**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mansa** **April** **2025**

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

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

Mealie Meal (Roller) 270.83 25 kg bag 2 x 25Kg 541.66

Rice 289.18 5kg 4kg 231.34

Cassava Flour 13.79 1kg 6kg 82.76

(Sweet) Potatoes 43.43 1 Kg 4 Kg 173.72

Beans 72.75 1kg 3kg 218.26

Pounded Groundnut 39.34 1kg 1kg 39.34

Soya Pieces 76.35 1 kg 2kg 152.69

Beef 90.50 1kg 2kg 181.00

Chicken 152.36 2kg 5kg 380.90

Kapenta 357.35 1kg 1kg 357.35

Eggs 39.17 1 unit (10 eggs) 3 Trays (90 eggs) 352.50

Milk (Fresh) 10.17 500 ml 10 liters 203.30

Vegetables 695.91 40 Kg 40kg 695.91

Onion 26.09 1 Kg 4 Kg 104.37

Tomatoes 25.98 1 kg 6 kg 155.90

Banana 18.01 1 Kg 16 Kg 288.23

Other Fruits 27.94 1 kg 14 Kg 391.13

Cooking oil (2.5lts) 128.17 2.5lt 3.6lt 184.56

Salt 21.66 1 Kg 1 Kg 21.66

Tea 19.33 250g 250g 19.33

**SubTotal** **ZMW 4,775.93**

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

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

Charcoal 576.00 90kg bag(s) 2 90kg bag(s) 1,152.00

Soap (Lifebuoy/Champion) 15.83 Tablet(s) 3 Tablet(s) 47.50

Wash soap (BOOM) 25.83 400g 4 400g 103.33

Jelly (Vaseline) 75.16 500ml 1 500ml 75.16

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 bedroom) 1,350.00 Month(s) 1 Month(s) 1,350.00

Sanitary towels 16.03 Pack of 10 2 Pack of 10 32.07

Toilet Paper (2ply) 4.87 Tissue(s) 6 Tissue(s) 29.19

Lotion (Dawn) 31.50 400ml 1 400ml 31.50

**Subtotal** **ZMW 3,165.94**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,941.87**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 240.00 Maiteneke-Town 120.00

Kaole -Town 12.00

***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 Kaole, Main market, Shoprite, Chilyapa and Maiteneke market around Mansa. The Basic Needs Basket is approximately US$281.43 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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