

Influence of Economic Hardship on Household Meal Related Issues among Rural Households in Ekiti State, Nigeria

Adebayo, Adesodun I.¹, Owoeye, Taiwo O.², Bamisaye, Theresa O.¹ Ajayi Adetayo A.¹ Fagbuagun, Toyin O.¹

¹Accounting Department, Federal University Oye-Ekiti Ekiti State, Nigeria

²Accounting Department, Afe Babalola University, Ado-Ekiti, Ekiti State.

Corresponding Author: owoeyeomolade@pg.abuad.edu.ng

Abstract

The general objective of this study was to investigate influence of economic hardship on household-related meal issues among rural communities in Ekiti State. Specifically, the study determined ways economic hardship influences the following meal related issues among households in Ekiti State: meal quality, meal quantity, meal regularity and meal budget. Descriptive research design was adopted. Population consisted of all the house-makers of rural communities in Ekiti State, Nigeria. Data were collected using questionnaire. Data were analysed using mean and standard deviation. Results reveal nine ways household meal quality is seriously influenced by economic hardship. These include, protein-rich food reduction due to lack of funds ($\bar{X} = 2.30$). Other findings are four serious ways meal quantity is influenced including, food portions reduction ($\bar{X} = 2.55$). Further findings are four serious meal regularity is influenced, including, that meal time are often irregular ($\bar{X} = 2.30$). More findings are seven ways food budgeting is influenced. These include, cutting back on food expenses ($\bar{X} = 2.45$). Five recommendations, were made, included enhancing budgeting strategies, promoting financial literacy, and others.

Keywords: Economic, Hardship, Meal, Planning, Food, Security, Rural, Households.

Introduction

Economic hardship significantly influences households' meal planning, particularly in rural households. Concepts of economic hardship encompass financial instability, limited access to resources, and the inability to meet basic needs, which directly affect dietary choices and food security (Ghafoorifard, Mesler & Basil, 2022). Households facing economic challenges often prioritize cost over nutritional value, leading to meal planning that favors inexpensive, less nutritious foods (Smith, 2012; Ugwu,

Onayinka & Sanni, 2024). Measures of economic hardship in this context include household income levels, expenditure patterns on food, and access to agricultural resources (Turrell, 2002; Egbo et al., 2023). Additionally, socio-economic indicators such as employment status and education levels play a crucial role in shaping the food choices of households (Turrell, 2002).. As rural households navigate these economic constraints, their meal planning strategies adapt to ensure sustenance, potentially compromising health outcomes. Understanding these

dynamics is essential for developing needed interventions that can support better nutrition and food security among vulnerable populations in the region.

Nigeria is currently grappling with a dire economic situation, characterized by soaring inflation rates, a depreciating exchange rate, and widespread scarcity of food. The country's inflation rate has been on a steady rise (Obiora et al., 2023), and this has resulted in a substantial increase in the prices of consumer goods, making it challenging for citizens to afford basic necessities (Otto & Ukpere, 2016). The economic hardship has been further exacerbated by the increase in fuel prices, education, hospital, rent, and other utilities, which has significantly eroded the purchasing power of Nigerians (Johnson, 2024). Civil servants, in particular, are struggling to make ends meet, as their salaries are insufficient to cover transportation costs to work, let alone other expenses (Okonjo-Iweala, 2014). The agricultural sector, which is critical to Nigeria's economy, is also facing significant challenges, including increased costs of farm inputs, such as agrochemicals, and insecurity, which has hindered farmers from carrying out their activities (Bello et al., 2024). These factors have contributed to a severe food shortage, with many Nigerians scrambling to access the limited available food (Egbo, et al., 2023; Okwulu et al., 2024). The overall economic situation in Nigeria is precarious, with widespread poverty and inequality (Egharevba et al., 2016).

