



# IQTISODIYOT & TARAQQIYOT

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# FOOD PRICE VOLATILITY AND ITS EFFECTS ON LOW-INCOME HOUSEHOLDS

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**Abstract.** This article analyzes how food price volatility affects low-income households and why such households experience stronger welfare losses than middle- and high-income groups. The study uses an IMRAD structure and combines conceptual analysis with selected empirical evidence from FAO, the World Bank, USDA, Eurostat, and Canada.ca/Statistics Canada-based estimates. The results show that low-income households are highly exposed to food price volatility because food constitutes a larger share of their budgets, their savings are limited, and they have less flexibility to substitute toward higher-quality goods. Recent evidence confirms that food insecurity persists even in developed economies: in 2024, 13.7 percent of U.S. households were food insecure; in the European Union, 8.5 percent of the population could not afford a proper meal every second day; and in Canada, 25.5 percent of people in the provinces and 37.4 percent in the territories lived in food-insecure households. The article argues that food price stability is not only a macroeconomic objective but also a social-protection priority. The most effective response combines inflation monitoring, targeted transfers, competition policy, resilient supply chains, and nutrition-sensitive public policy.

**Keywords:** food price volatility, low-income households, food insecurity, inflation, affordability, welfare, price stability.

**Annotatsiya.** Ushbu maqola oziq-ovqat narxlarining o'zgaruvchanligi kam daromadli uy xo'jaliklariga qanday ta'sir qilishini va nima sababdan bunday qatlamlar o'rta hamda yuqori daromadli guruhlariga nisbatan ko'proq yo'qotishlarga uchrashini tahlil qiladi. Tadqiqot IMRAD tuzilmasiga asoslangan bo'lib, FAO, Jahon banki, USDA, Eurostat hamda Canada.ca/Statistics Canada ma'lumotlari bilan boyitilgan. Natijalar shuni ko'rsatadiki, kam daromadli uy xo'jaliklari oziq-ovqat narxlarining keskin o'zgarishiga juda sezgir, chunki oziq-ovqat ularning budjetida katta ulushni egallaydi, jamg'armalari cheklangan va mahsulotlarni almashtirish imkoniyatlari past. 2024-yilda AQShda uy xo'jaliklarining 13,7 foizi oziq-ovqat jihatidan xavfsiz emas edi; Yevropa Ittifoqida aholining 8,5 foizi har ikki kunda to'laonli ovqatni xarid qila olmadi; Kanadada esa viloyatlarda yashovchi aholining 25,5 foizi va hududlarda yashovchilarning 37,4 foizi oziq-ovqat xavfsizligi muammosiga duch keldi. Maqolada oziq-ovqat narxlarini barqarorlashtirish nafaqat makroiqtisodiy vazifa, balki ijtimoiy himoya ustuvorligi ekani asoslanadi.

**Kalit so'zlar:** oziq-ovqat narxlarining o'zgaruvchanligi, kam daromadli uy xo'jaliklari, oziq-ovqat xavfsizligi, inflyatsiya, farovonlik, narx barqarorligi.

**Аннотация.** В статье анализируется, как волатильность цен на продовольствие влияет на домохозяйства с низкими доходами и почему именно эти группы населения несут более значительные потери по сравнению со средне- и высокодоходными слоями. Исследование построено по структуре IMRAD и сочетает теоретический анализ с эмпирическими данными FAO, Всемирного банка, USDA, Eurostat и материалами Canada.ca, основанными на оценках Statistics Canada. Результаты показывают, что домохозяйства с низкими доходами особенно уязвимы к колебаниям цен на продовольствие, поскольку расходы на питание занимают более высокую долю их бюджета, сбережения ограничены, а возможности замещения товаров невелики. В 2024 году 13,7 процента домохозяйств США испытывали продовольственную небезопасность; в Европейском союзе 8,5 процента населения не могли позволить себе полноценный приём пищи через день; в Канаде 25,5 процента населения провинций и 37,4 процента населения территорий проживали в продовольственно небезопасных домохозяйствах. В статье обосновывается, что стабильность цен на продовольствие является не только макроэкономической задачей, но и важным направлением социальной защиты.

**Ключевые слова:** волатильность цен на продовольствие, домохозяйства с низкими доходами, продовольственная безопасность, инфляция, доступность, благосостояние, стабильность цен.



