Consumption Pattern in Nigeria

Federal Republic of Nigeria, 2007
PREFACE

This report is the first of its kind from the National Statistical Office (National Bureau of Statistics). It ought to have been published years ago from the earlier analysis of the Consumer Expenditure Surveys (CES). Consumer Expenditure Survey had been part of the survey programme of the former Federal Office of Statistics (now NBS). The intentions of CES were to provide information on the expenditure patterns of Households, weights for the computation of Consumer Price Index and Household Consumption Component of the National Accounts Statistics.

However, the data set were used to derive the weight for the computation of Consumer Price Index while a new dimension was the use of the data in determining the Poverty Profile of Nigerians. There had never been any attempt to determine the Consumption Patterns of Household by further aggregating the consumed items.

During 2003/2004 Survey Programme, a generic questionnaire was adapted to replace the Consumer Expenditure Survey. This generic Questionnaire was the baby of the World Bank developed to measure the Living Standard of Households. The new survey was named Nigerian Living Standard (NLSS) and it automatically replaced Consumer Expenditure Survey.

When conducted, the data set were primarily used in the determination of poverty line for Nigeria. There were different measures of poverty-

(i) Relative Poverty Measure
(ii) Absolute Poverty Measure (Food Energy Intake)
(iii) Dollar Per Day (Purchasing Power Parity)
(iv) Subjective Poverty Measure (Self Assess Poverty)

These had since been concluded and the result had also been disseminated. The second objective of the NLSS data is that of deriving the weights for Consumer Price Index which also had been completed.

It is worthy to note that the same data set has been further analyzed to produce this report on consumption pattern. To a large extent, the first three objectives will be met with the publication of the consumption pattern of Households but not much progress has been made in the use of NLSS data for the computation of the National Accounts Statistics.

It is our great pleasure in releasing this report which, no doubt, will contribute immensely to social and economic policies in Nigeria. We are prepared to welcome comments and observations on the result of the survey. It is also expected that this report will forge further collaboration between users of data and the National Bureau of Statistics.

Dr Vincent Akinyosoye
Director General
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**INTRODUCTION**

Food consumption patterns are important information required for developing appropriate government intervention in food security. This is because an important challenge in the quest for food security among Nigerian society is sustaining food consumption at all seasons. A number of studies have documented the extent of consumption pattern in developing countries (Akbay and Boz 2005; FAO 2005).

For us to have accurate and reliable data on household consumption pattern, it is necessary to organize a household survey to be able to come up with admissible data. It is for this reason that the National Bureau of Statistics (NBS) went into this venture to provide Nigerians with this type of data that is being asked for by majority of Nigerians. The consumption pattern of a people depicts the level of welfare and poverty that a nation is experiencing, and this goes a long way to determining, in most cases, the policy direction which the government should undertake.

Since aggregate demand constitutes about 70 percent of the total GDP of most countries, the role of consumption in a country is immense. That a country is experiencing a downturn (depression) trend implies that the aggregate demand (consumption) is very low; unemployment will rise, investment will fall drastically, prices of the few produced goods and services will most likely rise. On the other hand, when the aggregate demand (consumption) is high, firms will be ready to employ idle resources (including labour), firms will invest (because returns on them are very high), prices will begin to fall (due to increase in supply of the goods and services), and some other economies of scale that accrue to a nation as a result of the large size of its aggregate demand.

In most advanced countries, the consumption pattern is skewed towards non-food items. Their spending patterns differ significantly from those of developing countries. In the latter countries, the dominating expenditure items include basic needs. Most people in these countries spend their incomes on food items, clothing materials and shelter. A close look at the expenditure patterns in these developing countries will reveal similar trend, a feature that distinguishes them from the developed or advanced countries.

In this write up we will see the expenditure (consumption) pattern in the South East, Nigeria. We will be able to test whether the consumption pattern tows the line of the
developing nations or there is a significant departure from the assertion that the consumption pattern of the developing nations correlates highly with food items. We have seen that the data reveal what the theory is teaching; we data speak how the typical households’ expenditure pattern will be.

**Consumption Pattern in Nigeria**
Consumption pattern of household may be defined as the types of food and non-food consumed by the household members. It is obvious that the type of food and non-food item consumed in one region will extremely differ from the others.

A closer look of the consumption patterns present a good study when one looks at the geographical zones in Nigeria. However, the result of the Nigerian Living Standard Survey showed that the consumption of the states in the South-East can best be summarized by the consumption patterns in the Anambra State, while the consumption patterns of South-West can be summed up by that of Oyo State. In a similar manner, the consumption pattern of South-South States was represented by that of River State while that of North Central was determined by Benue State. Others are North East States that was determined by Borno while North-West States were represented by Sokoto.

**Ranking the Food Items by Number of Household Consuming**
A cursory look at the food items consumed the South-East showed that more household members eat Beef, with population share of 23.4 percent. Rice (Agric) 19.9 percent, Yam Tuber 6.5 percent, Cassava Tuber 5.8 percent and Bread 5.10 percent. In a similar manner the food item consumed in the South West showed that household members consuming Eko\Agidi had a population share of17.0 percent, Bread 16.7 percent, Yam Flour 14.2 percent, Yam Tuber 13.8 percent and Garri 8.1 percent.

However, South South Zone has the distribution of population share of food as follows; Beef 19.5 percent, Garri 18.4 percent, Fresh Fish 12.3 percent, Rice (Agric) 7.9 percent, Yam Tuber 7.7 percent and Beans 6.2 percent. It should be noted that all the states in this zone are the states in the Niger Delta, the bedrock of the country’s oil wealth.

North Central which seems to be the food basket of the Nation is blessed with several food items while the major food items consumed by the household are
ranked according to the population share of the consumed items starting with Yam Tuber 21.3 percent, Beef 18.2 percent, Akpu/Fufu 14.5 percent, Rice (Agric) 8.8 percent, Beans 7.5 percent and Garri 5.5 percent.

North East Zone had a population share of food consumed in the Households as follows; Rice (Agric) 13.6 percent, Small Dried Fish 9.8 percent, Beef 7.0 percent, Palm Oil 6.3 percent, Groundnut 6.0 percent, Beans 5.5 percent, Maize Grain 5.1 percent, Yam Tuber 5.1 percent, Millet 4.6 percent and Guinea Corn 4.2 percent.

North Western Zone represented by Sokoto State had a population of food consumed in the Household as Rice (Agric) 18.2 percent, Maize 11.4 percent, Beans 9.7 percent, Beef 9.5 percent, Guinea Corn 9.4 percent, Millet 9.0 percent, Tomatoes 8.2 percent and Yam Tuber 5.0 percent. The determination of consumption pattern is a key indicator to food security in Nigeria and a major source of knowing which agricultural inputs that will be provided by the Federal Government.

CONSUMPTION PATTERN BY AMOUNT SPENT ON SPECIFIC FOOD AND NON-FOOD ITEMS
We had in the earlier chapters presented the consumption pattern using the ten broad consumption of foods and Non-food respectively. The percentage value of each of the classification were reported upon in all the States of the federation including the Federal Capital Territory (Abuja).

Another dimension to this report, which should meet the need of the citizenry, is the amount households in each states spent on each specific food item. The report considered the breakdown of all the specific food items in cereals, flour, starchy food, processed food, cooking oil, fruits, protein, vegetables, cooked food, and food supplements.