The economic downturn has taken a devastating toll on households and households in Nigeria, plunging them into untold hardship. The escalating costs

of essential expenses have severely strained household incomes, leaving many struggling to make ends meet. School fees, for instance, have skyrocketed, making it challenging for parents to provide quality education for their children (Okeke, & Offem, 2024). Similarly, utility bills, such as electricity and water, have increased exponentially, while rent for households has become unaffordable for many (Nwani et al, 2022; Opoko & Oluwatayo, 2014). Transportation costs have also risen, further eroding the purchasing power of already meager incomes (Ibekwe, 2022). Moreover, medical bills have become a significant burden for households, with the cost of healthcare services and medications rising sharply (Balogun, 2021). Amidst these expenses, food, a daily necessity, has become a luxury for many, with households forced to allocate a significant portion of their income to put meals on the table, often compromising on nutritional value and quality (Istifanus, 2024). Overall, the cumulative effect of these expenses has created a perfect storm of financial hardship for households, leaving them vulnerable and uncertain about their future.

The dire economic situation has raised concerns among researchers about the ability of households to survive, particularly in meeting their daily food requirements. Food is a fundamental necessity, and its availability is crucial for households to function effectively (Matemilola, 2017). Food is a basic need that cannot be compromised, and its absence can have severe consequences on household well-being (Onyeaka et al., 2024). It is therefore important that research investigates how households are

grappling with budgeting and planning, specifically how they plan their meals to cope with these harsh realities, particularly in Ekiti State, Nigeria.

Currently, Ekiti State is experiencing a challenging economic landscape marked by high inflation rates, rising food prices, and limited access to agricultural resources, which collectively make it increasingly difficult for families to afford basic necessities (Ibekwe, 2024). The consistent rise in inflation has led to substantial increases in consumer goods, while escalating fuel prices and utility costs further erode household purchasing power (Oyadeyi et al., 2024; Ugwu et al., 2021). Consequently, food, a fundamental necessity, is often deprioritized in family budgets, resulting in compromised meal quality and nutritional intake. The agricultural sector, crucial to the local economy, is also facing significant hurdles, such as soaring costs of farm inputs and insecurity, which hinder farmers' ability to produce sufficient food (Hassan, 2024). This situation has led to food shortages, compelling households to scramble for limited resources (Makinde, et al., 2022; Okwulu et al., 2024). Additionally, rising school fees, utility bills, transportation costs, and healthcare expenses have created a precarious financial environment, forcing parents to struggle to provide quality education while managing these soaring costs (Adekoya et al., 2023; Chijioke & Nwakanma, 2025). As medical expenses become increasingly burdensome, food has turned into a luxury for many families, prompting them to allocate a significant portion of their limited income to ensure meals, often at the expense of

nutritional quality (Chukwu & Dogbe, 2023).

Therefore, understanding how households in rural communities in Ekiti State plan their meals is crucial in the current economic realities, where households are struggling to make ends meet. This research guided by theoretical frameworks that shed light on how people cope with economic hardship. One such theory is the Deprivation Theory propounded by Peter Townsend in 1987 (Townsend, 1987). This theory posits that individuals and households employ various coping mechanisms to mitigate the effects of poverty and economic deprivation (Galster, 2011). According to Townsend, people living in poverty often prioritize their basic needs, such as food and shelter, and adopt strategies to optimize their limited resources (Townsend, 1979). In the context of meal planning, this theory suggests that households facing economic hardship will likely adopt coping mechanisms such as reducing food expenditure, altering food choices, and adjusting meal frequencies to ensure survival. Researchers have not adequately investigated how households are coping with feeding their households and providing food amidst the current economic realities, particularly in Ekiti State, which has been described as one of the poorest states in Nigeria, the poorest in the Southwest (Olubodun et al., 2024; Fabowale, 2012).

Objective of the study

The general objective of this study was to investigate influence of economic hardship on household-related meal issues among rural communities in Ekiti State. Specifically, the study determined

ways economic hardship influences the following household meal related issues:

- 1.meal quality.
- 2.meal quantity.
3. meal regularity.
- 4.meal budget.

