

## **ABSTRACT**

The purpose of this study was to assess the impact of food prices on households in Trinidad and Tobago. A sample of rural households were chosen, as they would tend to experience the impact of price increases more as traditionally, higher percentages of their incomes are spent on food as compared to urban households. Data was collected by administering questionnaires to sixty (60) respondents along a linear formation settlement. In more rural areas habitants tend to take residence along the main road or artery as it provides easy access to and fro their homes. Although the sample did not constitute a full representation of all households in the country, the results of this study may have implications for initiating changes and solutions that will benefit the entire country.

The findings show that households are being affected by the high food prices in various ways, and in some cases, are being forced to change their lives accordingly. The full compliment of respondents was being affected in an unfavorable manner with less than twenty five percent (25%) of those experiencing any favorable impacts. The recent hike in food prices has been initiating actions by households and citizens that can be beneficial to themselves, as well as the economy as a whole, but has also resulted in some changes in their lives that may be detrimental to them.

In this study, households were also willing to suggest reasons they considered to be responsible for the increasing food prices and possible ways in which to address them. A general increase in investment and interest in all aspects of the agricultural sector with particular attention to food security was the main recommendation of this study. These recommendations can be used by public and private institutions to develop programmes and policies that would revive and encourage agriculture in Trinidad and Tobago.