

## ABSTRACT

Whilst in Trinidad and Tobago general inflation has remained relatively low for much of 2009 significant increases in retail food prices have been observed, in particular since 2005. This project general objective is to determine the current household pattern of food consumption in the Chaguanas Borough of Trinidad and Tobago. Additionally, this project is hoped to achieve the level of non purchased good consumption, to calculate the average expenditure of key food items and to calculate the current relative weight of specific foods in the food basket.

To obtain the necessary information, the methodology that was adopted was a questionnaire. The questionnaire consisted of 14 questions which were pre- tested and then administered. A convenience sample was chosen by the researcher to obtain information from on the basis of feasibility and ease of data collection. The Borough of Chaguanas and three specific groceries were chosen to administer the questionnaires which were Hi Lo, Xtra Food Naipauls and Price Club.

Many results were noted such as the households with low income and the households that only purchase their food are the groups that were the households that would be most subjected to increases in food price increases unless they change their circumstances where the head of the household can further his/her education as to obtain a higher paying job or he/she can encourage the household in growing their own food to become more self sufficient. This way the household can save money and be less dependent on the food from the market and less subjected to high food prices. Additionally, it can be noted that the current household pattern of food consumption in the Borough of Chaguanas had changed somewhat and the researcher was able to come to this conclusion after a comparison was done between the **CSO's 2003 release of Sections and Weights** which illustrates the weight of specific food items in the food basket and this survey which calculated the overall percentage weight of money spent by all 90 households on specific food items.