

ABSTRACT

The five main objectives of this study were to identify whether or not residents in St. Helena experienced a change in food prices over a period of time; to identify and discuss their reasons for the increase or decrease in food prices; to discuss the advantages or challenges faced by residents comparative to household income, in respect to the change in food prices; to identify and assess the reasons for the increase and solutions given by the residents for dealing with the change in food prices relative to the household income and to discuss what actions should be taken by the government to alleviate the food crisis situation in Trinidad and Tobago

A total of sixty (60) persons were interviewed via questionnaire in an area called St. Helena located in the North Eastern part of Trinidad. The survey consisted of 32 questions, both closed and open-ended.

The study indicated that all the residents interviewed thought that there was an increase in food prices over a period of approximately two years. They found that the main reasons for the increase were due to poor management of food prices by the government, neglect of the agricultural sector and, inflation. Many of the respondents had to reduce purchases and save less as a result of the increase; but some were able to adopt better budgeting practices as well as reduce the wastage of food.

Most participants believed that to reduce high prices, food should be subsidized, more focus should be placed on the agricultural sector, and more consumption of local goods should be encouraged. They admitted that the government should try to implement these practices especially in the agricultural sector, seeing as St. Helena is also a small farming community.