**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Chipata** **April** **2025**

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

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

Mealie Meal (Roller) 265.67 25 kg bag 2 x 25Kg 531.33

Rice 202.20 5kg 4kg 161.76

Cassava Flour 58.82 1kg 6kg 352.94

Irish Potatoes 28.80 1 Kg 4 Kg 115.20

Beans 44.07 1kg 3kg 132.22

Pounded Groundnut 97.75 1kg 1kg 97.75

Soya Pieces 77.76 1 kg 2kg 155.52

Beef 100.98 1kg 2kg 201.96

Chicken 134.00 2kg 5kg 334.99

Kapenta 324.41 1kg 1kg 324.41

Eggs 26.22 1 unit (10 eggs) 3 Trays (90 eggs) 236.00

Milk (Fresh) 19.75 500 ml 10 liters 395.00

Vegetables 686.46 40 Kg 40kg 686.46

Onion 18.88 1 Kg 4 Kg 75.52

Tomatoes 17.05 1 kg 6 kg 102.27

Banana 22.12 1 Kg 16 Kg 353.97

Other Fruits 36.90 1 kg 14 Kg 516.55

Cooking oil (2.5lts) 155.33 2.5lt 3.6lt 223.68

Salt 17.50 1 Kg 1 Kg 17.50

Tea 44.00 250g 250g 44.00

**SubTotal** **ZMW 5,059.03**

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

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

Charcoal 338.40 90kg bag(s) 2 90kg bag(s) 676.80

Soap (Lifebuoy/Champion) 20.33 Tablet(s) 3 Tablet(s) 61.00

Wash soap (BOOM) 26.50 400g 4 400g 105.99

Jelly (Vaseline) 98.66 500ml 1 500ml 98.66

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

Water & Sanitation (med - fixed) 140.00 Month(s) 1 Month(s) 140.00

Housing (3 bedroom) 1,144.17 Month(s) 1 Month(s) 1,144.17

Sanitary towels 21.83 Pack of 10 2 Pack of 10 43.66

Toilet Paper (2ply) 11.43 Tissue(s) 6 Tissue(s) 68.55

Lotion (Dawn) 50.00 400ml 1 400ml 50.00

**Subtotal** **ZMW 2,559.84**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,618.87**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Border-Town 60.00

Gonder-Town 80.00

Kapata-Town 20.00

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

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

Petrol (per litre) 34.98

Diesel (per litre) 32.23

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, Kapata market, Nabvutika market, Saturday market, Mchini market, Shoprite and Magazine market around Chipata. The Basic Needs Basket is approximately US$273.63 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**