

## Food habit and economy of household

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### Abstract

The objective of the study is to explore household purchase habits, price paid and resulting expenditures. Prices fluctuate because of variousness and purchases from either market or vendor, expenditure range from RS 1484-4342. One hundred household were selected for the study by random sampling method, the respondents were male member for monthly expenditure and female for weekly, assessment of food habit and expenditure was for the last 30 days was done with help of scoring method. Collected information from agriculture production, purchase, gifts (only from kitchen garden), and alleviating sources. Increasing international interest on social impact contributes towards increases in food prices, making food less accessible for the poorest and increasing the number of malnourished people (Graham-Rowe *et al.* 2014; Stuart, 2009), Secondly contribute towards decreasing the quality level of natural resources.

**Keywords:** food expenditure, food consumed, resources

### Introduction

Food consumption of household is an important barometer of individual welfare. The soaring cost of pulses among the poorer segments of population the major source of protein results low protein consumption, fruits, milk and animal foods continues to be quite low in rural areas. Dietary diversity increases with increasing monthly percapita expenditure. Percapita income and access to food are the determinants of energy intake factors like higher physical activity and higher expenditure in manual labour (Orissa, Rajasthan, Bihar and UP). Fat consumption is lower, uncultivated leafy vegetables and kitchen garden has the vital role in rural area. Real per capita consumption has also grown rapidly, at 2.2% a year in the 1990s, and at 3.9% a year from 2000 to 2005. Although the household survey data show much slower rates of per capita

consumption growth than do these national accounts estimates, even these slower growth rates are associated with substantial decrease in poverty since the early 1980s (Deaton and Drèze 2002 and Himanshu 2007) [2].

- The objective of the study is to explore household purchase habits, price paid and resulting expenditures

### Methodology

The study was carried out in and village of Khutulmunda and juria block of Khaparakhhol and Turekela district of Odisha in the year 2016. 100 household were selected for the study by random sampling method, the respondents were male member for monthly expenditure and female for weekly, assessment of food habit and expenditure was for the last 30 days done with help of scoring method.

**Table 1:** Food expenditure among nuclear and extended family (last 30 days)

Nuclear family	Extended family	Educational level for (Male- M; Female- F)						Activity status (Male- M; Female- F)					
		Primary		Secondary		Higher secondary		Sedentary		Moderate		Heavy	
		M	F	M	F	M	F	M	F	M	F	M	F
Rs 2131-2142	RS 1484-4342	34	16	38	19	23	8	7	2	89	98	4	0

The extended family consist of (grandparents, parents and children) rather than uncle, in-laws etc. in this community whereas nuclear family consist of parents and children.

Expenditure in Extended family spring from RS 1484 because of PDS facility and manifold resources such as Kitchen garden and Forest resource has cut down the expenditure.

**Table 2:** Cereals and millets (1 Month)

Food name	Rice (Parboiled)	Rice (Raw)	Rice (Flakes)	Rice (Puffed)	Semolina	Vermicelli	Wheat flour
Household consumed in past month (Grams/Kgs/Lit/No.)	10-105	1-29	1-17	1-8	0.500-2	0.250-1	4-28
Own production (Kg)	10-85	1-29	10-22	1-8	-	-	-
Purchased from (PDS) Kg	8-35	-	-	-	-	-	7
Expenditure from( PDS) Rs	8-35	-	-	-	-	-	56
Purchase from other place (Kg)	5-74	-	2-10	-	-	-	4-18
Expenditure from other place? RS	85-2024	-	26-280	-	17-68	15-60	120-540
Percentage	100	22	76	34	71	23	47

The staple food of Odisha is Parboiled rice; reason is traditional practice to eat this food; Rice (raw) is consumed either on fasting, better taste or during cultural occasion.

Others add heterogeneity to their daily diet; Flakes, Semolina, Vermicelli consumed for health consideration

**Table 3: Pulses and Spices (1 Month)**

Food name	Red gram dal	Green gram dal	Bengal gram dal	Peas dry	Soya bean	Horse gram dal
Household consumed in past month (Grams Kgs/Lit/No.)	0.500-10	0.500-5	0.250-7	0.500-5	0.250-2	0.500-2
Own production (Kg)	-	0.500-8	-	-	-	-
Purchase from other place (Kg)	0.500-10	0.500-5	0.250-7			
Expenditure from other place? RS	50-1000	24-240	25-700	14-160	15-100	15-30
Percentage	93	68	38		41	6

There is diversity in consumption of pulses rather than other district of Odisha. According to quantity consumed by family in the past month indicate inclusion of pulses protein daily in their diet vital reason to choose among other food group is for

Health consideration. Cumin seed, Coriander seed, Mustard seed, Turmeric Powder, chili powder purchases range from 100-200 grams which in all cost in between Rs 50-80.