However the breakdown of all the specific food items in clothing and Footwear, Rent, Fuel/Light, Household Goods, Health Expenditure, Transportation, Education Expenditure, Entertainment, Drinks and other Services are equally reported using the states of the federation as the domain for reporting. The report is finally garnished with charts as another way of making the report reader friendly.
SURVEY METHODOLOGY

Objectives of the Survey

The Nigeria Living Standard Survey was part of the efforts of the Federal Government to provide statistical information on the eradication of worrisome problems of poverty in the country. The survey was designed to collect information needed to identify and classify target groups and provide basic welfare indicators for monitoring poverty alleviation programmes. The specific objectives are:

- Provide valid and reliable data for the development of effective intervention and provision of important tools for designing, implementing and monitoring of economic growth and poverty reduction.

- Generate qualitative and quantitative data on poverty and welfare situations at the Federal and sub-national (State) levels.

- Collect baseline information on the character and nature of poverty for monitoring and evaluating impact of poverty reduction programmes.

- Identify priority indicators of living standards for the households and households members.

- Establish a data base on poverty monitoring system that will be updated on continuous basis through establishment of poverty survey systems, that include the core welfare indicator questionnaire and multiple indicator cluster surveys.

- Provide a comprehensive analysis for identification and targeting of the poor by different localities.

- Present and disseminate National Poverty Report, giving the highlights of statistical findings and results of in-depth analysis, thereby enhancing the knowledge and understanding required to promote a sustainable campaign against poverty at the National and State levels.

- Produce poverty statistics time-series data that will facilitate the assessment of impact and effectiveness of policies and actions on poverty eradication and the formulation of new improved policies and schemes.

- Give in-depth enquiry into the structure and distribution of incomes and expenditures of Nigerian households.

- Provide comprehensive benchmark data on workers' compensation and conditions of work of the country’s Labour Force.
Coverage and Scope

Coverage
The survey covered the urban and rural areas of all the 36 States of the Federation and the Federal Capital Territory. Ten Enumeration Areas (EAs) were studied in each of the States every month while 5 EAs were covered in Abuja.

Scope
To achieve the above stated objectives, in-depth data were collected on the following key elements: demographic characteristics, educational skill and training, employment and time use, housing and housing conditions, social capital, agriculture, income consumption expenditure and non-farm enterprise.

Survey Instruments
The questionnaire development was a joint effort of the National Bureau of Statistics, the World Bank and National Planning Commission. After series of meeting and two consultative workshops, seven survey instruments were developed: Questionnaire Part A: Household Questionnaire; Questionnaire Part B: Household Consumption Questionnaire: Prices Questionnaire and Household Diary Record Book. Two Survey manuals were also developed, namely, the interviewer’s and supervisor’s manuals. Occupation and Industry Code Booklets were also developed.

The Pilot Test
The survey instruments were subjected to several stages of review, development and pilot test.

The main objectives of the pilot test were:
(i) Ascertain the quality, adequacy and usability of the survey instruments.
(ii) Use the findings of the pilot test to fine-tune the survey instruments.
(iii) Cross-check the adequacy of field arrangements and logistics.

The pilot test covered three States, namely, Kano, Kwara and Lagos representing the Northern, Central and Southern parts of Nigeria respectively. Ten housing units were pilot tested in each of the States covering urban and rural areas.

Sample Design And Implementation

Sample Design
The NLSS was designated to give estimates at National, Zonal and State levels. The first stage was a cluster of housing units called Enumeration Area (EA), while the second stage was the housing unit.
Sample Size
One hundred and twenty EAs were selected and sensitized in each State, while sixty were selected in the Federal Capital Territory. Ten EAs with five housing units were studied per month. This meant that fifty housing units were canvassed per month in each State and twenty-five in Abuja.

Training
Three levels of training were organized, namely Headquarters Training of Trainers (TOT), Zonal level training and State level training.

Headquarters Training of Trainers (TOT)
The first level of training at the headquarter consisted of three categories of officers, namely, the trainers at the zonal level, fieldwork monitoring officers and data processing officers who were crucial to the successful implementation of the survey. The intensive and extensive training lasted for five days.

Zonal Level Training
The training took place in the six zonal FOS (now NBS) offices representing the six geo-political zones of the country. These are Ibadan (South West), Enugu (South East), Calabar (South South), Jos (North Central), Maiduguri (North East) and Kaduna (North West).

The composition of the team from each State to the six different zones were the State officer, one scrutiny officer and two field officers, making four persons per state. Two resource persons from the headquarters did the training with the zonal controllers participating and contributing during the five-day regimented and intensive training.

State Level Training
The third level training was at the State level. A total of 40 officers were trained, comprising 20 enumerators, 10 editing staff and 10 supervisors. The State Statistical Agencies, as a matter of policy, contributed 5-10 enumerators. The ten-day exercise was also regimented, intensive and extensive because the enumerators were also crucial for effective implementation of data collection.

Data Collection for Main Survey

Data Collection
The NBS permanent field staff who were resident in the enumeration areas were responsible for data collection during the survey. These interviewers conducted interviews with the households. There were seven interviewer visits to each selected household at a minimum of four-day interval in a cycle of 30 days. A diary of daily consumption and expenditure was used to support the interviews.
Composition of the Team for data Collection
Every State had 20 roving teams, while FCT, Abuja operated with 10 teams. A team was made up of one supervisor and one enumerator. The teams were structured into two groups, which worked alternatively each month to cover the selected EA.

Supervision and Quality Control
A number of measures were put in place to ensure that the NLSS data were of good and acceptable quality. For instance, a supervisor was attached to each team to observe interviews and confirm the pre-selected households. He was to verify and edit completed questionnaires. The State officers and zonal controllers conducted regular monitoring visits to the EAs. Headquarters monitoring groups also visited states on quarterly basis, for on-the-spot assessment of the quality of work. An independent firm was engaged to monitor the fieldwork in the States from the commencement to the end of the survey.

A World Bank Mission team from Washington also took part in the monitoring exercise.

Retrieval
Completed Questionnaires were sent to zonal offices from the States for onward transmission to the NBS headquarters for data extraction and data processing. The retrieval of records was done on a monthly basis.

Preparation for Data Entry and Data Analysis

Training for Manual Editing Staff
The then Federal Office of Statistics organized training for the Questionnaire Editors. Forty experienced officers were trained.

Training for Data Entry
Thirty officers were trained on computer data entry and editing.

Data Analysis Preparation
The then FOS worked with the World Bank Mission to undertake system development for data analysis. This involved data dictionary development, data entry procedure and data editing.
Computer Edits

There were five levels of computer edits before analysis took place. This was critical to ensuring the quality and acceptability of the data.

Level 1: Control Edits: These were to ensure the sample integrity. The total households captured must match with master sample list.

Level 2: Inter-Questionnaire Structure: These were required in order to compute the Standard of Living (SOL), quintile distribute or compute per capita value. Mismatches and duplicates were reconciled.

Level 3: Intra-Questionnaire: This was required for sectoral analysis. Information from the roster (age and sex) was matched with respective sections in the questionnaire. Since the household roster was the primary source for computing the universe of subsequent sections, these had to be consistent. Mismatches and duplicates of household members’ identification were rectified.

