**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Lusaka** **May** **2025**

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

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

Mealie Meal (Roller) 270.64 25 kg bag 2 x 25Kg 541.28

Rice 180.39 5kg 4kg 144.31

Cassava Flour 28.62 1kg 6kg 171.74

(Sweet) Potatoes 9.41 1 Kg 4 Kg 37.64

Beans 61.24 1kg 3kg 183.71

Pounded Groundnut 80.74 1kg 1kg 80.74

Soya Pieces 85.96 1 kg 2kg 171.93

Beef 97.71 1kg 2kg 195.42

Chicken 155.99 2kg 5kg 389.98

Kapenta 329.86 1kg 1kg 329.86

Eggs 28.05 1 unit (10 eggs) 3 Trays (90 eggs) 252.42

Milk (Fresh) 13.85 500 ml 10 liters 277.03

Vegetables 660.69 40 Kg 40kg 660.69

Onion 41.32 1 Kg 4 Kg 165.28

Tomatoes 13.96 1 kg 6 kg 83.74

Banana 21.48 1 Kg 16 Kg 343.61

Other Fruits 41.27 1 kg 14 Kg 577.71

Cooking oil (2.5lts) 158.28 2.5lt 3.6lt 227.93

Salt 14.13 1 Kg 1 Kg 14.13

Tea 42.25 250g 250g 42.25

**SubTotal** **ZMW 4,891.41**

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

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

Charcoal 510.33 90kg bag(s) 2 90kg bag(s) 1,020.67

Soap (Lifebuoy/Champion) 19.66 Tablet(s) 3 Tablet(s) 58.98

Wash soap (BOOM) 28.78 400g 4 400g 115.13

Jelly (Vaseline) 134.56 500ml 1 500ml 134.56

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 23.57 Pack of 10 2 Pack of 10 47.13

Toilet Paper (2ply) 5.64 Tissue(s) 6 Tissue(s) 33.83

Lotion (Dawn) 51.14 400ml 1 400ml 51.14

**Subtotal** **ZMW 6,381.44**

**Total for Basic Needs and Nutrition Basket** **ZMW 11,272.85**

**(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) 32.14

Diesel (per litre) 27.36

Paraffin (per litre) 26.88

**(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 | Mongu | Monze | Mpika | Ndola | Solwezi |
| **6,065.19** | **7,771.71** | **8,039.87** | **9,524.04** | **6,768.17** | **8,638.19** | **9,809.86** | **8,059.57** | **11,272.85** | **7,967.72** | **6,435.85** | **6,552.31** | **8,129.39** | **10,055.25** | **11,019.89** |

This survey was conducted on 15th May 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$422.20 based on the exchange rate of K26.70. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**