**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mpika** **March** **2025**

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

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

Mealie Meal (Roller) 260.50 25 kg bag 2 x 25Kg 521.00

Rice 348.66 5kg 4kg 278.93

Cassava Flour 19.18 1kg 6kg 115.10

(Sweet) Potatoes 24.10 1 Kg 4 Kg 96.41

Beans 18.28 1kg 3kg 54.85

Pounded Groundnut 31.05 1kg 1kg 31.05

Soya Pieces 78.16 1 kg 2kg 156.33

Beef 84.50 1kg 2kg 169.00

Chicken 141.29 2kg 5kg 353.22

Kapenta 161.05 1kg 1kg 161.05

Eggs 28.56 1 unit (10 eggs) 3 Trays (90 eggs) 257.00

Milk (Fresh) 17.00 500 ml 10 liters 340.00

Vegetables 1,027.27 40 Kg 40kg 1,027.27

Onion 37.70 1 Kg 4 Kg 150.81

Tomatoes 29.76 1 kg 6 kg 178.55

Banana 30.97 1 Kg 16 Kg 495.46

Other Fruits 30.97 1 kg 14 Kg 433.61

Cooking oil (2.5lts) 109.84 2.5lt 3.6lt 158.17

Salt 10.17 1 Kg 1 Kg 10.17

Tea 94.17 250g 250g 94.17

**SubTotal** **ZMW 5,082.13**

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

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

Charcoal 271.50 90kg bag(s) 2 90kg bag(s) 543.00

Soap (Lifebuoy/Champion) 23.17 Tablet(s) 3 Tablet(s) 69.50

Wash soap (BOOM) 29.67 400g 4 400g 118.67

Jelly (Vaseline) 83.33 500ml 1 500ml 83.33

Electricity (medium density) 440.00 Month(s) 1 Month(s) 440.00

Water & Sanitation (med - fixed) 169.50 Month(s) 1 Month(s) 169.50

Housing (3 bedroom) 1,486.66 Month(s) 1 Month(s) 1,486.66

Sanitary towels 25.00 Pack of 10 2 Pack of 10 50.00

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

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 3,065.66**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,147.79**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 174.00 Tazara-Town 170.00

Chilonga-Town 400.00

***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 Musakanya, Kamwanya, New Tazara, Chitulika and Chilongo around Mpika. The Basic Needs Basket is approximately US$284.49 based upon the exchange rate of K28.64. Other costs would include personal care, clothing, recreation, etc.

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