**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Livingstone** **April** **2025**

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

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

Mealie Meal (Roller) 274.17 25 kg bag 2 x 25Kg 548.33

Rice 525.79 5kg 4kg 420.63

Cassava Flour 93.43 1kg 6kg 560.57

Irish Potatoes 48.83 1 Kg 4 Kg 195.33

Beans 87.76 1kg 3kg 263.27

Pounded Groundnut 166.81 1kg 1kg 166.81

Soya Pieces 59.74 1 kg 2kg 119.48

Beef 78.83 1kg 2kg 157.66

Chicken 141.67 2kg 5kg 354.16

Kapenta 430.30 1kg 1kg 430.30

Eggs 25.33 1 unit (10 eggs) 3 Trays (90 eggs) 228.00

Milk (Fresh) 16.17 500 ml 10 liters 323.30

Vegetables 865.74 40 Kg 40kg 865.74

Onion 54.08 1 Kg 4 Kg 216.32

Tomatoes 17.84 1 kg 6 kg 107.02

Banana 28.30 1 Kg 16 Kg 452.76

Other Fruits 57.36 1 kg 14 Kg 803.07

Cooking oil (2.5lts) 128.12 2.5lt 3.6lt 184.50

Salt 11.00 1 Kg 1 Kg 11.00

Tea 43.00 250g 250g 43.00

**SubTotal** **ZMW 6,451.24**

**(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) 18.75 Tablet(s) 3 Tablet(s) 56.24

Wash soap (BOOM) 27.33 400g 4 400g 109.33

Jelly (Vaseline) 122.50 500ml 1 500ml 122.50

Electricity (medium density) 273.20 Month(s) 1 Month(s) 273.20

Water & Sanitation (med - fixed) 253.60 Month(s) 1 Month(s) 253.60

Housing (3 bedroom) 1,828.00 Month(s) 1 Month(s) 1,828.00

Sanitary towels 18.83 Pack of 10 2 Pack of 10 37.66

Toilet Paper (2ply) 11.20 Tissue(s) 6 Tissue(s) 67.23

Lotion (Dawn) 49.17 400ml 1 400ml 49.17

**Subtotal** **ZMW 3,291.92**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,743.17**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform 271.00 Dambwa North-Town 25.00

Maramba-Town 20.00

Victoria Falls-Town 25.00

***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**

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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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite around Livingstone. The Basic Needs Basket is approximately US$345.26 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc

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