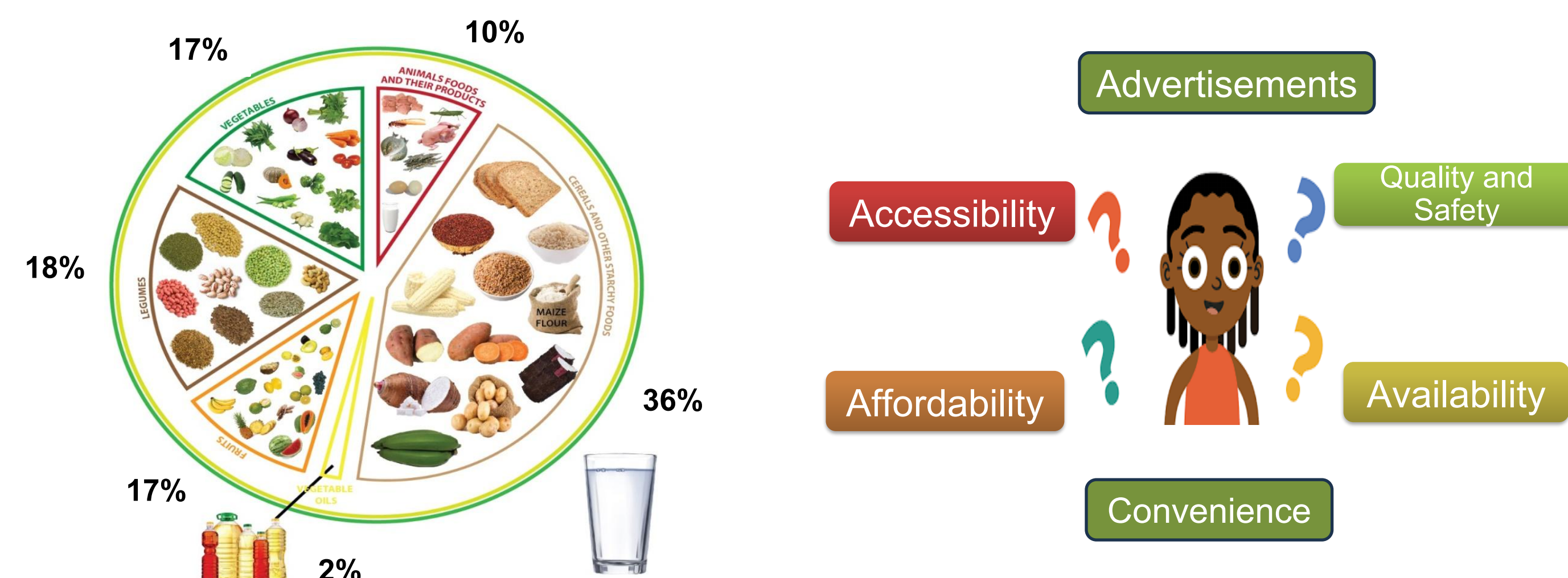


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## INTRODUCTION

- Economic access to food is essential for promoting healthy diets and fostering sustainable food systems.
- Households in low-income countries like Tanzania spend the largest share of their income on food, limiting their economic access to healthy diets (Ritchie and Rosado (2021; Mtingile and O'Connor, 2019)
- Achieving the goal of economic access to healthy diets requires an understanding of how household responds to changes in income.

