**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mongu** **April** **2025**

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

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

Mealie Meal (Roller) 218.00 25 kg bag 2 x 25Kg 436.00

Rice 102.24 5kg 4kg 81.79

Cassava Flour 17.31 1kg 6kg 103.88

(Sweet) Potatoes 10.61 1 Kg 4 Kg 42.42

Beans 34.31 1kg 3kg 102.93

Pounded Groundnut 77.58 1kg 1kg 77.58

Soya Pieces 64.52 1 kg 2kg 129.04

Beef 80.00 1kg 2kg 160.00

Chicken 148.80 2kg 5kg 371.99

Kapenta 135.88 1kg 1kg 135.88

Eggs 31.33 1 unit (10 eggs) 3 Trays (90 eggs) 281.99

Milk (Fresh) 21.35 500 ml 10 liters 426.95

Vegetables 491.07 40 Kg 40kg 491.07

Onion 18.02 1 Kg 4 Kg 72.09

Tomatoes 15.10 1 kg 6 kg 90.59

Banana 20.56 1 Kg 16 Kg 329.01

Other Fruits 26.40 1 kg 14 Kg 369.65

Cooking oil (2.5lts) 190.57 2.5lt 3.6lt 274.42

Salt 13.20 1 Kg 1 Kg 13.20

Tea 97.62 250g 250g 97.62

**SubTotal** **ZMW 4,088.09**

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

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

Charcoal 274.50 90kg bag(s) 2 90kg bag(s) 549.00

Soap (Lifebuoy/Champion) 22.20 Tablet(s) 3 Tablet(s) 66.59

Wash soap (BOOM) 34.80 400g 4 400g 139.19

Jelly (Vaseline) 74.40 500ml 1 500ml 74.40

Electricity (medium density) 229.50 Month(s) 1 Month(s) 229.50

Water & Sanitation (med - fixed) 210.40 Month(s) 1 Month(s) 210.40

Housing (3 bedroom) 905.00 Month(s) 1 Month(s) 905.00

Sanitary towels 22.00 Pack of 10 2 Pack of 10 44.00

Toilet Paper (2ply) 10.73 Tissue(s) 6 Tissue(s) 64.40

Lotion (Dawn) 42.00 400ml 1 400ml 42.00

**Subtotal** **ZMW 2,324.48**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,412.57**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 175.00 Shoprite-Town 20.00

***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 Central Market, Mulambwa, Town Market, Imwiko, Kapulanaga and Shoprite around Mongu. The Basic Needs Basket is approximately US$227.23 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc

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