## INTRODUCTION

Food price volatility has become a central economic and social issue because food is a basic necessity and because low-income households spend a larger share of their income on it than higher-income households. When prices of bread, cereals, dairy products, meat, cooking oil or vegetables rise sharply, low-income households cannot easily postpone consumption. They either reduce quantity, lower dietary quality, substitute toward cheaper products, or cut spending on other essentials such as heating, health care and transport.

The concept of food price volatility refers to repeated short-term and medium-term fluctuations around a price trend. It is different from a one-time increase. Volatility creates uncertainty for consumers, producers and governments. For producers, it complicates planning and investment. For consumers—especially low-income consumers—it makes budgeting difficult and increases the risk of food insecurity. This is particularly important in urban settings, where low-income families depend almost entirely on purchased food rather than self-production.

The social effects of food price volatility are not distributed equally. Middle-income and high-income households are affected by inflation, but they usually have more savings, more diversified consumption patterns and better access to credit. Low-income households have fewer buffers. Their real wages may adjust slowly, public benefits may lag behind actual prices, and rent and utility costs may already consume most of their income. For this reason, food price volatility should be analyzed as both a macroeconomic and a welfare issue.

The objective of this article is to analyze the effects of food price volatility on low-income households and to explain the channels through which price instability changes household welfare, nutrition and food access. The article uses selected empirical evidence from global and developed-country sources to show that the problem is not limited to lower-income economies. Even in wealthy countries, food insecurity and meal unaffordability remain significant when living costs rise faster than incomes.

The article is organized in IMRAD format. After the introduction, the literature review summarizes the main theoretical approaches. The methods section explains the comparative and analytical design. The results section presents diagrams based on real data from FAO, the World Bank, USDA, Eurostat and Canada.ca/Statistics Canada-based estimates. The discussion interprets the evidence and highlights policy implications. The conclusion summarizes the key findings.

## LITERATURE REVIEW

Economic research on food prices generally begins with the basic relationship between supply, demand and market structure. In standard theory, prices rise when supply falls or demand increases. However, the food sector has several special features: demand is relatively inelastic because people must eat; production is affected by weather, energy costs and transport bottlenecks; and distribution channels can be concentrated in the hands of large intermediaries or retailers. These features make food prices especially sensitive to shocks and sometimes slow to fall after a crisis.

The welfare-economics literature emphasizes that the burden of inflation depends on household expenditure structure. Engel's law implies that lower-income households spend a greater share of their total expenditures on food. As a result, the same percentage increase in food prices reduces real welfare more strongly for low-income households. The effect is both direct—through higher grocery bills—and indirect—through cuts in diet quality, health expenditure, children's consumption, and overall well-being.

The food-security literature, particularly after Amartya Sen's entitlement approach, shifted attention away from aggregate food supply alone and toward access. Households can experience food insufficiency or nutrition-related difficulties even when food is available in the economy if they do not have sufficient income or purchasing power. This framework is highly relevant to volatile food prices. Price spikes weaken exchange entitlements: the labor income or transfer income available to a low-income household buys less food than before.

Contemporary studies also stress the multidimensional character of food insecurity. Food price volatility affects not only caloric intake but also diet diversity, meal regularity, nutritional quality and psychological stress. Households often respond by reducing protein-rich foods, fruit and vegetables first, thereby protecting calories but harming nutrition. This creates long-term risks for children, older adults and people with chronic illnesses.

Another stream of literature focuses on inflation expectations and social protection. If low-income households expect food prices to remain high, they may adopt more precautionary coping behavior: buying smaller quantities, using charitable food assistance services, increasing debt or postponing health spending. Governments often respond with targeted transfers, school meals, food vouchers, or tax adjustments. Yet the effectiveness of these measures depends on timing, coverage and the speed with which benefits are indexed to inflation.

Overall, the literature suggests that food price volatility should be studied through three interrelated mechanisms: purchasing power, nutritional adjustment and coping behavior. This article applies those mechanisms to recent empirical evidence.

## RESEARCH METHODOLOGY

This study applies a qualitative analytical design supported by selected quantitative indicators. It does not estimate a single econometric model. Instead, it uses official data to illustrate how food price volatility interacts with food insecurity and household vulnerability.