Methodology

Design of the Study: This study utilized a descriptive research design.

Area of the Study: The study was conducted in rural communities in Ekiti State, Nigeria. The state has three senatorial zones. This area faces significant economic challenges, including the presence of Fulani herdsman, which adversely affects crop production despite the availability of arable land. High costs of living, including rising prices for agricultural inputs and inflation, further strain household budgets.

Population for the Study: The study population consisted of all home-makers in rural communities Ekiti State. Home-makers, often the primary caregivers or decision-makers, play a crucial role in household meal planning and resource allocation. They are responsible for selecting ingredients, budgeting for food expenses, and ensuring that nutritional needs are met despite economic constraints. For this study, participants were selected based on specific criteria: ages 18-55, married or cohabiting, and directly involved in meal planning within the household. As of 2024, there are 154,105 households in Ekiti State (Ekiti State Ministry of Information, 2024) implying that there were corresponding 154,105 home-makers in the state

Sample for the Study: Multistage sampling was adopted. Two out of the three senatorial zones in the area were selected. One rural local government area (LGA) was selected from each of the two senatorial zones and three communities were selected from each LGA to give a total of six communities. From each rural community, 63 households were randomly selected, to give a total of 378 households. Each household yielded one participant (home-marker). This approach resulted in a sample of 378 home-makers for the study.

Instrument for Data Collection: The study used questionnaire for data collection. The questionnaire included sections on socio-demographic characteristics, and items dealing with specific objectives of the study, based on literature review. The questionnaire was face-validated by five university experts in Economics. A reliability test was conducted using Cronbach's alpha, yielding a high reliability score of 0.94.

Method of Data Collection: The questionnaire served as an interview schedule for illiterate respondents. A total of 378 copies of the questionnaire were administered to participants. Only 370 copies of questionnaire were properly completed and were used for the study.

Method of Data Analysis: Data were analysed using mean and standard deviation for items on the specific objectives of study.

Results

Table 1: Mean Responses and Standard Deviation on Ways Economic Hardship (EH) Influences Household Meal Quality among Households in Ekiti State

S/N	Way EH Influences Food Quality	\bar{X}	SD	R
1	Nutritious meals are not eaten daily.	2.10	0.78	SI
2	A variety of fruits and vegetables are consumed.	1.90	0.83	LI
3	Meals are well-balanced.	1.80	0.87	LI
4	Expired or spoiled food is often eaten.	0.90	0.78	NSI
5	Healthy food cannot be afforded.	2.15	0.76	SI
6	Food quality is often poor.	1.95	0.83	LI
7	Protein-rich foods are reduced due to lack of funds.	2.30	0.74	SI
8	Meals are often skipped due to lack of food.	1.75	0.81	LI
9	Meat cannot be afforded.	2.10	0.79	SI
10	The diet lacks essential nutrients.	1.90	0.80	LI

\bar{X} = Mean; SD = Standard Deviation; R = Remarks; SI = Seriously Influenced, LI = Little Influenced, NSI = Not a Serious Influenced

Table 1 shows highest mean score of $\bar{X} = 2.30$ indicates that households often reduce protein-rich foods due to financial constraints, while a mean of $\bar{X} = 2.15$ highlights the difficulty in affording healthy food. Additionally, the mean of $\bar{X} = 2.10$ points to challenges in purchasing protein-rich foods, underscoring a serious influence of economic hardship on nutrition.

Table 2: Mean Responses and Standard Deviation on Ways Economic Hardship (EH) Influences Meal Quantity Among Households in Ekiti State.

