

The Impact of Food Inflation on the Affordability of a Nutritious Diet in Sri Lanka - Cost of Diet Analysis

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Content

Introduction

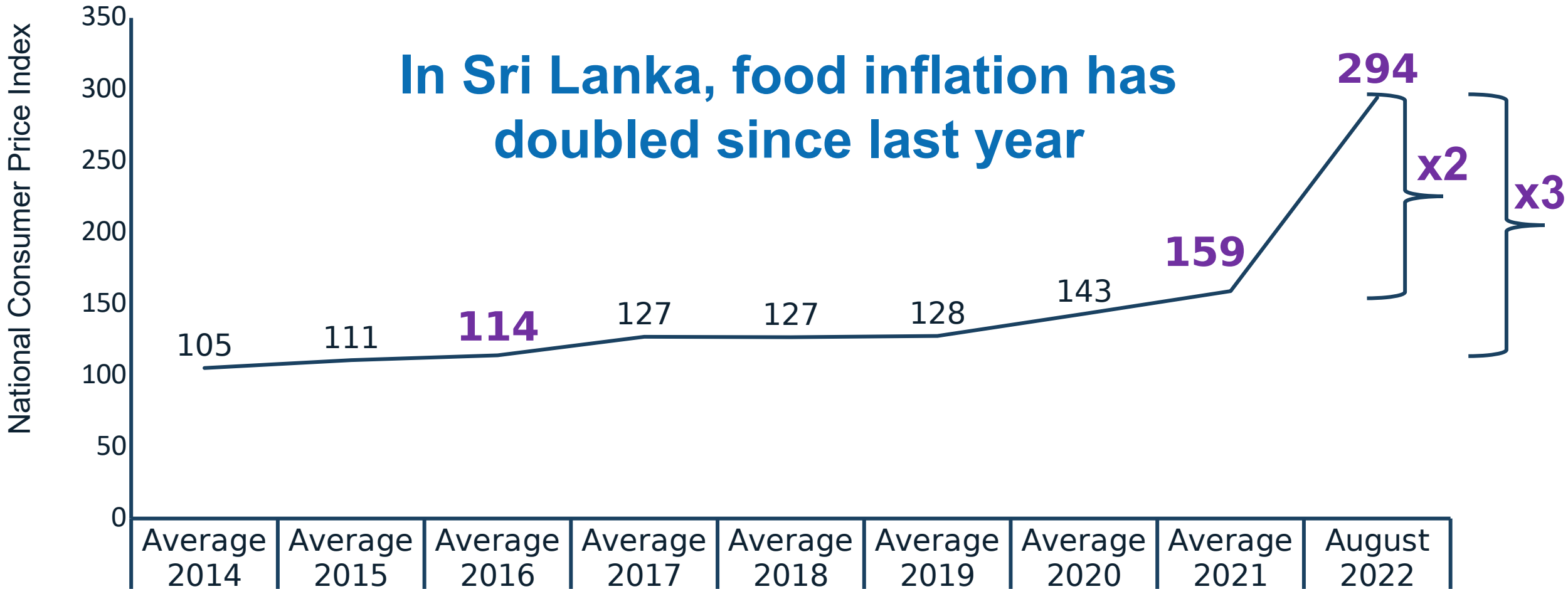


Process and
method



Findings

Introduction



What is the CoD?

- **Minimum CoD = cost of the least expensive combination of food items available on local markets that meets all nutrient requirements of a household**
- **COD is calculated with a linear programming tool which optimizes (minimizes) the cost of the diet based on the price of all food items available under the constraint of meeting the nutrient requirements for all household members**
- **The COD helps us solve a complex problem: optimizing for nutrients while consuming food items**
- It is **NOT about what people are actually eating**, not reflecting people's consumption, **NOR what they are supposed to eat**

