 Tissue(s) 31.50

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 2,281.20**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,480.59**

**(C) SOME OTHER ADDITIONAL COSTS**

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

School Uniform (Grade 8-12) K200.00 Town to Manungu K50.00

Town to ZCA K60.00

Town to Siten K50.00

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

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

Nil Petrol (per litre) 34.67

Diesel (per litre) 32.43

Paraffin (per litre) 28.67

**(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 Main Market, Town market, Manungu, Site and Service Market around Monze. The Basic Needs Basket is approximately US$226.28 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc

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