Level 4: Edits: These checks monitor the intra-record consistency. It was important that logical responses and skip patterns were followed.

Level 5: General Edits: This checked for outliers and corrections were made through static or dynamic imputation.

Data Analysis

The Staff of Computer Management and Information Services (CMIS) of the NBS carried out the data entry of the edited questionnaire and ran programmes to further detect inconsistencies and other related errors as part of the final editing. Tables were then generated from the analysis.

Also at the request of the then Federal Office of Statistics, under the British Council Economic Management Capability Building (EMCAP) project, a DFID Consultant came to Nigeria to provide technical assistance in the evaluation of dataset.

The consultancy covered the following areas: Computer Edits, Tabulations and Capacity Building. Generally, IMPS was used for data entry, IMPS and CSPro for data editing and SPSS for data analysis and tabulations.
This study has revealed expenditure pattern of Nigeria, indicating that about three quarters (64.3 percent) of Nigerian households spend their incomes for the provision of their family food and 35.7 percent on non-food items.

The study also shows that many Nigerian households have spent larger proportion of their income in providing food richer in protein (14.9 percent) for their families. Other areas where substantial family incomes are spent are on cereals (14.1 percent), starchy food (9.3 percent), processed food (9.5 percent) and vegetable (6.5 percent).

On Non-food items emphasis has been largely on clothing and Footwear (7.7 percent), Household goods (7.6 percent), Fuel\Light (6.5 percent) and Transport (4.1 percent).

Fig.1.0: HOUSEHOLD EXPENDITURE BY TYPE OF COMMODITY: NATIONAL (NAIRA)
HOUSEHOLD EXPENDITURE BY TYPE OF COMMODITY: URBAN AND RURAL

The Urban and Rural household expenditures distribution pattern shows a lot of disparity in food and Non-food commodities. The component part of food shows 57.6 percent in urban areas while non food recorded 42.4 percent. In Rural areas, food recorded the highest percentage with 67.0 percent and 33.0 percent in non food commodity. More income was spent on non food in urban areas than in rural areas.

In both Urban and Rural, protein food recorded the highest figures such as 13.9 percent and 15.3 percent respectively. This signified that more of income is being spent on protein food. Cereals came second in percentage with 12.2 percent in Urban and 14.8 percent in rural areas. There is no doubt about this because the demand for cereal is always at highest point.

Processed food also recorded 10.1 percent in Urban and 9.1 percent in rural areas. The food supplement recorded least in both Urban and Rural that is 0.8 percent and 0.6 percent respectively.

Clothing and Footwear recorded high figures in both Urban and Rural areas, representing, 8.0 percent and 7.5 percent respectively. Another notable area is in the field of fuel and light consumption. The Urban recorded 8.3 percent while Rural recorded 5.8 percent. Entertainment recorded 0.3 percent and 0.2 percent respectively in Urban and Rural areas.
Fig. 1.1a: HOUSEHOLD EXPENDITURE BY TYPE OF COMMODITY: URBAN AND RURAL (NAIRA).

**Percentage Expenditure of Household on Food Commodity by Sector**

- Cereals
- Flours
- Starchy Food
- Processed Food
- Cooking Oil
- Fruits
- Protein
- Vegetable
- Cooked Food
- Food Supplements

**Percentage**
- 0.00%
- 2.00%
- 4.00%
- 6.00%
- 8.00%
- 10.00%
- 12.00%
- 14.00%
- 16.00%
- 18.00%

% of Exp Urban
% of Exp Rural
CONSUMPTION PATTERN OF HOUSEHOLDS IN SOUTH EAST ZONE

EXPENDITURE BY COMMODITY TYPE IN ABIA STATE (NAIRA)

In table 2.0, the household expenditures are divided into food and non-food items. The need for this survey arises because we want to know how the households in Nigeria spend their earnings among the various needs or competing alternative necessities. It is also to understand how the households distribute their spending activities among the competing needs. This type of survey tells us the distribution of spending pattern of the households in Nigeria and shows weights which the households attach to various expenditure items of the households.

The table also shows that consumption expenditure on food takes almost 2/3 of the total household expenditure, representing 66.3 percent of the entire expenditure. This confirms the assertion that in most developing countries, about 2/3 of the
people’s expenditures goes to food items. However, the percentage shares of the expenditure on non-food is 33.7 percent of the total expenditure.

A closer look at the table reveals that the larger component of the expenditure profile (food consumption) has been divided into subgroups and headings. This first division is cereals, and shows the amount that the households in Abia State spend on grain – maize, rice, millet etc. We can see that as much as a 7.8 percent of the entire expenditure of households goes into the consumption of grains in the survey. This implies that an average Abia household spends a reasonable large amount on cereals since this is a staple food item in Nigeria.

Next on the list is the food item related to flour which consumes about 0.4 percent of the household income. In similar way, several other food items have their individual percentage share in the total expenditure. It is necessary at this point to say that starchy food items (tuberous food) control as much as 9.6 percent, which implies that the households allot a large share of their expenditure plans to tuberous food items? The processed food items have a share of 13.3 percent of the entire expenditure, meaning that the households allocate more of their expenditure plans to processed and semi processed food than the tuberous food. Surprisingly, protein food items control about 18.9 percent of the total expenditure. This has the largest share in the expenditure pattern of the sampled households in the State. The implication is that people of Abia State have changed their attitude towards their eating habits – people no longer spend much of their income on starchy food. This represents a very welcome development in the eating pattern of the rural householders.

For the non-food items, dresses usually take about 4.6 percent of the household expenditure every month. Rent, for example, takes about 0.3 percent of their monthly allocation to rent and the economic implication is that an average household in Abia State is living in his house. In other words, rent takes a very small portion of their overall expenditure. Transport and Other Services take way 4.2 percent and 4.7 percent, respectively. Expenditure on Health and Education have their respective shares as 2.8 percent and 3.5 percent, and shows that these two items high in the households’ expenditure plans. (Table 4.0)
Fig. 2.0a: EXPENDITURE BY COMMODITY TYPE IN ABIA STATE (NAIRA).
Fig. 2.0b: EXPENDITURE BY COMMODITY TYPE IN ABIA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN ANAMBRA STATE

A closer look at table 2.1 shows that the data for Anambra State is somewhat different from what we have in Abia State. The data reveals that about 56.2 percent of the total expenditure is devoted to food consumption with about 43.8 percent left for the non-food items. It still confirms the assertion that most underdeveloped nations’ bulk of expenditures are on food. From this table we see that cereals controls about 9.5 percent of the total expenditure of households in the State as against what we have in Abia (7.8 percent). The category of cooked food shows a low share of the expenditure: it controls about 0.7 percent of the entire expenditure in the State. The implication is that the households in Anambra State hardly spend money on already prepared food; rather they prefer to prepare their own food. Starchy food items take about 11.8 percent of the entire expenditure, a very large value. Vegetable is another category that appears very important in the expenditure pattern of households in Anambra State. Vegetable has a share of 7.2 percent of the total household expenditure in the State. This also shows an improvement in the pattern of feeding: people now tend to spend their income more on vegetable than on starchy food, an improvement similar to that obtained in Abia State.

Another important item in the expenditure programme of the households in Anambra State is protein foods, which takes about 12.8 percent of their total expenditure. It shows that more proteinous food is purchased in the State than starchy food and reveals that people are aware of the need to consume more body building food than energy giving food. Fruits and food supplements have their respective shares as 0.9 percent and 0.2 percent.

