**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Mpika** **April** **2025**

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

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

Mealie Meal (Roller) 264.00 25 kg bag 2 x 25Kg 528.00

Rice 348.23 5kg 4kg 278.58

Cassava Flour 19.19 1kg 6kg 115.15

Irish Potatoes 20.73 1 Kg 4 Kg 82.92

Beans 17.75 1kg 3kg 53.26

Pounded Groundnut 30.61 1kg 1kg 30.61

Soya Pieces 81.04 1 kg 2kg 162.07

Beef 84.50 1kg 2kg 169.00

Chicken 140.71 2kg 5kg 351.78

Kapenta 163.17 1kg 1kg 163.17

Eggs 28.67 1 unit (10 eggs) 3 Trays (90 eggs) 258.00

Milk (Fresh) 17.00 500 ml 10 liters 340.00

Vegetables 1,032.52 40 Kg 40kg 1,032.52

Onion 38.76 1 Kg 4 Kg 155.04

Tomatoes 26.65 1 kg 6 kg 159.88

Banana 31.14 1 Kg 16 Kg 498.23

Other Fruits 31.23 1 kg 14 Kg 437.21

Cooking oil (2.5lts) 133.75 2.5lt 3.6lt 192.60

Salt 27.67 1 Kg 1 Kg 27.67

Tea 94.17 250g 250g 94.17

**SubTotal** **ZMW 5,129.86**

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

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

Charcoal 258.00 90kg bag(s) 2 90kg bag(s) 516.00

Soap (Lifebuoy/Champion) 23.17 Tablet(s) 3 Tablet(s) 69.50

Wash soap (BOOM) 29.67 400g 4 400g 118.67

Jelly (Vaseline) 83.33 500ml 1 500ml 83.33

Electricity (medium density) 440.00 Month(s) 1 Month(s) 440.00

Water & Sanitation (med - fixed) 169.50 Month(s) 1 Month(s) 169.50

Housing (3 bedroom) 1,486.66 Month(s) 1 Month(s) 1,486.66

Sanitary towels 25.00 Pack of 10 2 Pack of 10 50.00

Toilet Paper (2ply) 10.00 Tissue(s) 6 Tissue(s) 60.00

Lotion (Dawn) 45.00 400ml 1 400ml 45.00

**Subtotal** **ZMW 3,038.66**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,168.52**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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

School Uniform (Grades 8-12) 174.00 Tazara-Town 170.00

Chilonga-Town 400.00

***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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 Musakanya, Kamwanya, New Tazara, Chitulika and Chilongo around Mpika. The Basic Needs Basket is approximately US$289.46 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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