S/N	Way EH Influences Food Quantity	\bar{X}	SD	R
1	Enough food is available to eat three meals a day.	2.05	0.83	LI
2	Food is often run out before the end of the month.	2.30	0.74	SI
3	Food portions have to be reduced due to lack of funds.	2.55	0.76	SI
4	Meals are often skipped due to lack of food.	1.75	0.81	LI
5	Food cannot be bought in bulk.	2.10	0.79	SI
6	Food supply is often inadequate.	1.95	0.85	LI
7	Reliance on food assistance programs is necessary.	1.75	0.77	LI
8	Household members often go hungry.	1.90	0.80	LI
9	Food for special occasions cannot be afforded	1.90	0.82	LI
10	Enough food is available to eat three meals a day.	2.30	0.75	SI

\bar{X} = Mean; SD = Standard Deviation; R = Remarks; SI = Seriously Influenced, LI = Little Influenced, NSI = Not a Serious Influenced

Table 2 shows highest mean score of 2.55 ($\bar{X} = 2.55$). Similarly, many households run out of food before the end of the month ($\bar{X} = 2.30$). indicates that households often have to reduce their food portions due to a lack of funds, demonstrating a serious influence

Table 3: Mean Responses and Standard Deviation on Ways Economic Hardship Influences Meal Regularity Among Households in Ekiti State

S/N	Way EH Influences Food Regularity	\bar{X}	SD	R
1	Meals are eaten at regular times daily.	2.05	0.81	LI
2	Meal times are often irregular.	2.30	0.76	SI
3	Breakfast is often skipped.	2.15	0.79	SI
4	Lunch is frequently missed.	1.75	0.82	LI
5	Dinner is often missed as well.	1.70	0.80	LI
6	Household members eat at different times.	2.05	0.78	LI
7	Meals are sometimes delayed due to lack of food.	2.00	0.83	SI
8	Snacks are relied upon instead of proper meals.	1.90	0.80	LI
9	Meal frequency is often unpredictable.	2.00	0.81	SI
10	Sometimes, meals are skipped for a whole day	1.70	0.79	NSI

\bar{X} = Mean; SD = Standard Deviation; R = Remarks; SI = Seriously Influenced, LI = Little Influenced, NSI = Not a Serious Influenced

Table 3 shows highest mean score of \bar{X} = 2.30 indicates that many households experience irregular meal times, reflecting a serious influence of economic hardship.

Also mean of \bar{X} = 2.15 shows that skipping breakfast is common, further emphasizing the impact on meal regularity.

Table 4 Mean Responses and Standard Deviation on Ways Economic Hardship Influences Food Budgeting Among Households in Ekiti State.

S/N	Way EH Influences Food Budgeting	\bar{X}	SD	R
1	Allocation of a specific budget for food monthly	2.10	0.80	SI
2	Exceeding the food budget	2.10	0.75	SI
3	Prioritizing food expenses over other expenses	2.30	0.78	SI
4	Cutting back on food expenses due to financial constraints	2.45	0.76	SI
5	Using coupons or discounts to buy food	1.90	0.82	LI
6	Buying food in bulk to save money	1.75	0.79	LI
7	Choosing between buying food or paying other bills	2.30	0.74	SI
8	Using food assistance programmes to supplement the budget	1.90	0.81	LI
9	Relying on credit to buy food	2.00	0.80	SI
10	Difficulty affording food due to high prices	2.10	0.77	SI

\bar{X} = Mean; SD = Standard Deviation; R = Remarks; SI = Seriously Influenced, LI = Little Influenced, NSI = Not a Serious Influenced

Table 4 shows ways economic hardship (EH) influences food budgeting, revealing significant challenges in financial management related to food expenses.

The highest mean score of 2.45 indicates that households frequently cut back on food expenses due to financial constraints, demonstrating a serious influence on

budgeting decisions. Additionally, a mean of 2.30 reflects that many households prioritize food expenses over other financial obligations and often exceed their food budget.