As said earlier, the non-food expenditure is 43.8 percent of the entire household expenditures. In this category, dress takes about 5.3 percent of the total spending whereas rent takes away about 0.5 percent of the entire spending, implying that rent is not taking a large proportion of the household spending. Health and Education expenditure control about 4.7 percent and 3.4 percent respectively of the household spending. Expenditure on energy and other sources of fuel takes as much as 7.5 percent of the spending of households in the State. This represents a large expenditure for a household, consuming such a large amount on fuel and light. Household expenditures on transport and services have their respective shares as
3.9 percent and 5.9 percent. It then means that transport and service–oriented activities thrive very well in the State since it controls more than any other non-food expenditure.

Fig. 2.1a: EXPENDITURE BY COMMODITY TYPE IN ANAMBRA STATE (NAIRA).

Fig. 2.1b: EXPENDITURE BY COMMODITY TYPE IN ABIA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN EBONYI STATE

Ebonyi State displays a somewhat unique distribution in its expenditure pattern. It shows that expenditure on food has 71.9 percent of the total expenditure, leaving 28.1 percent for non-food. This means that almost ¾ of the total expenditure of households in Ebonyi State is spent on food, thus reaffirming the assertion that developing countries have such feature in their consumption behaviour. The households in the State spend as much as 8.4 percent on cereals (millet, maize, and rice). In most families, this serves staple food, and most families eat this. The expenditure of households on starchy food items deserves some comment. The monthly allocation that goes to the tubers is about 25.1 percent of the total household expenditures. The implication is that most households eat these food items more than other types; in other words, they consume more of starchy foods than any other type. This is an extremely large value in relation to other commodities consumed by the households.

Another category of commodities that has a large percentage share of the household allocation is in the processed food items. The households spend about 11.18 percent of their monthly allocation on these food items. Following this category is proteinous food with the average of 12.1 percent of the total expenditure. Vegetables and food supplements have their respective shares as 5.6 percent and 0.2 percent, an indication that the households spend reasonable proportions of their incomes on these food items. Different other categories of food items carry commensurate percentage value of monthly allocation as could be seen in the table.

A close look at the non-food consumption expenditure reveals that only 28.1 percent of the total household expenditures are devoted to it. Households’ allocation to clothing and foot wear is about 6.9 percent. Expenditure on rent shows a very low value of 0.1 percent of the expenditure. The implication of this is that only a small proportion of the household income goes to rents; in other words, most live in their own houses. Other categories that gulp the household income include household goods and Transport systems, with respective percentages as 2.9 and 7.5. Other items could be read from the table.(Table 4.2).
Fig. 2.2a: EXPENDITURE BY COMMODITY TYPE IN EBONYI STATE (NAIRA).

Fig. 2.2b: EXPENDITURE BY COMMODITY TYPE IN EBONYI STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN ENUGU STATE

The expenditure pattern of households in Enugu State has better distribution than other States discussed above. This is because the values of the percentages are very close to one another. Meanwhile, the food commodities has about 68.4 percent of the entire household expenditures. Cereals usually takes a proportion of about 8.4 percent of the household expenditures and portrays that the consumers spend much money also on this category of food items. The group called tubers (starchy food) has the largest share of the household consumption spending; it controls as much as 19.5 percent of the monthly budget of the households. An interpretation is that most people spend more of their income on these types of food and shows that they consume lot starchy food items, which could also be determined by the nature of the works undertaken by these households.

As mentioned earlier, the data for this state is not in any way skewed to any side; rather the data from the state do not have sharp volatility judging from the distribution of the percentages. From the table, the group of food items called Processed, the percentage is 9.7 percent, somewhat large explaining that the households spend a reasonable portion on this category. We can infer then that households no longer have their expenditure targets and plans skewed narrowly towards the starchy food items but still distribute their expenditure plans to other food items. Fruits take just as little as 2.9 percent of the household incomes. Proteins and vegetable are very important in the expenditure profile of households in Enugu State. This is because protein takes as much as 14.0 percent of the households’ expenditures, which reveal that the consumers understand the necessity of consuming body-building foods. Vegetables, on its part, take a large proportion of the consumers’ income because the households spend about 6.2 percent of their income.

Other non-food items consume about 31.6 percent of the total household monthly expenditures. In some of the items in the non-food items, the distribution is not as those in the food section, although we still had the distribution evenly done. Dress and foot wear take their portions in the expenditure profile of the households as 7.8. This is surprising because these items have the highest values in relation to other items in the non-food component. Rent takes only about 0.2 percent of the household expenditure, implying that rent does not have much significant impact on the household spending. Health (and related matters) and Education take also about...
3.0 percent and 4.0 percent respectively, of the consumers’ expenditure. Transport and Other Services have their percentage shares in the expenditure profiles as 1.7 percent and 2.2 percent respectively, implying that these items take away a large chunk of their expenditures.

**Fig. 2.3a: EXPENDITURE BY COMMODITY TYPE IN ENUGU STATE (NAIRA).**

![Bar chart showing total expenditure on food commodities in Enugu State.](chart1)

**Fig. 2.3b: EXPENDITURE BY COMMODITY TYPE IN ENUGU STATE (NAIRA).**

![Bar chart showing total expenditure on non-food commodities in Enugu State.](chart2)
EXPENDITURE BY COMMODITY TYPE IN IMO STATE

The expenditure program for the State is as usual divided into food and non-food groups. The food has to be procured and all the expenditures made by different people who consume the goods. The category has a total share of 69.3 percent of the entire consumption expenditure leaving out the remaining 30.7 percent for non-food items. In the food commodity category, we see that about 8.3 percent of the total consumption expenditure goes to the category of cereals. This shows that a large chunk of the household expenditures goes into the purchase of grains. The share of flour in the expenditure profile is 1.6 percent and shows a somewhat large portion. Tuber crops (Starchy food) take about 13.1 percent of the households’ entire spending pattern and this shows that this category has a larger share than any other category. This implies that the households spend a very large portion of their income on this category.

This State exhibits a peculiar feature in that unlike other States, proteinous food items have the largest share in the household budget plan every month. It shows that the food items in this category take away about 18.6 percent of the entire expenditure plans by the households. This revelation presents an argument that although the household expenditure plans skew towards the food, it highlights that such expenditures have their bulk rooted in proteinous food items and the understanding by the households that body-building food items are necessary. Also following behind is the share of processed food items. This group of processed items controls about 12.9 percent of the total household expenditures in Imo State. The data for this State further tells us that people’s attitude towards their feeding habits has continued to change. Thus, people no longer spend almost all their income on starchy food items; rather they have learnt to spend more on other components of food items.

In the area of non-food items, the data for Imo State shows that there exists almost an equal distribution of their expenditure plans over various items. A total 30.7 percent is spent on non-food items. Energy and power take as much as 3.9 percent of the total household expenditures and this is relatively high when compared with other non-food items. Health and its related activities have a share of 5.4 percent, a large portion of their expenditure. Education also takes a large chunk of households’ expenditure as it gulps 4.4 percent. Other areas that take a large chunk of the household non-food expenditure include transport and Services-related areas which
have their respective percentages as 2.7 percent and 4.1 percent. It implies that these two components of non-food expenditure take bulk of the households' expenditure. (Table 4.4).