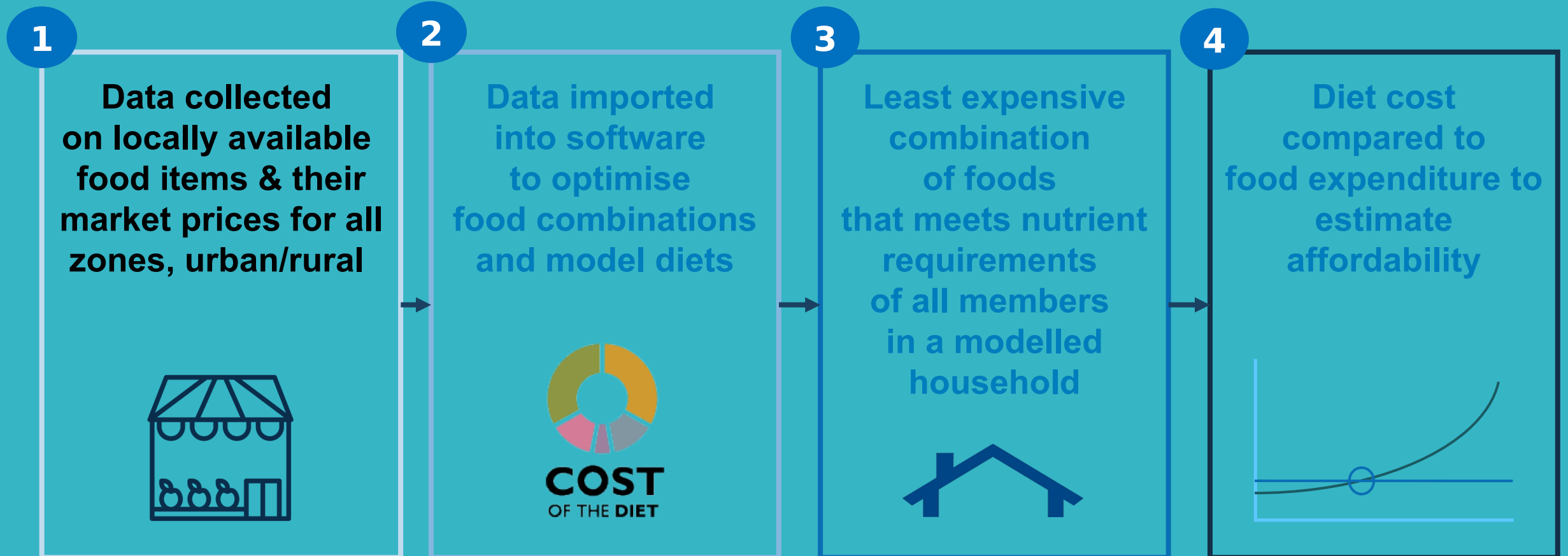


- An economic benchmark.
- Based on what foods are available in markets.
- Selection meets nutrient requirements and has the lowest possible cost.
- Adjusted to reflect local staple food preferences.



- Not necessarily what people are actually eating.
- Not designed to provide recommendations of what people should eat.
 - ...ingredients not selected to make a 'nice' recipe.
 - ...only most optimal foods are selected.

Cost of the Diet estimates the minimum cost of meeting the nutrient requirements of a household with locally available foods





World Food Programme

Results of the Cost and affordability of nutritious diets



SAVING LIVES
CHANGING LIVES

Scope of the analysis



- ✓ All 25 districts
- ✓ Monthly analysis:
 - ✓ January-December 2022
- ✓ Modelling analysis

Size and composition of the standard household

4 person household

1. School-going child (7 years)
2. Adolescent girl (14 years)
3. Adult woman
4. Adult man



A nutritious diet is over 3 times more expensive than a diet that meets only energy needs in Sri Lanka

