**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Chinsali** **April** **2025**

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

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

Mealie Meal (Roller) 300.00 25 kg bag 2 x 25Kg 600.00

Rice 124.72 5kg 4kg 99.77

Cassava Flour 7.30 1kg 6kg 43.79

(Sweet) Potatoes 12.28 1 Kg 4 Kg 49.11

Beans 17.48 1kg 3kg 52.43

Pounded Groundnut 19.84 1kg 1kg 19.84

Soya Pieces 17.20 1 kg 2kg 34.40

Beef 100.00 1kg 2kg 200.00

Chicken 150.75 2kg 5kg 376.88

Kapenta 97.07 1kg 1kg 97.07

Eggs 33.17 1 unit (10 eggs) 3 Trays (90 eggs) 298.50

Milk (Fresh) 20.50 500 ml 10 liters 410.00

Vegetables 333.24 40 Kg 40kg 333.24

Onion 12.41 1 Kg 4 Kg 49.62

Tomatoes 23.82 1 kg 6 kg 142.92

Banana 16.64 1 Kg 16 Kg 266.32

Other Fruits 20.28 1 kg 14 Kg 283.98

Cooking oil (2.5lts) 250.00 2.5lt 3.6lt 360.00

Salt 10.00 1 Kg 1 Kg 10.00

Tea 50.00 250g 250g 50.00

**SubTotal** **ZMW 3,777.86**

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

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

Charcoal 234.00 90kg bag(s) 2 90kg bag(s) 468.00

Soap (Lifebuoy/Champion) 23.50 Tablet(s) 3 Tablet(s) 70.50

Wash soap (BOOM) 27.00 400g 4 400g 108.00

Jelly (Vaseline) 122.00 500ml 1 500ml 122.00

Electricity (medium density) 171.00 Month(s) 1 Month(s) 171.00

Water & Sanitation (med - fixed) 185.00 Month(s) 1 Month(s) 185.00

Housing (3 bedroom) 1,115.00 Month(s) 1 Month(s) 1,115.00

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) 55.00 400ml 1 400ml 55.00

**Subtotal** **ZMW 2,404.50**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,182.36**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Lubwa-Town 250.00

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

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

Petrol (per litre) 34.98

Diesel (per litre) 30.23

Paraffin (per litre) 29.56

**(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Chinsali | Chipata | Choma | Kabwe | Kasama | Kitwe | Livingstone | Luanshya | Lusaka | Mansa | Mazabuka | Mongu | Monze | Mpika | Ndola | Solwezi |
| **6,182.36** | **7,721.80** | **7,657.11** | **9,772.50** | **7,306.02** | **9,604.91** | **9,743.17** | **8,166.13** | **11,418.04** | **7,941.87** | **8,928.72** | **6,412.57** | **6,967.70** | **8,168.52** | **10,218.66** | **9,791.68** |

This survey was conducted on 11th April 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 Kalunkungu, Kabuta, New and Old markets around Chinsali. The Basic Needs Basket is approximately US$219.08 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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