Fig. 2.4a: EXPENDITURE BY COMMODITY TYPE IN IMO STATE (NAIRA).
In conclusion, the data have thus shown us that most theories about both the developed and the developing countries are true in real life situation. This is evident from the ways the consumption data for the States in the South East behave. We can use the data to support the theory that most of the expenditure plans look similar with very little variations. The data represent actual behaviour of the typical households and could be used for policy formulations. We have been able to establish that the households in the South East spend at least 2/3 of their income on food monthly. However, the categorization of these food items for the component States has been done for the respective States and places.

The essence of this type of effort is to provide Nigerians with accurate and reliable data bank for use. In the previous periods, we had data which could hardly show the actual behaviour of the people in the society. But with the reforms going on in many areas, it is our belief that we will henceforth have accurate and reliable data bank.
CONSUMPTION PATTERN OF HOUSEHOLDS IN SOUTH WEST ZONE

EXPENDITURE BY COMMODITY TYPE IN EKITI STATE.
Table 3.0 shows percentage distribution of household expenditure pattern in Ekiti State. These items that form consumption\ expenditure pattern are divided into food and non-food items of which food items constituted 64.2 percent of all sampled household expenditures, while non-food constituted 35.8 percent.

Among food items, expenditure on protein has the highest percentage (14.7 percent). Starchy food and cereals followed closely with 13.5 percent and 10.9 percent respectively.

For non-food expenditures, Fuel\Light has the highest percentage (6.8 percent), while clothing and footwear are next with 6.4 percent. Education expenditure however came third with 6.1 percent.

The study also reveals that some food items are highly demanded for than the others, as expenditures on cooked food and food supplements have the least percentage (0.7 percent and 0.3 percent) respectively. Also, under non-food items, Rents and Entertainment expenditures recorded the least percentage (0.5 percent and 0.2 percent) respectively.

From all indications, very few households probably pay rents in the state; this could imply that they live in their own houses. (Table 3.0)
Fig. 3.0a: EXPENDITURE BY COMMODITY TYPE IN EKITI STATE (NAIRA).

Fig. 3.0b: EXPENDITURE BY COMMODITY TYPE IN EKITI STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN LAGOS STATE

The household monthly expenditures in Lagos State indicates that 61.8 percent of the household expenditures are on food items consumed in the household, while non-food item constitutes 38.2 percent of all expenses made in the households.

For expenditures incurred on food consumption, the study shows that many households in Lagos State spend larger percentage of their household incomes on processed food (14.8 percent). While expenditures on protein related foods, starchy food and flours are equally high, representing 12.2 percent, 10.8 percent and 7.5 percent respectively. The study also shows that Lagosians spend less income on Fruits and food supplements which are 1.0 percent and 0.5 percent respectively.

On Non-food items, expenditures made on other services (such as repair to cloth, repair to footwear, postal charges, financial services etc.) account for 10.7 percent of all monthly expenditures in the state. With the peculiar transport difficulty of Lagos environment, Lagosians are also spending a larger part of their incomes on transport, representing 5.4 percent.

In addition, Fuel\Light and Household goods are other areas where Lagosians spend much of their household income as both reflected high percentages 4.9 percent and 4.2 percent respectively. The study also shows that Lagosians too spend less on Entertainment (0.9 percent) and Drinks (1.1 percent) in their monthly expenditure profile.
Fig. 3.1a: EXPENDITURE BY COMMODITY TYPE IN LAGOS STATE (NAIRA).

Fig. 3.1b: EXPENDITURE BY COMMODITY TYPE IN LAGOS STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN OGUN STATE

The expenditure pattern of Ogun State is not different from what we have noted or observed in some of the South Western States. As rightly expected, monthly expenditures on food items consumed by households take the lion share of the household incomes with 58.8 percent while 41.3 percent were committed to non-food expenses. Percentage of each food item consumed in the households reveals that protein related food is the most popular purchased food item which has the highest percentage (18.5 percent).

In addition, processed food is also another remarkable item which takes much of the household incomes and it ranked second with 11.1 percent. Other notable food items that people usually spend much of their incomes upon are cereals (7.9 percent) and vegetables (7.5 percent).

But, there are food items that are not highly demanded or consumed in the state. These include food supplement (0.8 percent), cooked food (i.e. those prepared outside homes) (1.5 percent), and fruits (0.9 percent).

Considering the non-food items, four items are highly demanded which are expenditures on fuel\light (7.8 percent), Clothing and footwear (6.7 percent), transport (6.6 percent) and education (4.7 percent). In fact these are basic things of life, which people should wisely utilize their income upon.

However, there are some expenses that do not take much of the household incomes; these include Rents (0.9 percent), Entertainment (0.3 percent) and Drinks (1.6 percent). (Table 3.2).
Fig. 3.2a: EXPENDITURE BY COMMODITY TYPE IN Ogun State (NAIRA).
In Ondo State, 56.8 percent of the household monthly expenditure was on food items while 43.21 percent were spent on non-foods.

Among food items that households consumed in the state is Protein food which has the highest percentage of 17.5 percent. Starchy food and processed food came closely with 10.5 percent and 8.8 percent respectively. Other food items that take much of the household incomes include cereals (7.7 percent) and Vegetable (6.1 percent). However, the least purchased food items are likely to be cooked food (0.2 percent), Fruits (0.6 percent) and food supplement (0.3 percent).

For Non-Food items, clothing and footwear has the highest percentage (14.9 percent). Many households in the state also spend much of their household incomes on Health (8.6 percent) and Fuel/Light (5.7 percent), leaving 3.7 percent and 1.7 percent to Transport and Education respectively. While the least items that people spend their incomes are still Rents (0.5 percent), Drinks (0.7 percent) and Entertainment (0.1 percent) respectively.
Fig. 3.3a: EXPENDITURE BY COMMODITY TYPE IN ONDO STATE (NAIRA).

Fig. 3.3b: EXPENDITURE BY COMMODITY TYPE IN ONDO STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN OSUN STATE

The expenditure pattern of Osun State shows that there is no much difference between expenditures on food items and non-food commodities, since 54.1 percent of household monthly incomes were spent on food items while non-food items had 45.9 percent.

A breakdown of food expenses shows that processed food has the highest percentage (12.5 percent). Protein, Cereals and Starchy food followed closely with 10.8 percent, 9.4 percent and 5.5 percent respectively.

For non-food items, analysis shows that many households spend largely their incomes on clothing and footwear than they do with food items consumed in their homes, as this represented 15.9 percent of all households’ expenditures. Health, fuel\Light and Household goods are other remarkable areas where household expenditure have been high representing 9.2 percent, 6.1 percent and 3.9 percent of all expenses incurred in the households in Osun State.
Fig. 3.4a: EXPENDITURE BY COMMODITY TYPE IN OSUN STATE (NAIRA).

Fig. 3.4b: EXPENDITURE BY COMMODITY TYPE IN OSUN STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN OYO STATE.

In Oyo State, the household consumption pattern is classified into food and non-food commodities. The totality of the household expenditure shows that food commodity constituted 64.7 percent of all expenditures made in all sampled households while 36.3 percent were spent on non-food items.