The article relies on comparative and interpretive analysis. Comparative analysis is used to connect global food-price indicators with household-level outcomes in selected developed economies. Interpretive analysis is used to explain how low-income households are affected through the channels of affordability, substitution, indebtedness and welfare loss.

The main sources are official or institutionally credible: the FAO Food Price Index, the World Bank Food Security Update, USDA Economic Research Service reports, Eurostat releases, and Canada.ca commentary based on Statistics Canada/Canadian Income Survey estimates. These sources were selected because they provide recent and comparable information relevant to food prices and food-access difficulties.

A limitation of the study is that the indicators are not identical across institutions. For example, the U.S. measure captures household food insecurity, while the Eurostat indicator captures the inability to afford a proper meal every second day. These measures are related but not identical. For that reason, the article interprets them as complementary indicators of stress on household food access rather than as a strict ranking across countries.

## ANALYSIS AND RESULTS

### 4.1. Global Food Price Movements Remain Volatile

The first result is that international food prices remain volatile even after the extreme shock period associated with the pandemic and geopolitical disruptions. The FAO Food Price Index averaged 143.7 points in 2022, indicating a period of exceptional stress. It fell to 122.0 points in 2024, then rose again to 127.2 in 2025, and reached 130.7 points in April 2026.

This pattern demonstrates that volatility has not disappeared; rather, it has moderated while remaining elevated enough to affect national food systems. For low-income households, the significance of this trend lies in transmission. Even when international prices do not move one-for-one into retail markets, higher import costs, transport costs and market expectations can still raise domestic food bills.

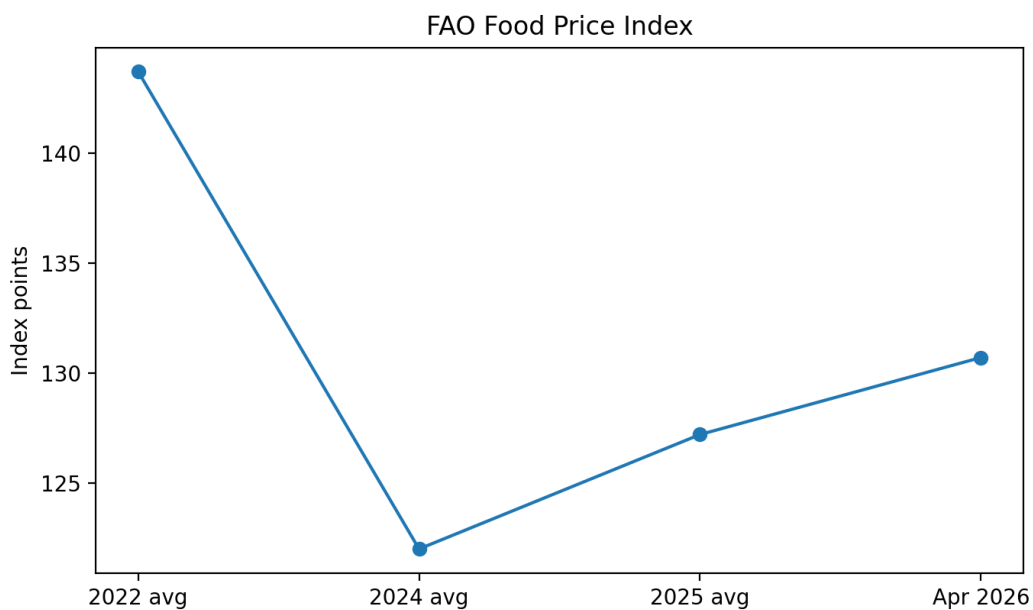


Figure 1. FAO Food Price Index (selected periods)<sup>1</sup>.

<sup>1</sup> Source: FAO Food Price Index releases.



#### 4.2. Food Inflation Remains a Broader Global Risk

The second result is that food inflation remains widespread across countries, even though the intensity differs by income group. According to the World Bank Food Security Update for the first quarter of 2026, 45.0 percent of low-income countries still had food inflation above 5 percent. The corresponding figures were 36.7 percent for lower-middle-income countries, 29.8 percent for upper-middle-income countries and 5.1 percent for high-income countries.

These data matter because low-income households are sensitive to inflation regardless of whether they live in a lower-income or higher-income country. A lower national average in high-income economies does not eliminate hardship for the lowest-income groups. Vulnerability depends on the household budget, not only on the country average.