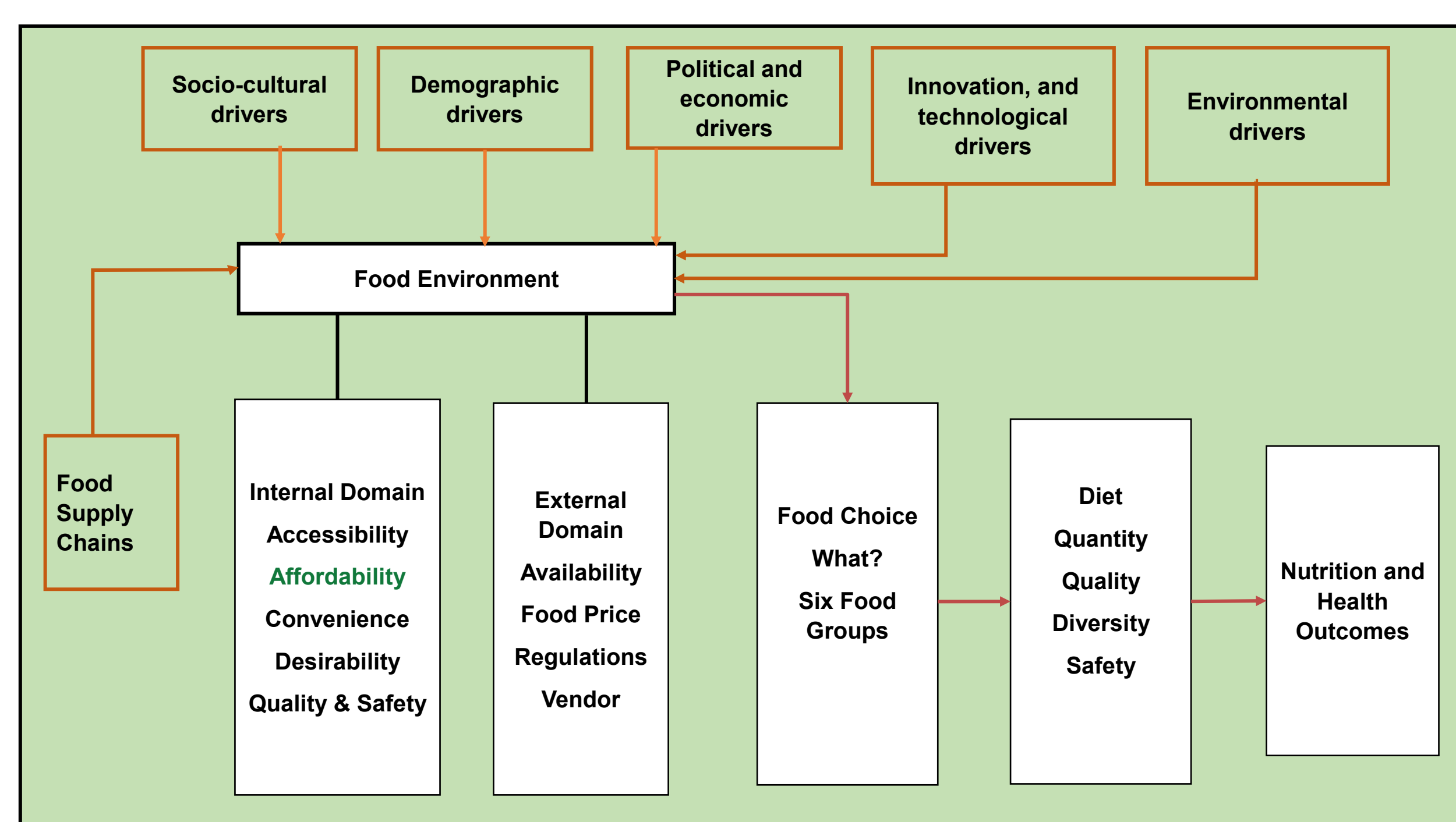


Tanzania Food-Based Dietary Guidelines (URT, 2023).

## Objective

- To explore the responsiveness of household demand for food groups (constituting a healthy diet) to income changes.

## Conceptual Framework



Source: Adapted from HLPE (2017) and Turner *et al.* (2018)

## METHODOLOGY

- A cross-sectional survey was conducted in Mkuranga and Ilala districts of Tanzania in March 2023 (Fig. 1).
- A multi-stage sampling with stratification was employed to select 520 households in the study areas, and data were collected using a questionnaire.
- Data analysis made use of the censored Quadratic Almost Ideal Demand System