A further breakdown of food expenditure indicates that many households spend their income on processed food (13.9 percent), Protein food (13.7 percent) and Flours (9.4 percent).

On the other hand, very little incomes are spent on items like food supplements (1.0 percent), Fruits (1.2 percent), cooked food (2.7 percent) and cooking oil (3.8 percent).

The percentage distribution of non-food items clearly shows that Oyo households spend heavily on Fuel\Light (7.8 percent), Transport (5.9 percent), Household goods (5.1 percent) and clothing and footwear (5.0 percent).

However, they seem to spend very little of their incomes on items such as Drinks (0.9 percent), Entertainment (0.9 percent), Health expenditure (1.6 percent) and Rent (1.2 percent) respectively.
Fig. 3.5a: EXPENDITURE BY COMMODITY TYPE IN OYO STATE (NAIRA).

Fig. 3.5b: EXPENDITURE BY COMMODITY TYPE IN OYO STATE (NAIRA).
CONSUMPTION PATTERN OF HOUSEHOLDS IN SOUTH-SOUTH ZONE

EXPENDITURE BY COMMODITY TYPE IN AKWA-IBOM STATE

The consumption pattern in Akwa Ibom shows that the most popular food commodities are starchy food, vegetable, cooking oil and flour. However, the household monthly expenditures of these food items. For instance, starchy food had a share of (11.9 percent) as well as cooking oil (15.4 percent).

In terms of non-food, the study also shows that the major items required by consumers are clothing/foot wear (5.1 percent) and household goods (5.3 percent). Educational and fuel/light also had a fair share of 9.1 and 5.7 percent respectively.

Fig. 4.0a: EXPENDITURE BY COMMODITY TYPE IN AKWA IBOM STATE (NAIRA).
Fig. 4.0b: EXPENDITURE BY COMMODITY TYPE IN AKWA IBOM STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN BAYELSA STATE

The study shows that in Bayelsa, the most popular food commodities are starchy food, cooking oil and vegetable. The study also shows that the major share of household income goes to cooking oil (25 percent) while 10 percent of the household income is spent on starchy food. However, processed food, cooked food and food supplement are the commodities that are less consumed in the state, representing, 0.1 percent, 0.2 percent, 0.6 percent respectively.

In term of non-food commodity, as high as 10 percent of household income was spent on clothing/footwear while 7 percent of household income was spent on household goods.

Fig. 4.1a: EXPENDITURE BY COMMODITY TYPE IN BAYELSA STATE (NAIRA).
Fig. 4.1b: EXPENDITURE BY COMMODITY TYPE IN BAYELSA STATE (NAIRA).

Total Expenditure on Non-Food Commodity Bayelsa

- Clothing and Footwear
- Rents
- Fuel/Light
- Household Goods
- Health Expenditure
- Transport
- Education Expenditure
- Entertainment
- Drinks
- Other Services

Non-Food Commodity

Expenditure
EXPENDITURE BY COMMODITY TYPE IN CROSS RIVERS STATE

Table 4.2 shows the consumption pattern of food commodities in the state. The study shows that the major food consumed in the state are starchy food, cooking oil, flour and vegetable oil. The expenditure on these food items shows that households spent more income on flour (18.6 percent). This closely followed by cooking oil (14.6 percent), and starchy food (11.6 percent). However, the less consumed food commodities are food supplement and cooked food which shared 1 percent of the household monthly expenditures.

In terms of non-food commodities, the result shows that households spent more on clothing/footwear (5.2 percent) and household goods (6.4 percent). Furthermore, the expenditure on household goods was slightly higher than that of the clothing/footwear.

Fig. 4.2a: EXPENDITURE BY COMMODITY TYPE IN CROSS RIVER STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN DELTA STATE

Table 4.3 presents the expenditure and consumption pattern of commodities in Delta State. The expenditure pattern shows that the household major income was spent on cooking oil (25 percent), starchy food (14 percent) and flour (12 percent).

In terms of non-food commodities, the table shows that household goods (5 percent) and fuel/light (7 percent) are major expenditures of the households in the state.
Fig. 4.3a: EXPENDITURE BY COMMODITY TYPE IN DELTA STATE (NAIRA).

Fig. 4.3b: EXPENDITURE BY COMMODITY TYPE IN DELTA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN EDO STATE

The expenditure pattern on food and non-food items in Edo state are presented in Table 4.4. The table shows that the major food consumed in the state are cereals, starchy food, cooking oil and vegetable. The analysis shows that households spent more on cooking oil (14.4 percent), starchy food and flour (10.1 percent each). The major expenditure of household on non-food commodities are transport (10.6 percent) and household goods (8.6 percent). This indicates that this is at variance from expenditure patterns of most other states in the country.

Fig.4.4a: EXPENDITURE BY COMMODITY TYPE IN EDO STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN RIVERS STATE

Table 4.5 presents the expenditure pattern on food and non-food commodities in Rivers State. The table shows that in terms of food commodities, cooking oil, starchy food and vegetables were the more popular food commodities in the state. The table also shows that the unpopular food commodities are processed food and food supplement. However, in terms of expenditure, the table shows that cooking oil occupied about 22 percent of household income. This is followed closely by expenditure on starchy food (13 percent), while flour is the item that scored third, consuming about 11 percent of household income. Expenditure on processed food and food supplement were insignificant.

In terms of non-food expenditure, the table shows that household goods, fuel/light and transport consumed about 8 percent, 7 percent and 6 percent respectively. Foot wears/clothing occupied about 4 percent of the household income.

In conclusion, therefore, the analysis shows that food constitute major household budget. This has implication on the proposed food policy programme of the government. The government should be able to note the difference in consumption...
and expenditure behaviour of different states and proposed a formidable policy that will enhance food security of the households in Nigeria.

Fig. 4.5a: EXPENDITURE BY COMMODITY TYPE IN RIVERS STATE (NAIRA).

Fig. 4.5b: EXPENDITURE BY COMMODITY TYPE IN RIVERS STATE (NAIRA).
CONSUMPTION PATTERN OF HOUSEHOLDS IN NORTH CENTRAL ZONE

EXPENDITURE BY COMMODITY TYPE IN ABUJA
Table 5.0 shows the consumption pattern of food and non-food in Abuja. The table shows that starchy food, cooking oil and vegetables are mostly consumed commodity in the area. However, 14.5 percent of household income is spent on cereals, 10.8 percent on cooking oil and 10.2 percent on flour. Food supplement and cooked food which are less than 1 percent of household income are insignificant to household expenditure pattern.

In terms of non-food commodities, the result shows that household goods and clothing and foot wear are mostly consumed non-food items in Abuja. The pattern of consumption is slightly different from expenditure. For instance, clothing and foot wear, which is the second, mostly consumed goods is the major commodity where households expend their income in Abuja while transport, where the less number of household has household budget of approximately 8 percent. This is closely followed by fuel /light (7 percent), which is also less popular commodity as far as people in Abuja is concerned.