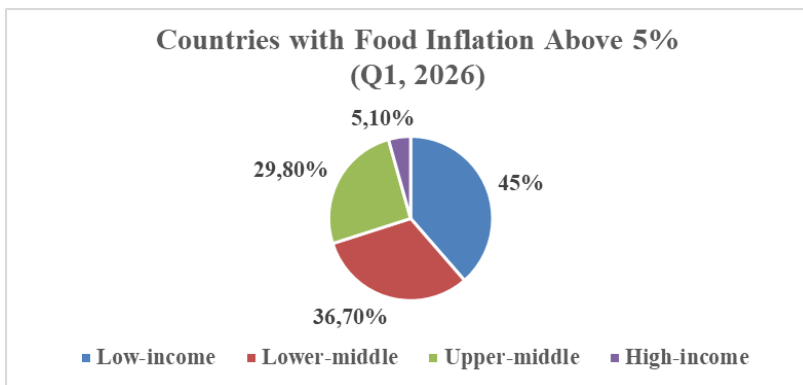


Figure 2. Share of countries with food inflation above 5 percent, Q1 2026<sup>2</sup>.

#### 4.3. U.S. Evidence Shows Persistent Household Food Insecurity

The third result is that food insecurity remains significant even in a wealthy economy. USDA ERS reported that in 2024, 86.3 percent of U.S. households were food secure throughout the year, while 13.7 percent were food insecure at least some time during the year. Among all households, 5.4 percent experienced very low food security, meaning that normal eating patterns were disrupted because households lacked money or other resources.

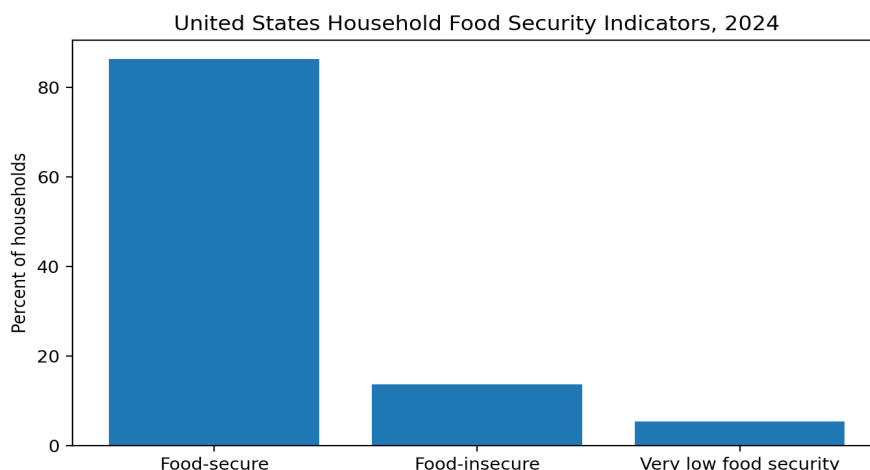


Figure 3. United States household food-security indicators, 2024<sup>3</sup>.

For low-income households, this finding is especially important because food insecurity tends to cluster where budgets are already strained by rent, utilities and transport costs. When food prices rise, the margin for adjustment becomes extremely small.

#### 4.4. Meal Affordability Remains a Concern in the European Union

The fourth result is that affordability pressure is visible in Europe as well. Eurostat reported that 9.5 percent of the EU population could not afford a proper meal every second day in 2023. The figure improved to 8.5

<sup>2</sup> Source: World Bank Food Security Update.

<sup>3</sup> Source: USDA ERS, Household Food Security in the United States in 2024.

percent in 2024, but the burden remained much heavier among people at risk of poverty, for whom the rate was 19.4 percent. Among those not at risk of poverty, the rate was 6.4 percent.

This evidence shows that average improvement does not eliminate distributive inequality. Low-income households are not simply more affected in degree; they are affected differently because food inflation interacts with poverty risk, housing costs and weaker financial resilience.