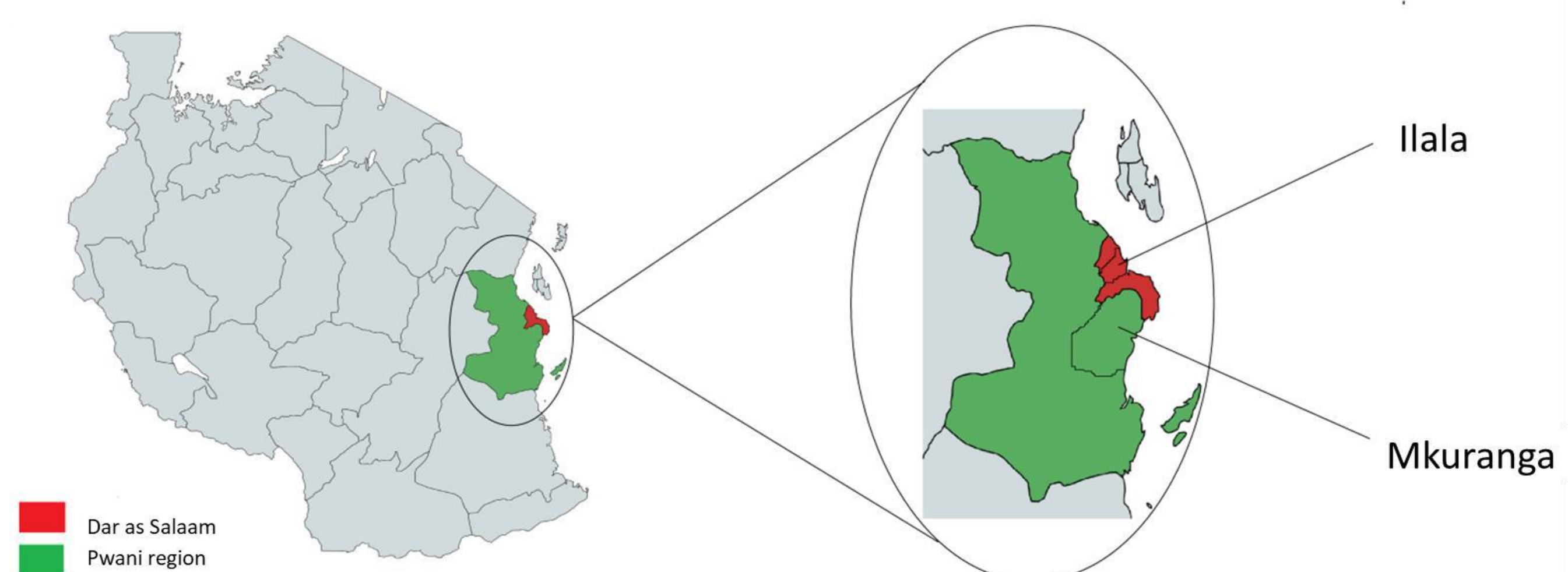
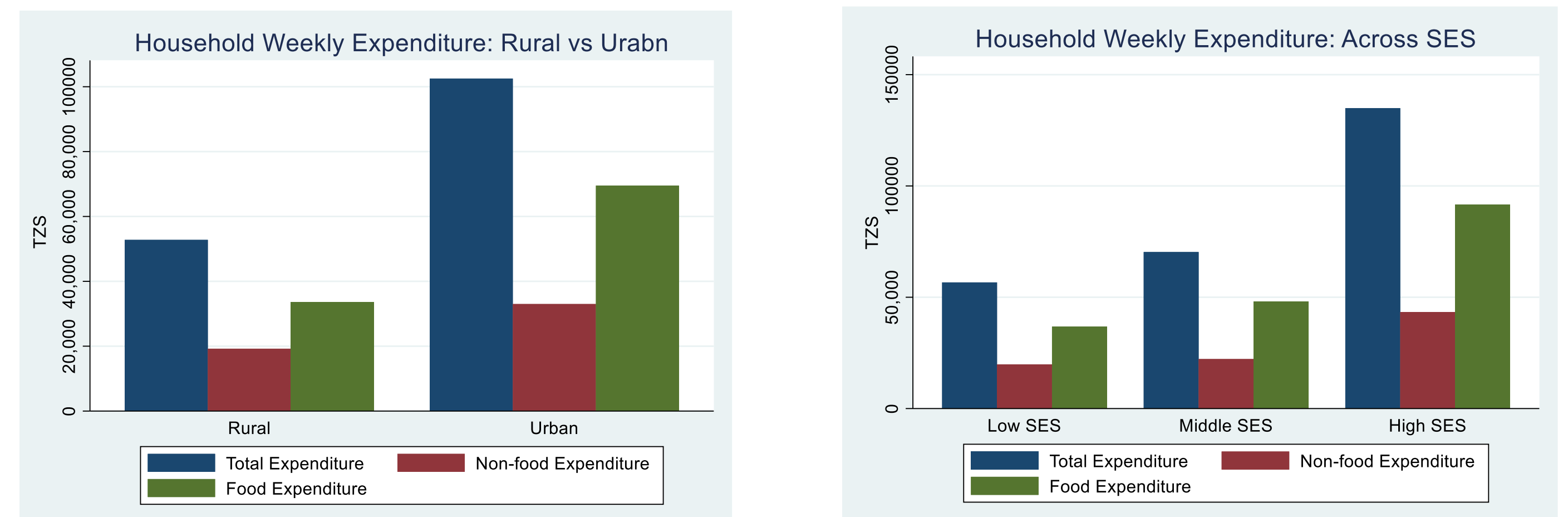