Fig. 5.0a: EXPENDITURE BY COMMODITY TYPE IN ABUJA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN BENUE

Table 5.1 shows that consumption pattern of people of the state differs in different types of food commodities. For instance, the most popular food commodities consumed by the people in the state are starchy food, cooking oil, vegetable and flour in that order. However, there is difference between the popularity of food and household expenditure allocation. The table shows that the highest budgeted food commodities in the state are flour (14.1 percent), cooking oil (13.1 percent), and cereals (7.7 percent) in that order. This indicates that consumption is strongly correlated with prices of the commodity especially in developing countries. It is worthy of note that starchy food which is the most popular food consumed by the people in Benue State, has less than 5 percent share of household income budget. Three things may be important in this analysis. First, it is probably as a result of poverty that constrained them to cheaper food. Secondly, it may be as a result of culture, which defines the importance attached to starchy food. Thirdly and more importantly, people from the state are engaged in energy sapping activities, which makes them require an immediate energy replacement. The food commodities that
are very unpopular in the area are food supplement and cooked food. These food commodities also attract least share of household budget.

In terms of non-food commodities as presented in the table, shows that mostly consumed food items in the area are clothing and footwear 17.4 percent and household general goods 8.9 percent. The pattern of household budget correlated with the mostly consumed non-food commodities. Surprisingly transport (0.5 percent) and entertainment (0.2 percent) received the least share of household income.

Fig. 5.1a: EXPENDITURE BY COMMODITY TYPE IN BENUE STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN KOGI STATE

Table 5.2 presents the consumption pattern of people from Kogi State. The table shows that flour and processed food are the major commodities household consume. The table is also able to establish that expenditure pattern of these commodities followed the same pattern of major food consumed in the area. Specifically, 23 percent of household income is spent on processed food while 20 percent of household income is spent on flour. Expenditure on starchy food and protein equally are significant as they represent 16 percent and 15 percent of household expenditure respectively. The implication of this is that availability and prices of these food commodities must be checked. Cooked food and fruits are least consumed food commodity in the area as they account less than 1 percent of household expenditure.

In terms of non-food commodities, the table shows that foot wear (3 percent) and household goods (2 percent) represent the area of relatively spending by the household. This suggests that clothing and foot wears and household good are the basic commodities required by household for survival.
Fig. 5.2a: EXPENDITURE BY COMMODITY TYPE IN KOGI STATE (NAIRA).

Fig. 5.2b: EXPENDITURE BY COMMODITY TYPE IN KOGI STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN KWARA STATE

In Kwara State, the major food commodities consumed by the people are flour (27 percent), processed food (22 percent) and starchy food (19 percent). This is represented in Table 5.3. These are mainly carbohydrate based food for energy. This supported in literature that food in developing countries are carbohydrate based for energy because of the nature of the work they participate, which is farming.

In terms of non-food commodities, the table shows that though the major items consumed by the respondents are clothing/footwear and rent, the household expenditure is more on rent and fuel/light.

Fig. 5.3a: EXPENDITURE BY COMMODITY TYPE IN KWARA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN NASARAWA STATE

The consumption pattern of people in Nasarawa State is presented in Table 5.4. The table shows that popular food consumed by the people are vegetable, cooking oil, starchy food and cereals. The table also shows that the major share of household income goes to cereals, flour and cooking oils in that order. This indicates that the cost of cereals is relatively higher than other food commodities. The fact that household expenditure on starchy food followed immediately shows that their food product is based on carbohydrate. However, for the fact that the major foods consumed and where the major household budget goes are carbohydrate, it is important to understand the implication of changes in the cost of these products.

In terms of non-food, the result shows that household goods and clothing and footwears are the major commodities that are preferred by the households. Specifically, 19 percent of household income goes to household goods while 13 percent of household incomes are spent on clothing and footwear. It is important to note that the percentage shares of household expenditure are differently distributed.
to food and non-food. Specifically, it is important to note that household spent more of their income on non-food commodities than food commodities.

Fig. 5.4a: EXPENDITURE BY COMMODITY TYPE IN NASARAWA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN NASARAWA STATE (NAIRA)

![Graph showing expenditure by commodity type in Nasarawa State](image)

EXPENDITURE BY COMMODITY TYPE IN NIGER STATE

Table 5.5 presents the food expenditure pattern of people in Niger State. The table revealed that starchy food, cooking oil, processed food and vegetable are the more popular food commodities consumed in the area. In terms of household expenditure pattern on these commodities, the table is able to establish that major household expenditure is on cereals (21 percent) and cooking oil (13 percent). This shows the importance attached to carbohydrate food based products.

However, in terms of non-food commodities, the table shows that household budget on transport is relatively high. The table shows that as high as 12 percent of household income is spent on transport while 9 percent and 6 percent of household income is spent on fuel/light and general goods respectively.
Fig. 5.5a: EXPENDITURE BY COMMODITY TYPE IN NIGER STATE (NAIRA).

Total Expenditure on Food Commodities in Niger State

Fig. 5.5b: EXPENDITURE BY COMMODITY TYPE IN NIGER STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Niger State
EXPENDITURE BY COMMODITY TYPE IN PLATEAU STATE

In Plateau State, consumption pattern of food commodity shows that the more popular food consumed by the people of that state are vegetable, starchy food, cooking oil and processed food. However, the expenditure pattern of household income differs from the popular food commodities. For instance, household spent 9 percent of their income on vegetable, which is the most popular food commodity in the area. Yet 20 percent and 14 percent of household income is spent on cereals and cooking oil respectively. The implication of this is that cost of cereals and cooking oil must be reasonably monitored in this area to ensure food security.

In terms of non-food commodities, clothing/footwear (6.0 percent), fuel/light (7.3 percent) and household goods (8.0 percent) maintained their lead in share of household expenditure.

**Fig. 5.6a: EXPENDITURE BY COMMODITY TYPE IN PLATEAU STATE (NAIRA).**
Fig. 5.6b: EXPENDITURE BY COMMODITY TYPE IN PLATEAU STATE (NAIRA).

CONSUMPTION PATTERN OF HOUSEHOLDS IN NORTH EAST ZONE

EXPENDITURE BY COMMODITY TYPE IN ADAMAWA STATE

Household expenditure on food commodity can be classified into ten major food items such as cereals, flours, Starchy food, Processed food, Cooking Oil, Fruits, Protein, Vegetable, Cooked food and Food Supplement.

The consumption pattern in Adamawa State reflects their desire for lighter food. The food supplement recorded the highest percentage of 65.1 percent. Cereals came second with 19.7 percent. Protein came next with a slight different of 16.1 percent.
Another observation from the table also shows that flour recorded the lowest percentage of 0.3 percent. This reflected that the demand for flour is low. There were substantial decreases in non-food commodity when compared with food commodity. The record shows that 9.1 percent was spent on clothing and footwear, followed by household goods with 8.2 percent. Entertainment recorded the lowest figures with 0.1 percent. It shows that expenditure on entertainment was not giving high priority. (Table 6.0).

Fig. 6.0a: EXPENDITURE BY COMMODITY TYPE IN ADAMAWA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN BAUCHI STATE

The consumption pattern in Bauchi State reflected the desire for cereals as their most staple food. Cereals which comprise Rice, Maize, Millet and Guinea Corn recorded the highest of 17.3 percent. This was followed by cooked food which recorded 12.2 percent. The cooked food includes Rice, Amala, Fufu and Pounded Yam. Fruits also witness 9.8 percent which constitutes mangoes, pineapple juices and Fruit canned. The lowest of all is food supplement which recorded 0.7 percent.

