

Abstract

A senior citizen can be defined as an elderly person living in a country either retired or over the retirement age. The retirement age can differ from country to country. In Trinidad, at age 60 people are required to retire and are given a form of transfer payment called pension. This study explored the effect culture has on the food buying practices among senior citizens in Trinidad. A total of sixty one participants were chosen through convenience sampling from the St Stephens senior activity center in Princes Town and the Chagaunas senior citizens activity center. Verbal questionnaires were issued in order to obtain the necessary data for the research. It was seen that culture, heritage and ethnicity are a defining factors in the food buying practices of senior citizens in Trinidad. This implies that other theories and studies done about factors that affect food buying practices among senior citizens cannot be applied to Trinidad. In order to better understand food buying practices among senior citizens in Trinidad the many cultures ethnicities and rich heritage must be considered for a holistic understanding.