**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kabwe** **April** **2025**

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

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

Mealie Meal (Roller) 245.00 25 kg bag 2 x 25Kg 490.00

Rice 249.02 5kg 4kg 199.22

Cassava Flour 26.50 1kg 6kg 158.97

Irish Potatoes 17.77 1 Kg 4 Kg 71.09

Beans 56.46 1kg 3kg 169.39

Pounded Groundnut 67.75 1kg 1kg 67.75

Soya Pieces 58.99 1 kg 2kg 117.98

Beef 78.33 1kg 2kg 156.66

Chicken 147.63 2kg 5kg 369.09

Kapenta 580.91 1kg 1kg 580.91

Eggs 30.00 1 unit (10 eggs) 3 Trays (90 eggs) 270.00

Milk (Fresh) 19.60 500 ml 10 liters 391.96

Vegetables 773.85 40 Kg 40kg 773.85

Onion 37.44 1 Kg 4 Kg 149.74

Tomatoes 11.55 1 kg 6 kg 69.30

Banana 17.99 1 Kg 16 Kg 287.84

Other Fruits 59.99 1 kg 14 Kg 839.86

Cooking oil (2.5lts) 153.00 2.5lt 3.6lt 220.32

Salt 13.71 1 Kg 1 Kg 13.71

Tea 41.60 250g 250g 41.60

**SubTotal** **ZMW 5,439.23**

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

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

Charcoal 360.00 90kg bag(s) 2 90kg bag(s) 720.00

Soap (Lifebuoy/Champion) 19.60 Tablet(s) 3 Tablet(s) 58.79

Wash soap (BOOM) 26.00 400g 4 400g 104.00

Wash soap (BOOM) 100.00 500ml 1 500ml 100.00

Jelly (Vaseline) 111.50 500ml 1 500ml 111.50

Electricity (medium density) 311.00 Month(s) 1 Month(s) 311.00

Water & Sanitation (med - fixed) 252.00 Month(s) 1 Month(s) 252.00

Housing (3 bedroom) 2,550.00 Month(s) 1 Month(s) 2,550.00

Sanitary towels 23.00 Pack of 10 2 Pack of 10 46.00

Toilet Paper (2ply) 5.20 Tissue(s) 6 Tissue(s) 31.19

Lotion (Dawn) 48.80 400ml 1 400ml 48.80

**Subtotal** **ZMW 4,333.27**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,772.50**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 385.00 Town-Ngunugu 20.00

Town-Lukanga 16.00

Town-Makululu 16.00

***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 Katondo, Poleni, Shoprite and Nakoli markets around Kabwe. The Basic Needs Basket is approximately US$346.30 based upon the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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