**Table 4: Outside foods and Oils “The better taste Foods” (1 Month)**

Food name	Biscuits	Kurkure/mixture/chips/local fried chips	Choco-lates	Cold drinks	Cake/ bread/ other bakery products	Samosa/ Pakoda/Cutlet	Oil		
							Mustard	Refined	Ghee
Household consumed in past month (Grams Kgs/Lit/No.)	No.1-4	No.3-7	No. 10-15	Lit 0.250-1000 ml	No. 1-3	Grams 100-300	1-3	1-3	0.500
Expenditure (RS)	5-105	1-20	5-8	16-65	5-15	10-35	80-300	60-360	30
Percentage	96	71	81	8	32	19	22	78	3

Biscuits such as Britannia, Salty and different flavors of orange, butter and chocolates; local chips, cakes and Kurkure are preferred for better taste; expenditure beard on arrival of guest

on Cold drinks. Choosing of Ghee from same food group is also for better taste.

**Table 5: Fruits, Flesh food, Milk and Milk products (1 Month)**

Food name	Coconut (dry & fresh)	Apple	Banana	Grapes	Prawn	Fish	Egg	Milk	Goat meat	Chicken	
								Milk(cow) Amul powder			
Household consumed in past month (Kgs/Lit/No.)	1-15	0.200-1.500	6-24 No.	0.500-2	1-2	1-5	4-6	15	0.500-2	1	1-3
Own production (Kg)	10-30	-	-	-	-	-	-	30-45	-	-	-
Expenditure (RS)	10-210	20-180	40-80	40-160	200-400	120-600	20-30	360	180-720	400	120-360
Percentage	66	6	17	4	8	67	47	8	6	7	61

Pomegranate was the least source from the same food group cost Rs 120 for 1Kg; Fishes from forest resources and own production were 5Kg, livestock such as Poultry and Cow from own production were from 2Kg-5Liters reason to choose these

foods from same food group was for health consideration. Alleviating sources provides egg no.4-7 only to the household having children less than 5 year.

**Table 6: Leafy vegetables, Roots & tubers (1 Week)**

Food name	Onion	Potatoes	Garlic	Ginger	Pumpkin leaves	Commelina benghalensis (Kaniseera Leaves)	(Solena amplexicaulis) Kainchikakudi leaves	Drumstick leaves
Household consumed in past month (Kgs/Lit/No.)	0.250-1.500	1.500-7	100-200	100-200	0.500-3	0.200-1	-	0.100-1
Own production	-	-	-	-	0.200-1	0.200-1	0.200-0.500	0.100-1
Forest resources	-	-	-	-	-	-	-	0.100-0.500
Expenditure (RS)	10-60	30-140	10-20	10-20	15-90	-	-	-
Percentage	100	100	100	100	84	37	31	74

Table 7

Mayalu leaves	Curry leaves	Amaranth (stem)	Coriander leaves	Alternanthera Sesilis (Madaranga Leaves)	Amaranth leaves	Ipomoea aquatic (Kalamba Leaves)	Amaranthus Viridis (Leutiya Leaves)	Amaranthus Pleraceous (Kosila Leaves)
0.500	0.100-0.200	0.250-1	0.100	0.500-2	0.500-0.700	0.500-1	1	1
-	0.100-0.200	0.250-1	0.100	0.500	0.500	0.500	-	-
0.100-0.500	-	1	-	2	-	0.500-1	-	-
-	-	5-20	-	-	10-15	-	20	10
21	13	44	8	37	61	27	17	12

Millions of people, particularly tribal and rural communities in many developing countries still collect and consumed a wide variety of wild plant resources to meet their food requirement (FAO, 2004; Balemie and Kebebew, 2006; Bharucha and

Pretty, 2010) [4]. *Trianthema protulacastum* (Purnimundi leaves) collected from own production and forest resources. (Misra Sibangini and *et al*) [6].

Table 8: Other vegetables (1 Week)

Food name	Brinjal	Bitter gourd	Tomato	Pumpkin	Parwar	Lady finger	Papaya	Kankoda	Plantain	Cucumber
Household consumed in past month (Kgs/Lit/No.)	0.500-3	0.250-2	0.500-1	0.500-3	0.250-2	0.500-3	1	0.500-2	0.500	0.500-2
Own production						3			2	2
Expenditure (RS)	15-90	7-80	15-40	20-90	7-60	15-90	15	15-120	15	15-60
Percentage	67	32	94	44	38	62	27	21	14	22

Table 9

Ridge gourd	Broad beans	Jack fruit	Jack fruit (seeds)
0.500-2	1.500	0.500	1
0.500	-	-	1
15	45	20	
31	29	17	17

Lady finger and Cucumber were gifted to maintain their neighborhood bond. Green chilies are the common vegetable in every household, Lemons and chilies are used for better taste whereas the other vegetable are used for health consideration and to add variety to their diet.

### Conclusion

Domestication of reported species improve economic condition also help in biodiversity and food security. Health education efforts should be redoubled for example- excessive washing of vegetables or cereals after or before cutting to cut down nutrient leach out. Adequate policy should be developed to have tune in consumption expenditure.

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