**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Luanshya** **April** **2025**

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

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

Mealie Meal (Roller) 266.80 25 kg bag 2 x 25Kg 533.60

Rice 204.49 5kg 4kg 163.59

Cassava Flour 22.50 1kg 6kg 134.97

(Sweet) Potatoes 18.54 1 Kg 4 Kg 74.14

Beans 49.15 1kg 3kg 147.46

Pounded Groundnut 93.02 1kg 1kg 93.02

Soya Pieces 45.21 1 kg 2kg 90.42

Beef 83.20 1kg 2kg 166.40

Chicken 150.41 2kg 5kg 376.03

Kapenta 231.86 1kg 1kg 231.86

Eggs 31.33 1 unit (10 eggs) 3 Trays (90 eggs) 281.99

Milk (Fresh) 36.60 500 ml 10 liters 731.96

Vegetables 501.51 40 Kg 40kg 501.51

Onion 35.56 1 Kg 4 Kg 142.24

Tomatoes 11.66 1 kg 6 kg 69.99

Banana 26.49 1 Kg 16 Kg 423.90

Other Fruits 21.35 1 kg 14 Kg 298.86

Cooking oil (2.5lts) 151.00 2.5lt 3.6lt 217.44

Salt 59.60 1 Kg 1 Kg 59.60

Tea 48.00 250g 250g 48.00

**SubTotal** **ZMW 4,786.99**

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

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

Charcoal 366.00 90kg bag(s) 2 90kg bag(s) 732.00

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

Wash soap (BOOM) 25.80 400g 4 400g 103.19

Jelly (Vaseline) 121.60 500ml 1 500ml 121.60

Electricity (medium density) 370.78 Month(s) 1 Month(s) 370.78

Water & Sanitation (med - fixed) 275.00 Month(s) 1 Month(s) 275.00

Housing (3 bedroom) 1,580.00 Month(s) 1 Month(s) 1,580.00

Sanitary towels 15.20 Pack of 10 2 Pack of 10 30.40

Toilet Paper (2ply) 10.20 Tissue(s) 6 Tissue(s) 61.19

Lotion (Dawn) 51.00 400ml 1 400ml 51.00

**Subtotal** **ZMW 3,379.15**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,166.13**

**(C) SOME OTHER ADDITIONAL COSTS**

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

Nil Town to Kalala K12.00

Town to Mpatamatu K24.00

Town to New Town K12.00

Town to Kamirenda K12.00

Town to Roan K12.00

***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 Mpatamatu, Roan, Zaone, Mikomfwa and Shoprite markets around Luanshya. The Basic Needs Basket is approximately US$289.37 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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