Energy-Only Diet

468 LKR (1.44 USD)
per household per day
(14,095.00 LKR/Month)
(43.37 USD)

Made up of energy dense foods,
with 1 or 2 food groups

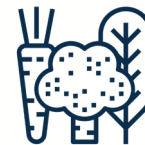


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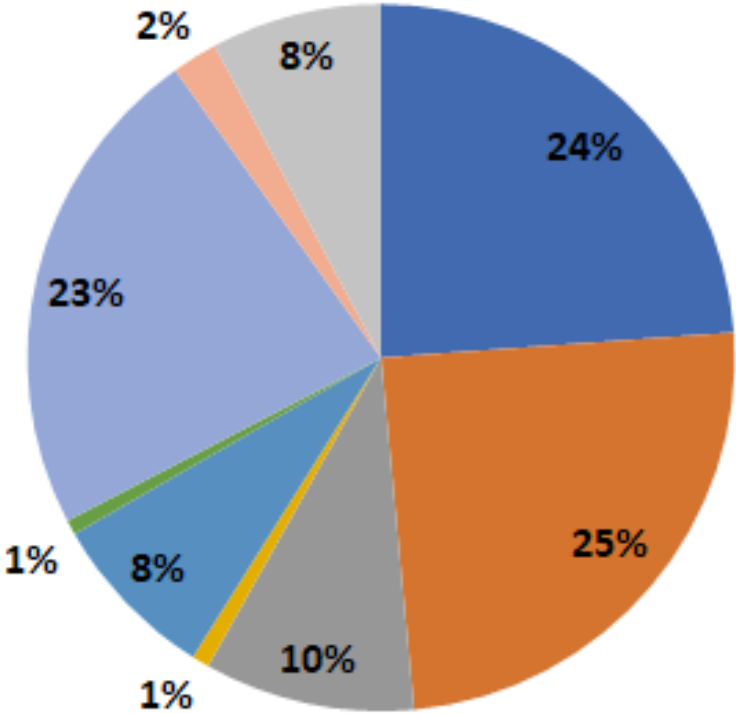
Nutritious Diet

1,707 LKR (5.25USD)
per household per day
(51,210.00 LKR/Month) (158 USD)

Made up of nutrient-dense and
staple foods, with >5 food groups

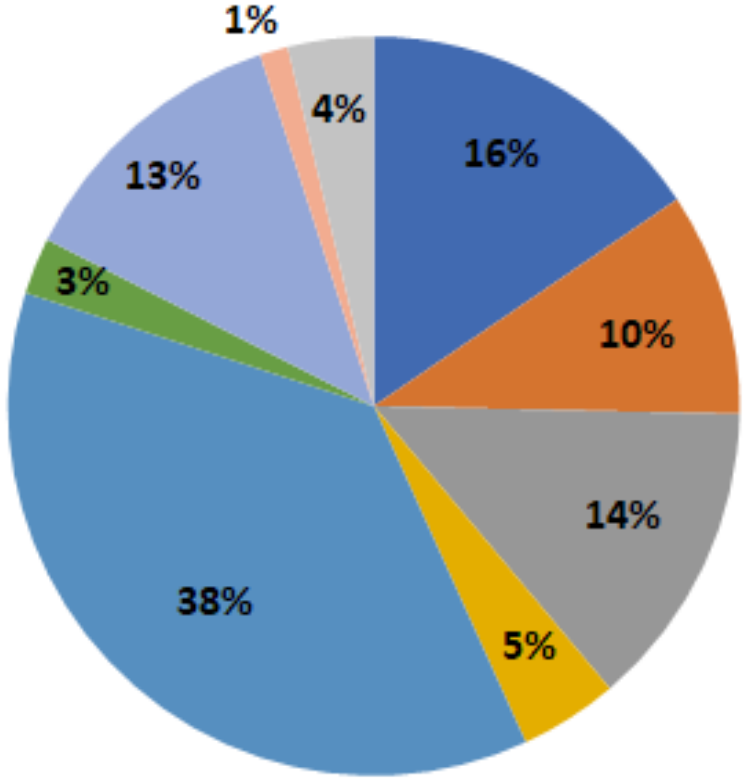


Animal source food represents almost 50% of the cost of the nutritious diet in Colombo but only 20% of its composition



Quantity (%quantity)