Discussion

Finding reveals that many households face challenges regarding food quality. This finding is expected in that economic barriers often limit access to nutritious foods, leading to poorer dietary choices and overall health outcomes. This finding is in line with previous study which revealed that perceptions of a harsh environment or economic uncertainty can trigger a preference for filling, calorie-dense foods, which are believed to provide sustained energy (Laran & Salerno, 2013). For instance, a study in Zempoala, Mexico, found that individuals facing economic challenges were 4.6 times more likely to consume unhealthy foods (Martínez et al., 2024).. These findings highlight the need for policies that improve food security and promote healthy eating habits while considering economic and cultural factors.

In addition to issues with food quality, a substantial number of respondents often run out of food before the end of the month, with many admitting to reducing food portions due to financial constraints, highlighting critical issues of food insecurity. This finding is expected as many low-income households struggle to maintain sufficient food supplies, especially when faced with rising living costs and stagnant wages (Zarocostas, 2009). The global economic crisis, coupled with rising food prices and climate change, has significantly impacted food security and nutrition worldwide

(Brinkman et al., 2010). These crises have reduced access to food, forcing vulnerable populations to reduce food quantities (Brinkman et al., 2010). There are concerns that number of undernourished people could rise by up to 100 million due to lack of access to food (Zarocostas, 2009). Maternal and child nutrition are particularly at risk, with potential long-term consequences for those undernourished in the first two years of life (Brinkman et al., 2010). The impact is most severe on vulnerable groups, including young children, pregnant and lactating women, and the chronically ill (Brinkman et al., 2010; Darnton-Hill & Cogill, 2010). With these concerning statistics, urgent measures are needed to mitigate high cost of living (Brinkman et al., 2010; Darnton-Hill & Cogill, 2010).

Moreover, result shows that respondents experience irregular meal times, with many skipping meals, particularly breakfast, which underscores the negative effects of economic pressures on meal consistency. This finding is with those of studies in Ghana and Korea which indicate that adolescents from low-income households frequently skip meals, especially breakfast, due to financial constraints (Osei et al., 2024; Hong et al., 2014). This trend is evident among older adults in the United States as well, who experience higher rates of meal skipping when facing economic difficulties (Anderson, 2020). These findings highlight the urgent need for targeted interventions to combat food insecurity and its health impacts across diverse age groups and socioeconomic backgrounds.

In addition, significant financial pressures affect food budgeting, as 45 percent of households frequently cut back

on food expenses due to financial constraints, emphasizing the need for better budgeting strategies and support for low-income households. Financial pressures can significantly influence food budgeting, often leading households to allocate their limited resources away from nutritious food. For instance, this is particularly evident among households with children, where the need to stretch budgets can result in reduced dietary quality (Butler et al., 2020). In affluent societies, even with narrower income gaps, financial stress can still drive individuals to overlook healthier food choices in favour of less expensive, calorie-dense alternatives (Holm et al., 2020). Addressing these financial pressures is crucial for improving food budgeting practices and overall nutritional health.

Conclusion

The study revealed various ways economic hardship influences household meal among rural households in Ekiti State, Nigeria. Many households face substantial challenges in maintaining the quality, quantity, and regularity of their meals due to rising costs of living and limited financial resources. A considerable portion of households reported difficulties in affording nutritious foods and often resorted to reducing meal portions or skipping meals altogether. These the research highlights the necessity of developing effective budgeting strategies to help households cope with economic pressures while ensuring adequate meal planning.

Recommendation

Based on the findings of this study, the following recommendations are proposed:

1. Implementing policies to improve food security, including subsidies and support for local agriculture.
2. Establishing community food assistance and nutrition education programs for better access to healthy foods.
3. Organizing workshops on budgeting and meal planning to enhance food expenditure decisions.
4. Partnering with NGOs to provide resources for vulnerable households facing economic challenges.
5. Conducting research on food security in rural households to inform effective policies.