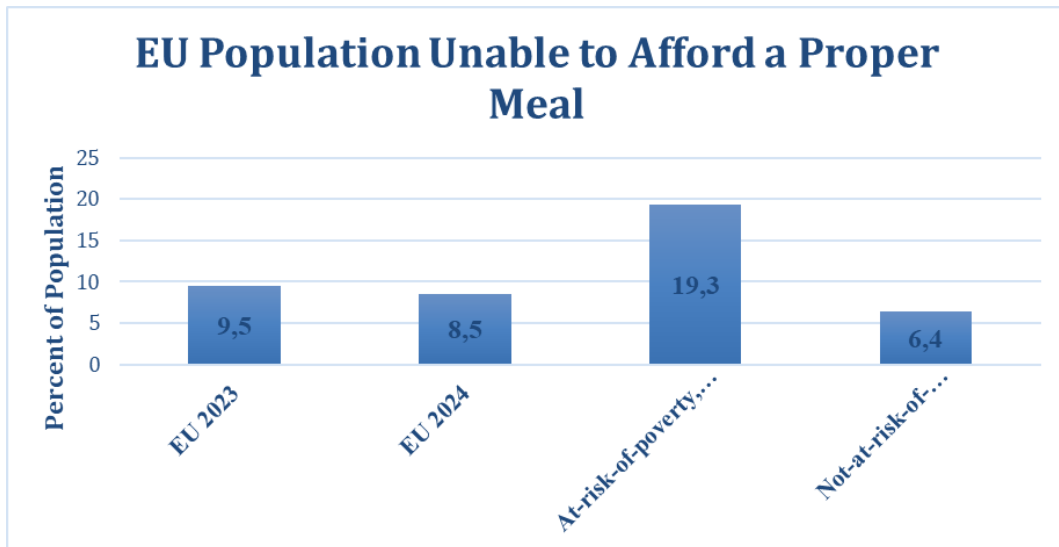


Figure 4. EU population unable to afford a proper meal<sup>4</sup>.

#### 4.5. Canada Confirms the Link Between Living Costs and Food Stress

The fifth result comes from Canada. Public-health commentary published on Canada.ca and based on Statistics Canada/Canadian Income Survey estimates reported that 25.5 percent of people in the ten provinces and 37.4 percent of people in the territories lived in food-insecure households in 2024. These values are notably high for a high-income country.

The Canadian case highlights a key mechanism: food insecurity often rises when overall living costs increase faster than disposable income. Even if food supply remains sufficient, rising prices can force households to cut diet quality, use food banks more frequently, or accumulate debt.

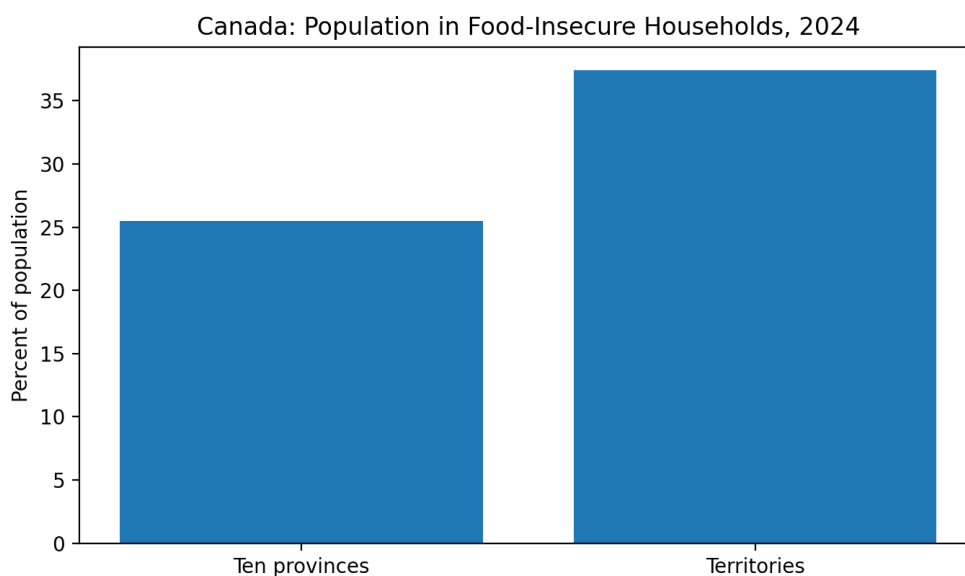


Figure 5. Population in food-insecure households in Canada, 2024<sup>5</sup>.

<sup>4</sup> Source: Eurostat proper-meal affordability release, 2024

<sup>5</sup> Source: Canada.ca commentary based on Statistics Canada estimates.





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