- Grains and grain-based products
- Roots and tubers
- Legumes, nuts and seeds
- Meat and offal
- Fish, seafood, amphibians and invertebrates
- Milk and milk products
- Vegetables and vegetable products
- Fruits and fruits products
- Oils and fats

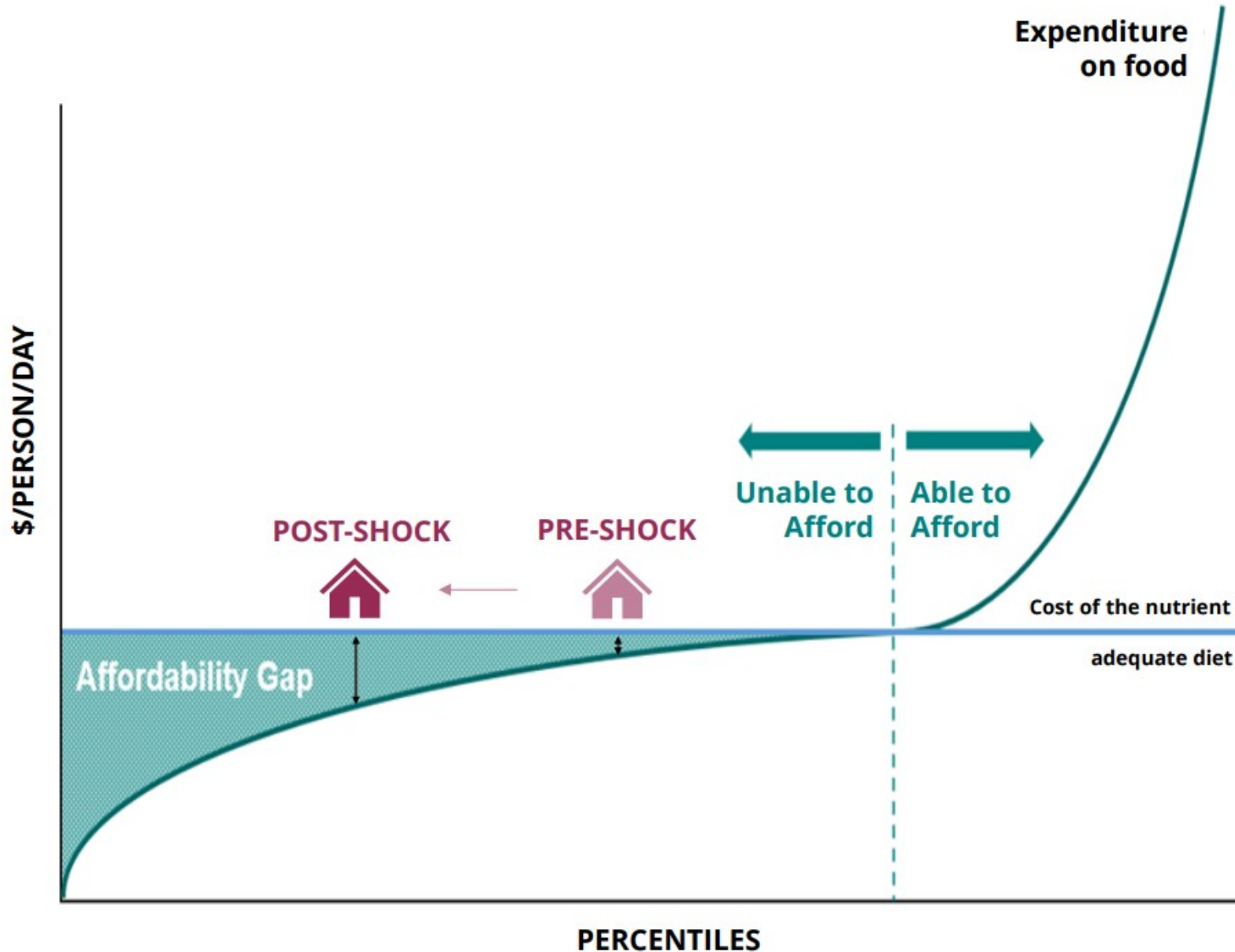


Cost (%cost)

