

ABSTRACT

The economy of Trinidad and Tobago has experienced an increase in food prices. Food is a necessity and as a result the issue proved to be very topical, causing many sectors of the society to express their concerns. It is a national subject that pertains to each citizen of the country. This research explored the many impacts that food prices had on households in Princes Town. It looks at lifestyle changes and how rural residents cope and adjust to the increased food prices. It also delves into the participants' opinions of the causes of the increase in food items and their idea of how the problem can be solved.

A questionnaire was constructed which comprised thirty-two questions, with both open ended and close ended responses. A sample size of fifty persons was chosen to represent the population. The researcher conducted interviews with persons from randomly chosen households using the pre-set questionnaires.

As a result of completing the above procedures, it was derived that approximately all participants found food prices increased significantly. Generally, many similar impacts such as consuming less were expressed by respondents, along with analogous strategies to reduce and combat food prices.

The findings suggested that negative effects extensively outweighed any positive effects and as a result, the standard of living of the sample population was compromised due to

the augmented food prices. In essence, this phenomenon has really affected this portion of the rural population as they were challenged in dealing with this issue.