**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mazabuka** **April** **2025**

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

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

Mealie Meal (Roller) 260.75 25 kg bag 2 x 25Kg 521.50

Rice 234.88 5kg 4kg 187.90

Cassava Flour 29.99 1kg 6kg 179.94

(Sweet) Potatoes 13.96 1 Kg 4 Kg 55.82

Beans 61.79 1kg 3kg 185.37

Pounded Groundnut 87.05 1kg 1kg 87.05

Soya Pieces 75.80 1 kg 2kg 151.61

Beef 97.00 1kg 2kg 193.99

Chicken 141.99 2kg 5kg 354.98

Kapenta 302.69 1kg 1kg 302.69

Eggs 32.87 1 unit (10 eggs) 3 Trays (90 eggs) 295.79

Milk (Fresh) 15.80 500 ml 10 liters 315.92

Vegetables 542.69 40 Kg 40kg 542.69

Onion 134.83 1 Kg 4 Kg 539.32

Tomatoes 12.36 1 kg 6 kg 74.18

Banana 16.72 1 Kg 16 Kg 267.44

Other Fruits 38.68 1 kg 14 Kg 541.46

Cooking oil (2.5lts) 179.93 2.5lt 3.6lt 259.10

Salt 16.86 1 Kg 1 Kg 16.86

Tea 66.39 250g 250g 66.39

**SubTotal** **ZMW 5,139.99**

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

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

Charcoal 486.00 90kg bag(s) 2 90kg bag(s) 972.00

Soap (Lifebuoy/Champion) 20.60 Tablet(s) 3 Tablet(s) 61.79

Wash soap (BOOM) 26.20 400g 4 400g 104.78

Jelly (Vaseline) 87.19 500ml 1 500ml 87.19

Electricity (medium density) 336.00 Month(s) 1 Month(s) 336.00

Water & Sanitation (med - fixed) 161.00 Month(s) 1 Month(s) 161.00

Housing (3 bedroom) 1,953.20 Month(s) 1 Month(s) 1,953.20

Sanitary towels 14.80 Pack of 10 2 Pack of 10 29.59

Toilet Paper (2ply) 5.80 Tissue(s) 6 Tissue(s) 34.78

Lotion (Dawn) 48.40 400ml 1 400ml 48.40

**Subtotal** **ZMW 3,788.73**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,928.72**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

Town to Kabobola 60.00

Town to Nakambala 50.00

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

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

Registration (book) 5.00 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 Nakambala market, Kabobola market, town market, Choppies and Shoprite around Mazabuka. The Basic Needs Basket is approximately US$316.40 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc

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