**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kasama** **April** **2025**

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

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

Mealie Meal (Roller) 263.00 25 kg bag 2 x 25Kg 526.00

Rice 328.84 5kg 4kg 263.07

Cassava Flour 15.43 1kg 6kg 92.59

(Sweet) Potatoes 12.31 1 Kg 4 Kg 49.22

Beans 43.94 1kg 3kg 131.83

Pounded Groundnut 76.78 1kg 1kg 76.78

Soya Pieces 62.31 1 kg 2kg 124.63

Beef 104.20 1kg 2kg 208.40

Chicken 151.00 2kg 5kg 377.50

Kapenta 102.98 1kg 1kg 102.98

Eggs 32.73 1 unit (10 eggs) 3 Trays (90 eggs) 294.59

Milk (Fresh) 23.10 500 ml 10 liters 462.05

Vegetables 542.77 40 Kg 40kg 542.77

Onion 36.38 1 Kg 4 Kg 145.53

Tomatoes 17.84 1 kg 6 kg 107.03

Banana 17.17 1 Kg 16 Kg 274.74

Other Fruits 66.48 1 kg 14 Kg 930.76

Cooking oil (2.5lts) 154.00 2.5lt 3.6lt 221.76

Salt 13.60 1 Kg 1 Kg 13.60

Tea 62.50 250g 250g 62.50

**SubTotal** **ZMW 5,008.31**

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

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

Charcoal 247.50 90kg bag(s) 2 90kg bag(s) 495.00

Soap (Lifebuoy/Champion) 18.20 Tablet(s) 3 Tablet(s) 54.59

Wash soap (BOOM) 39.00 400g 4 400g 155.99

Jelly (Vaseline) 62.00 500ml 1 500ml 62.00

Electricity (medium density) 164.84 Month(s) 1 Month(s) 164.84

Water & Sanitation (med - fixed) 133.50 Month(s) 1 Month(s) 133.50

Housing (3 bedroom) 1,050.00 Month(s) 1 Month(s) 1,050.00

Sanitary towels 24.60 Pack of 10 2 Pack of 10 49.20

Toilet Paper (2ply) 11.60 Tissue(s) 6 Tissue(s) 80.79

Lotion (Dawn) 51.80 400ml 1 400ml 51.80

**Subtotal** **ZMW 2,297.71**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,306.02**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 410.00 Tazara-Town 16.00

Location-Town 16.00

***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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 Chambeshi, Chikumanino, New Town, Shoprite and Tazara markets around Kasama. The Basic Needs Basket is approximately US$258.90 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**