References

- Adekoya, A. F., Adams, A. B., Okueso, S. A., Ajani, O. E., Okparaeké, M. I., Onyekwere, O. K., Ugwu, N. F., Oloyede, A. O., & Alade T.T. (2023). Promoting Parent-to-Child Sex Education in Nigerian Homes through Rational-Emotive Health Education Programme: A Pilot Study of Imojo Community of Ekiti State, Nigeria. *Journal of Home Economics Research*, 30(1), 160-173
- Anderson, L. (2020). Skipping meals is associated with symptoms of anxiety and depression in a nationally representative sample of older adults. *The American Journal of Geriatric Psychiatry*, 28(4), S128-S129.
- Balogun, J. A. (2021). *Nigerian Healthcare System*. Springer International Publishing.
- Bello, M. M., Yahaya, J. U., & Adamu, I. (2024). An analysis of sustainable agricultural productivity and food security in Nigeria. *Journal of Political Discourse*, 2(2), 45-60.

- Brinkman, H. J., De Pee, S., Sanogo, I., Subran, L., & Bloem, M. W. (2010). High food prices and the global financial crisis have reduced access to nutritious food and worsened nutritional status and health. *The Journal of nutrition*, 140(1), 153S-161S.
- Butler, A. W., Demirci, I., Gurun, U. G., & TELLEZ, Y. C. (2020). Hand to mouth: Financial stress and food insecurity. Available at SSRN.
- Chijioke, N. J., & Nwakanma, C. (2025). Navigating On Nigerian Educational Plans Between 1990 And 2020: Educator's View Of Significant Challenges In Nigerian Education System. *International Journal of Economics, Business and Social Science Research*, 3(3), 49-60.
- Chukwu, E., & Dogbe, W. (2023). The cause and effect of the nutrition transition in Nigeria: analysis of the value of indigenous knowledge and traditional foods in Enugu State, Igboland. *Journal of Ethnic Foods*, 10(1), 30.
- Darnton-Hill, I., & Cogill, B. (2010). Maternal and young child nutrition adversely affected by external shocks such as increasing global food prices. *The Journal of nutrition*, 140(1), 162S-169S.
- Egbo, K. A., Ugwu, N. F., Onyekwere, O. K., Adams, A. B., Makinde, V. I., Familoni, J.K. Awoniyi, O. M., Falebita, T. F., Oloyede, A. O., & Onyekachi, B. N. (2024). Impacts of Health Literacy Intervention in fostering Family Quality of Life in Challenging Times in Nigeria. *Journal of Home Economics Research (Book of Abstract)*, 97-98.
- Egharevba, M. E., Chiazor, A. I., Suleiman, B. M., Azuh, D. E., & Iruonagbe, T. C. (2016). Poverty, inequality and human development in Nigeria: Appraising the non-attainment of the MDGs. *IFE Psychologia: An International Journal*, 24(2), 26-46.
- Fabowale, Y. (2012). We are turning Ekiti poverty into wealth. <https://www.ekitistate.gov.ng/archives/2925>
- Galster, G. C. (2011). The mechanism (s) of neighbourhood effects: Theory, evidence, and policy implications. In *Neighbourhood effects research: New perspectives* (pp. 23-56). Dordrecht: Springer Netherlands.
- Hassan, B. (2024). The Impact of Agricultural Policy on Global Food Security. *Frontiers in Agriculture*, 1(2), 325-355.
- Holm, L., Nielsen, A. L., & Lund, T. B. (2020). Adapting to financial pressure on household food budgets in Denmark: Associations with life satisfaction and dietary health. *Acta Sociologica*, 63(2), 191-208.
- Hong, S., Bae, H. C., Kim, H. S., & Park, E. C. (2014). Variation in meal-skipping rates of Korean adolescents according to socio-economic status: results of the Korea youth risk behavior web-based survey. *Journal of Preventive Medicine and Public Health*, 47(3), 158.
- Hong, S., Bae, H. C., Kim, H. S., & Park, E. C. (2014). Variation in meal-skipping rates of Korean adolescents according to socio-economic status: results of the Korea youth risk behavior web-based survey. *Journal of Preventive Medicine and Public Health*, 47(3), 158.
- Ibekwe, E. O. (2022). *Mapping the Illicit Car Trade in Nigeria: Implications for the Political Economy of Nigeria* (Doctoral dissertation, University of Surrey).
- Ibekwe, E. O. (2024). Politics of food security and social change in Nigeria. *African Journal of Social and Behavioural Sciences*, 14(6).
- Istifanus, N. I. (2024). Cost-effective meal planning strategies for maintaining nutritional quality in financial hardship among households in plateau state, Nigeria. *International Journal of Home Economics, Hospitality and Allied Research*, 3(1), 284-293.
- Johnson, M. O. (2024). The Politics of Insecurity and Fuel Subsidy Removal: The Implications for Nigeria's Development. *EBSU Journal of Social Sciences and Humanities*, 14(3).