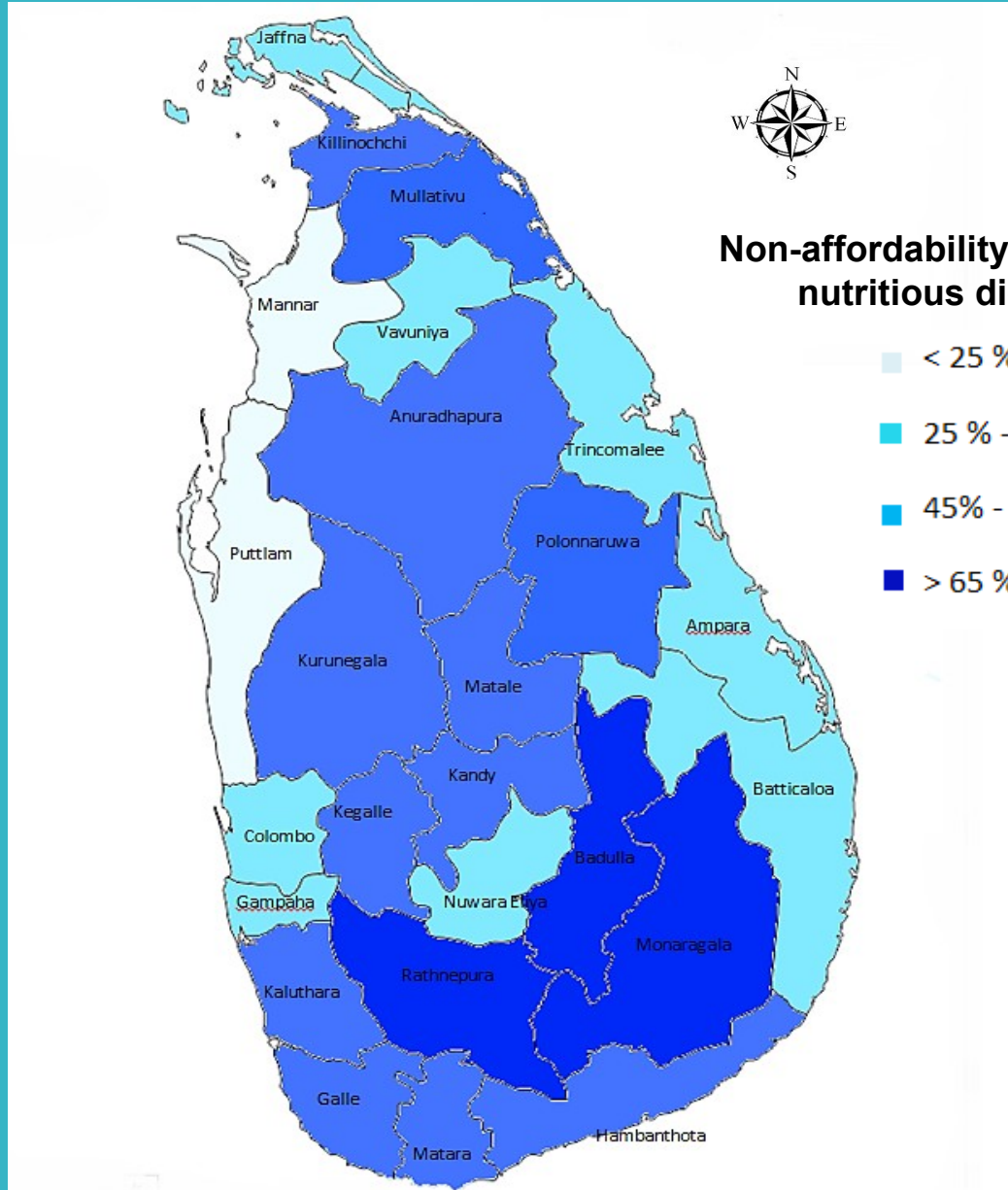
Composition (% quantity)

Cost (% cost)

How do we estimate the non-affordability of nutritious diets?

