

ABSTRACT

The study was carried out to determine the negative and positive impacts that high food prices have on households in Trinidad and to identify possible solutions and/or recommendations to this problem.

The main investigative approach used was a survey of fifty households within the rural community of La Romaine, Trinidad. A questionnaire was administered to the head of these households who were interviewed about the following aspects:

- ☞ General Characteristics
- ☞ Opinion About Food Prices
- ☞ Impact of Food Prices

The results indicated that households are more negatively impacted than positively impacted by the high price of food. It showed that high income households are somewhat resilient to the increase in price. There were several negative and positive impacts however the main impact seem to be the purchasing of less food at a higher cost, whilst the main positive impact was that there was less wastage of food. The main suggested solution to this problem was for the government to focus more on the agricultural sector.

Although households are considering growing their own food less than half have actually started to do so. It was therefore recommended that programmes teaching various farming techniques be employed as well as increasing salaries in comparison to that of the inflation rate so that households will have more income to purchase food at higher costs and maintain savings.