- Laran, J., & Salerno, A. (2013). Life-history strategy, food choice, and caloric consumption. *Psychological science*, 24(2), 167-173.
- Makinde, V. I., Nwogu, O. F. Nweze, U. C., Oke, C. C., Idika, E. C., Ibeneme Chinasa B., Ugwu N. F. (2022). Ending Gender-Based Educational Disparities as a Crucial Step for Achieving Sustainable Development Goals in Global South Nations. *Trends Educational Studies Journal*, 14(1), N109-121.
- Martinez, M. A. S., Delgado, B. R., Garnica, A. R., Guerrero, B. G., Becker, D. P., & Ledezma, J. C. R. (2024). Association between Socio-Economic Situation and Unhealthy Eating Patterns in Zempoala, Hidalgo, Mexico. *European Journal of Nutrition & Food Safety*, 16(12), 78-86. <https://doi.org/10.9734/ejnfs/2024/v16i121604>
- Matemilola, S. (2017). The challenges of food security in Nigeria. *Open Access Library Journal*, 4(12), 1.
- Nwani, E. C., Ugwu, N. F., Ochiaka, R. C., Adams, A. B., Ezeani, U. D., Onyekwere, O. K., & Agbo, C. C. (2022). Digital Literacy of School Health Influencers in Enugu State, Nigeria. *Trends Educational Studies Journal*, 14(1), 72-89.
- Obiora, C. U., Ezech, M. C., George, C. I., Orjiakor, S. N., Anigbogu, C. B., Nwabude, C. G., & Omologbe, F. (2023). The impacts of inflation on food security in Nigeria: A review. *Asian Journal of Food Research and Nutrition*, 2(4), 476-496.
- Okeke, K. C., & Offem, O. O. (2024). Funding Architecture and Administrative Autonomy for Academic Freedom: The Challenges of Rising Cost of Tertiary Education in Nigeria. *Asaba Review*, 1(1), 119-127.
- Okonjo-Iweala, N. (2014). *Reforming the unreformable: Lessons from Nigeria*. Mit Press. https://books.google.com.ng/books?hl=en&lr=&id=HuV1DwAAQBAJ&oi=fnd&pg=PR9&dq=Reforming+the+unreformable:+Lessons+from+Nigeria.&ots=ObPeC2phPh&sig=e1B10oXduuizEqsknjEXQPdGjgQ&redir_e [sc=y#v=onepage&q=Reforming%20the%20unreformable%3A%20Lessons%20from%20Nigeria.&f=false](https://doi.org/10.9734/ajfrn/2024/v3i4214)
- Okwulu, O., Laraba, O. E., Ebimoboere, L. O. J., & Idhomi, A. (2024). Farmers-Herders Rivalry and Its Implications for Food Security and Household Income in Nigeria: Interrogating the trending issues. *Journal of Policy and Development Studies (JPDS)*, 16(1), 194-208.
- Okwulu, O., Laraba, O. E., Ebimoboere, L. O. J., & Idhomi, A. (2024). Farmers-Herders Rivalry and Its Implications for Food Security and Household Income in Nigeria: Interrogating the trending issues. *Journal of Policy and Development Studies (JPDS)*, 16(1), 194-208.
- Olubodun, O. A., Adekoya, A. F., Daramola, C. A., Akinnaso-Olowo, F., Ugwu, N. F., Opele, J. K., & Ajewole, P. I. (2024). Effects of Adult Fitness Literacy Programme on Promoting Physical Activities among Adults in Oye-Ekiti, Ekiti State Nigeria. *Journal of Home Economics Research*, 31(1).
- Onyeaka, H., Ejiohuo, O., Taiwo, O. R., Nnaji, N. D., Odeyemi, O. A., Duan, K., ... & Odeyemi, O. (2024). The intersection of food security and mental health in the pursuit of sustainable development goals. *Nutrients*, 16(13), 2036.
- Opoko, A. P., & Oluwatayo, A. (2014). Trends in urbanisation: implication for planning and low-income housing delivery in Lagos, Nigeria. *Architecture Research*, 4(1A), 15-26.
- Osei, J. K., Brobbey, E. O., Appiah, N. O., Panti, J. S., & Abalem, J. (2024). Socio-economic factors as correlates of meal skipping and poor eating habits among Ghanaian adolescents. *Asian Journal of Food Research and Nutrition*, 3(4), 1259-1269. <https://doi.org/10.9734/ajfrn/2024/v3i4214>
- Otto, G., & Ukpere, W. I. (2016). Inflation in Nigeria: Possible determinants and remedies to tackle it in Nigeria. *Risk Governance and Control: Financial Markets and Institutions*, 6(2), 35-43.