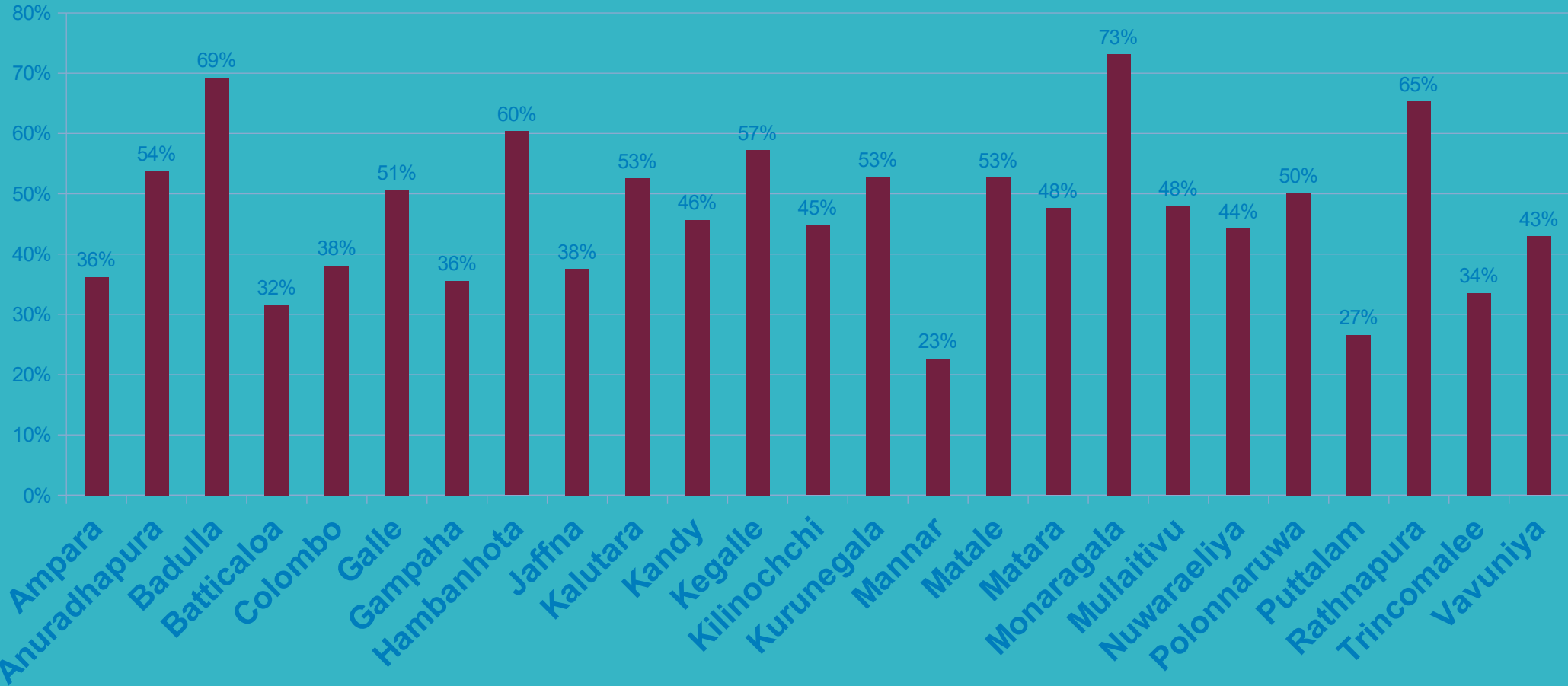


Reductions in income push people further into the affordability gap or push households which could previously afford nutrient-adequate diets into non-affordability



About half of the population cannot afford a nutritious diet (47%) with the highest being 73% in Monaragala.

Non-affordability for Nutritious Diet (By Districts)



Thank You

