**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kitwe** **April** **2025**

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

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

Mealie Meal (Roller) 265.40 25 kg bag 2 x 25Kg 530.80

Rice 249.26 5kg 4kg 199.41

Cassava Flour 21.35 1kg 6kg 128.10

(Sweet) Potatoes 24.14 1 Kg 4 Kg 96.57

Beans 52.44 1kg 3kg 157.33

Pounded Groundnut 77.69 1kg 1kg 77.69

Soya Pieces 92.92 1 kg 2kg 185.83

Beef 91.00 1kg 2kg 182.00

Chicken 147.07 2kg 5kg 367.69

Kapenta 391.93 1kg 1kg 391.93

Eggs 28.73 1 unit (10 eggs) 3 Trays (90 eggs) 258.59

Milk (Fresh) 15.80 500 ml 10 liters 315.96

Vegetables 582.04 40 Kg 40kg 582.04

Onion 39.62 1 Kg 4 Kg 158.49

Tomatoes 12.52 1 kg 6 kg 75.15

Banana 21.51 1 Kg 16 Kg 344.19

Other Fruits 49.41 1 kg 14 Kg 691.68

Cooking oil (2.5lts) 147.60 2.5lt 3.6lt 212.54

Salt 12.58 1 Kg 1 Kg 12.58

Tea 53.20 250g 250g 53.20

**SubTotal** **ZMW 5,021.74**

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

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

Charcoal 477.00 90kg bag(s) 2 90kg bag(s) 954.00

Soap (Lifebuoy/Champion) 18.00 Tablet(s) 3 Tablet(s) 53.99

Wash soap (BOOM) 25.70 400g 4 400g 102.79

Jelly (Vaseline) 123.60 500ml 1 500ml 123.60

Electricity (medium density) 346.00 Month(s) 1 Month(s) 346.00

Water & Sanitation (med - fixed) 243.00 Month(s) 1 Month(s) 243.00

Housing (3 bedroom) 2,616.00 Month(s) 1 Month(s) 2,616.00

Sanitary towels 15.50 Pack of 10 2 Pack of 10 31.00

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 59.99

Lotion (Dawn) 52.80 400ml 1 400ml 52.80

**Subtotal** **ZMW 4,583.17**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,604.91**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Nil Chamboli-Town 10.00

Ndeke-Town 16.00

Chimwemwe-Town 14.00

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

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

Nil 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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets around Kitwe. The Basic Needs Basket is approximately US$340.36 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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