- Oyadeyi, O., Ukoli, K., Chandiramani, A., Rosas, J., Luo, J., & Oyadeyi, O. A. (2024). The Cost of Living Crisis in Nigeria: The Impact of Food and Commodity Prices on Household Purchasing Power and their Implications for Economic Wellbeing. Available at SSRN 4866006.
- Townsend, P. (1979). *Poverty in the United Kingdom: a survey of household resources and standards of living*. University of California Press.
- Townsend, P. (1987). Deprivation. *Journal of social policy*, 16(2), 125-146.
- Ugwu, N. F. (2021). E-Option for Health Education Amidst COVID-19: An Examination of Somalia Contexts. *International Studies in Educational Administration (Commonwealth Council for Educational Administration & Management (CCEAM))*, 49(1), 86-93.
- Ugwu, N. F., Onayinka, T. S., & Sanni, K. T. (2024). Exploring innovative digital resources and models for bridging mental healthcare gap in Nigeria. *UNIZIK Journal of Educational Research and Policy Studies*, 17(1), 112-131.
- Ugwu, N. F., Onyekachi, B. N., Anibueze, A. U., Onyekwere, O. K., & Nwokeoma, S. O. (2021). State of female education in Global South. *International Journal of Human Kinetics, Health and Education*, 6(1), 113-122.
- Ugwu, N. F., Onyekwere, O. K., Adekoya, A. F., Anibueze, A. U., & Ibeneme, C. B. (2021). Strategies for Enhancing Climate Change Knowledge, Attitude and Mitigation Practices: Examining the Views of Experts. *Nigerian Journal of Health Promotion*, 14(1), 128-142
- Ugwu, N. F., Onyekwere, O. K., Ezeani, U. D., Ibeneme, C. B., Nwogu, O. F., Adekoya, A. F., & Onuh, K. E. (2022). Leveling gender inequalities in Global South Nations: A crucial course for achieving sustainable development goals. *A Conference Proceeding of Research and Innovation, Social and Management Science, AfeBabalola University, Ado-Ekiti, Ekiti State, Nigeria*, pp 22
- Zarocostas, J. (2009). Malnutrition and hunger rise as economic crisis hits world's poorest people. *BMJ: British Medical Journal (Online)*, 338.