**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Choma** **April** **2025**

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

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

Mealie Meal (Roller) 268.50 25 kg bag 2 x 25Kg 537.00

Rice 136.25 5kg 4kg 109.00

Irish Potatoes 25.70 1 Kg 4 Kg 102.80

Beans 66.97 1kg 3kg 200.91

Pounded Groundnut 75.20 1kg 1kg 75.20

Soya Pieces 75.99 1 kg 2kg 151.98

Beef 84.24 1kg 2kg 168.48

Chicken 137.14 2kg 5kg 342.84

Kapenta 310.05 1kg 1kg 310.05

Eggs 29.42 1 unit (10 eggs) 3 Trays (90 eggs) 264.75

Milk (Fresh) 16.25 500 ml 10 liters 324.95

Vegetables 604.59 40 Kg 40kg 604.59

Onion 39.89 1 Kg 4 Kg 159.57

Tomatoes 27.55 1 kg 6 kg 165.32

Banana 24.27 1 Kg 16 Kg 388.25

Other Fruits 55.73 1 kg 14 Kg 780.25

Cooking oil (2.5lts) 155.81 2.5lt 3.6lt 224.37

Salt 10.50 1 Kg 1 Kg 10.50

Tea 93.00 250g 250g 93.00

**SubTotal** **ZMW 5,013.79**

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

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

Charcoal 282.00 90kg bag(s) 2 90kg bag(s) 564.00

Soap (Lifebuoy/Champion) 19.73 Tablet(s) 3 Tablet(s) 59.18

Wash soap (BOOM) 26.25 400g 4 400g 104.99

Jelly (Vaseline) 105.38 500ml 1 500ml 105.38

Electricity (medium density) 200.00 Month(s) 1 Month(s) 200.00

Water & Sanitation (med - fixed) 145.20 Month(s) 1 Month(s) 145.20

Housing (3 bedrooms) 1,350.00 Month(s) 1 Month(s) 1,350.00

Sanitary towels 18.60 Pack of 10 2 Pack of 10 37.20

Toilet Paper (2ply) 5.33 Tissue(s) 6 Tissue(s) 31.95

Lotion (Dawn) 45.43 400ml 1 400ml 45.43

**Subtotal** **ZMW 2,643.32**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,657.11**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Kalukungu-Town 30.00

Nil Macha Road-Town 30.00

***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 at Spar, Macha Road, Makkalanguzu and Kalukungu Markets around Choma. The Basic Needs Basket is approximately US$271.33 based upon the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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