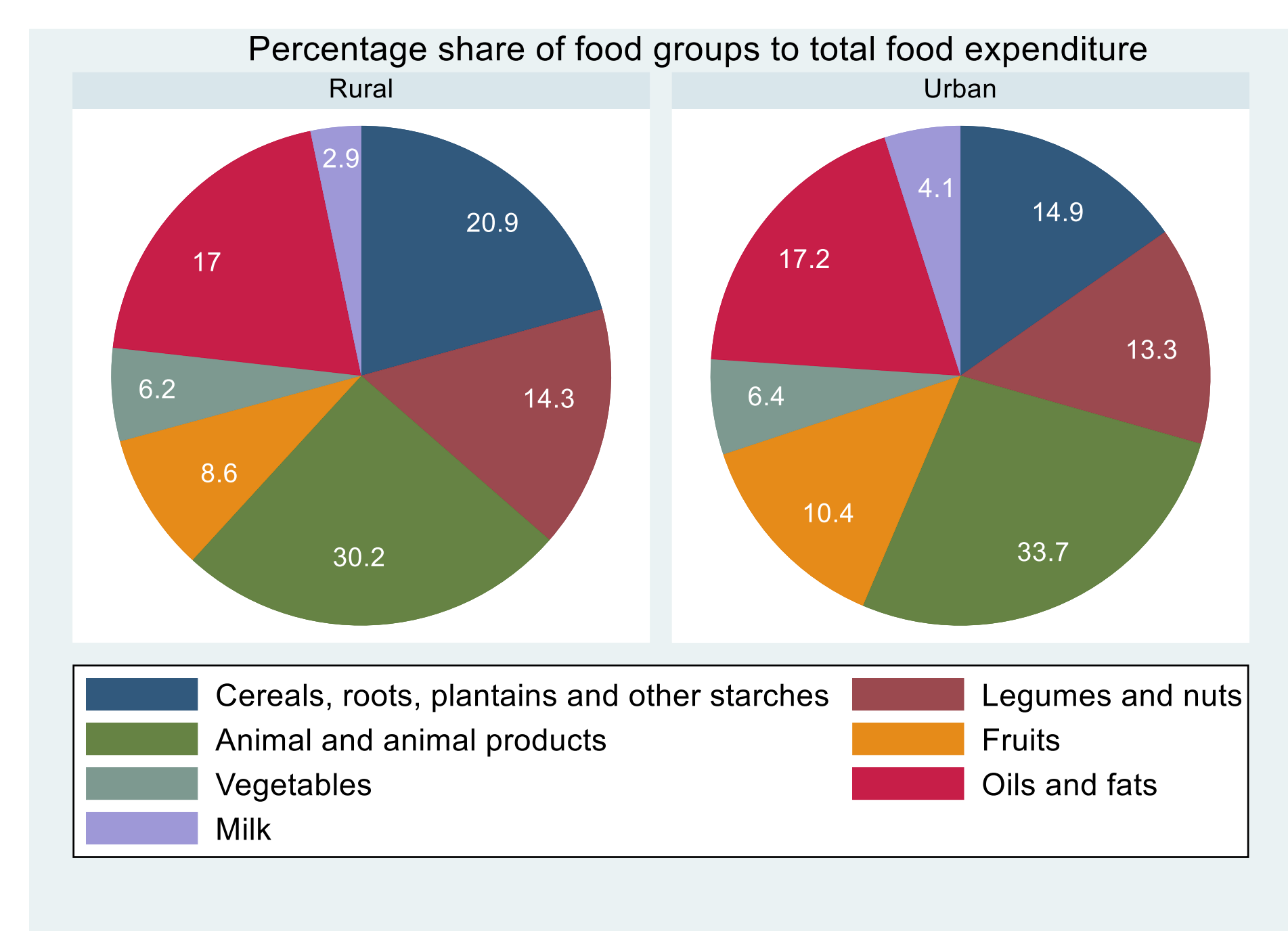
Figure 1: The study areas

## RESULTS

### Household expenditure pattern: Food Vs Non-food expenditure



### Household food expenditure pattern across six food groups



### Households' income elasticities of demand for food groups

Food Groups	Pooled	Rural	Urban	Low	Middle SES	High
				SES		SES
Cereals	0.628	1.103	0.565	0.792	0.703	1.875
Legumes	1.012	0.950	1.039	1.019	0.904	1.136
Meat and Fish	1.287	1.035	1.355	1.319	1.444	1.066
Fruits	1.185	0.949	1.306	1.404	1.149	0.838
Vegetables	0.830	0.776	0.766	0.675	0.993	0.992
Oils and Fats	0.796	0.846	0.759	0.592	0.802	0.96
Milk	1.464	1.245	1.282	1.542	1.856	1.287

**Note:** Milk is not an independent food group, but it was analyzed separately from meat and fish due to its unique measurement unit

## CONCLUSION AND RECOMMENDATIONS

- Households consider legumes, meat, fish, fruits, and milk as luxurious foods.
- Staples (cereals, roots, plantains, and other starches), oils and fats, and vegetables are considered necessary foods.
- Rural households rely more on staples as compared to their urban counterparts
- Strikingly, households with high socioeconomic status have higher income elasticity of demand for staples, legumes, fats, oils, and vegetables than their middle and low counterparts.
- Overall, the demand for foods that are usually considered healthier (fish, meat, and fruits) is highly influenced by household income.
- Thus, income-boosting initiatives have the potential to improve households' access to quality diets and enhance the sustainability of food systems

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