**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Lusaka** **April** **2025**

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

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

Mealie Meal (Roller) 279.75 25 kg bag 2 x 25Kg 559.50

Rice 162.85 5kg 4kg 130.28

Cassava Flour 28.31 1kg 6kg 169.88

Irish Potatoes 21.99 1 Kg 4 Kg 87.96

Beans 56.70 1kg 3kg 170.10

Pounded Groundnut 90.31 1kg 1kg 90.31

Soya Pieces 84.77 1 kg 2kg 169.55

Beef 96.28 1kg 2kg 192.57

Chicken 157.57 2kg 5kg 393.91

Kapenta 365.93 1kg 1kg 365.93

Eggs 27.24 1 unit (10 eggs) 3 Trays (90 eggs) 245.14

Milk (Fresh) 14.12 500 ml 10 liters 282.43

Vegetables 717.22 40 Kg 40kg 717.22

Onion 34.16 1 Kg 4 Kg 136.63

Tomatoes 11.80 1 kg 6 kg 70.78

Banana 20.17 1 Kg 16 Kg 322.78

Other Fruits 47.48 1 kg 14 Kg 664.68

Cooking oil (2.5lts) 157.57 2.5lt 3.6lt 226.89

Salt 14.03 1 Kg 1 Kg 14.03

Tea 48.42 250g 250g 48.42

**SubTotal** **ZMW 5,059.01**

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

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

Charcoal 500.00 90kg bag(s) 2 90kg bag(s) 1,000.00

Soap (Lifebuoy/Champion) 21.79 Tablet(s) 3 Tablet(s) 65.38

Wash soap (BOOM) 27.99 400g 4 400g 111.98

Jelly (Vaseline) 133.85 500ml 1 500ml 133.85

Electricity (medium density) 653.00 Month(s) 1 Month(s) 653.00

Water & Sanitation (med - fixed) 300.00 Month(s) 1 Month(s) 300.00

Housing (3 bedroom) 3,967.00 Month(s) 1 Month(s) 3,967.00

Sanitary towels 19.42 Pack of 10 2 Pack of 10 38.85

Toilet Paper (2ply) 6.00 Tissue(s) 6 Tissue(s) 35.98

Lotion (Dawn) 52.99 400ml 1 400ml 52.99

**Subtotal** **ZMW 6,359.03**

**Total for Basic Needs and Nutrition Basket** **ZMW 11,418.04**

**(C) SOME OTHER ADDITIONAL COSTS**

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

*Nil*  Chelston – Town K36.00

Matero -Town K20.00

***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 on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero schools, clinics/hospitals, and filling stations around Lusaka. The Basic Needs Basket is approximately US$404.08 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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