Non-food commodity recorded substantial increase in household goods. The expenditure pattern on household goods shows 19.7 percent increase over others. It was followed by clothing and footwear with 6.7 percent. The least one was 0.6 percent from Health expenditure.
Fig. 6.1a: EXPENDITURE BY COMMODITY TYPE IN BAUCHI STATE (NAIRA).

Total Expenditure on Food Commodities in Bauchi State

Fig. 6.1b: EXPENDITURE BY COMMODITY TYPE IN BAUCHI STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Bauchi State
EXPENDITURE BY COMMODITY TYPE IN BORNO STATE.

From table 6.2 generated, it was indicated that cereals recorded the highest percentage of 17.6 percent. It was followed by Protein (15.4 percent) which is another staple food for the people, and, the cooked food (0.6 percent) which was the least figure.

On Non-Food, Borno state spent a lot on clothing and footwear which recorded 11.8 percent. It was followed by fuel and light which recorded 9.2 percent. The least among them was entertainment which recorded 0.1 percent.

Fig. 6.2a: EXPENDITURE BY COMMODITY TYPE IN BORNO STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN BORNO STATE (NAIRA).

The consumption pattern in Gombe State from table 6.3 shows that food items recorded 71.3 percent and non-food recorded 28.7 percent. This confirms that household expenditure goes to food items.

A closer look at the table reveals that cereals recorded the highest of 18.9 percent, followed by cooked food recorded by 14.7 percent, Protein 12.2 percent, vegetable 7.1 percent etc. This implies that the average households in Gombe State spend more on the cereals item such as Maize, Millet, Rice etc. and the least is the food supplement which recorded 0.9 percent.

For the non food items, household goods recorded the highest of 7.9 percent, followed by Fuel\Light recorded 6.7 percent, Clothing and footwear recorded 5.9 percent. The least were Entertainment 0.02 percent and Drinks 0.3 percent.
Fig. 6.3a: EXPENDITURE BY COMMODITY TYPE IN GOMBE STATE (NAIRA).

Total Expenditure on Food Commodities in Gombe State

- Cereals
- Flours
- Starchy Food
- Processed Food
- Cooking Oil
- Fruits
- Protein
- Vegetables
- Cooked Food
- Food Supplements
EXPERDITURE BY COMMODITY TYPE IN TARABA STATE

Table 6.4 shows percentage distribution pattern in Taraba State. Food commodity and non-food commodity are closely inter-related. One can recognize the steady contribution of protein which recorded the highest percentage of 15.7 percent followed by starchy food (11.9 percent) and cereals (10.9 percent). The least one is the food supplements which recorded 0.4 percent.

Non-Food commodities are close to each other in terms of percentage change. Health expenditure had the highest of 8.3 percent, followed by household goods with 7.8 percent, and fuel and light (6.2 percent). The least among the components is the entertainment with 0.1 percent.
Fig. 6.4a: EXPENDITURE BY COMMODITY TYPE IN TARABA STATE (NAIRA).

Total Expenditure on Food Commodities in Taraba State

Fig. 6.4b: EXPENDITURE BY COMMODITY TYPE IN TARABA STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Taraba State
EXPENDITURE BY COMMODITY TYPE IN YOBE STATE

In Yobe State, Cereals are the most patronized food which recorded 24.3 percent of the distribution. The next component is the protein food which recorded 15.7 percent. While the lowest figures came from the food supplement (1.1 percent).

Non-food commodity recorded substantial increase in clothing and footwear with the records of 8.1 percent. And the least 0.1 percent recorded by drinks.

**Fig. 6.5a: EXPENDITURE BY COMMODITY TYPE IN YOBE STATE (NAIRA).**
Fig. 6.5b: EXPENDITURE BY COMMODITY TYPE IN YOBE STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Yobe State

- Clothing and foot wear
- Household Goods
- Drinks

Total Expenditures

0 50,000 100,000 150,000 200,000 250,000 300,000

Clothing and foot wear
Household Goods
Drinks

Non-Food Commodities
CONSUMPTION PATTERN OF HOUSEHOLDS IN NORTH WEST ZONE

EXPENDITURE BY COMMODITY TYPE IN JIGAWA STATE

Jigawa State household consumption pattern is similar to the other States in that about 2/3 of the consumers’ expenditure plan goes to food. In this case, households spend 66.7 percent of their income on food leaving about 33.3 percent for non-food commodities. Under the food category, cereals take 25.5 percent of the total households’ expenditure in a month. This implies that cereals is the major food item in the State. Starchy food takes only about 1.6 percent of the total household expenditures and this removes only an insignificant portion of the households’ spending capacity. Processed food is another category that has a large share of the household expenditure. It takes as much as 14.8 percent of the entire household expenditure plan which is relatively large.

The households in the State also spend a huge proportion of their fortune on protein and vegetable, thus, showing an improvement in their feeding pattern. Their respective shares in the total household expenditures are 7.2 percent and 8.2 percent respectively. The implication is that most people have realized the necessity of eating body-building food. Fruits and food supplement have very low values in the household expenditure profile. Their percentages are 2.1 and 0.9 respectively, which are quite small but yet have a lot of impact on the welfare and health of the people.

The non-food commodities control about 33.3 percent of the entire household expenditure, which fuel/light has the highest share of 11.6 percent. It means that the householders spend reasonable amount of income in procuring sources of power, fuel, fire wood, etc. On the health sector, the households in this State spend only about 0.6 percent of the total expenditures and this means that a small portion of their fortunes in health care. Similarly, as small a proportion as 0.1 percent is spent on education and shows that the households spend almost an insignificant proportion of their income on education and health, two major sectors that lead to improvement and progress. The other items in the non-food category are shown in the table below.
Fig. 7.0a: EXPENDITURE BY COMMODITY TYPE IN JIGAWA STATE (NAIRA).

Total Expenditure on Food Commodities in Jigawa State

Food Commodities

Cereals
Flour
Starchy Food
Processed Food
Cooking Oil
Fruits
Protein
Vegetable
Cooked Food
Food Supplement

Fig. 7.0b: EXPENDITURE BY COMMODITY TYPE IN JIGAWA STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Jigawa State

Non-Food Commodities

Clothing and Footwear
Rents
Fuel/Light
Household Goods
Health Expenditure
Transport
Education Expenditure
Entertainment
Drinks
Other Services
EXPENDITURE BY COMMODITY TYPE IN KADUNA STATE

The consumption pattern in Kaduna State is similar to those of other States with expenditure on food as 65.6 percent of the total expenditure, leaving the non-food expenditure with 34.4 percent; Cereals had 20 percent of the total household expenditure. This means that 1/5 of the entire spending is on cereals, implying that for every ₦5.00 spent by the households in this State, ₦1.00 is spent on cereals. The commodity is really important. Next, starchy food had a share of 5.3 percent of the entire household expenditure. This is moderate since Nigerians cannot do without starchy food.

Processed food and vegetable had almost equal share in the household expenditure plans. Their respective shares in the total expenses are 9.2 percent and 9.1 percent, and clearly indicates that the pattern of expenditure in the State is not skewed to starchy food, rather we have a balanced expenditure plans by the households. Protein food also has a lion share of 12.8 percent of the entire household expenditures. In relative terms, it is next to cereals and is larger than any other items in the of household expenditure programmes. The households in this State spend very little about 1.0 percent on fruits. This is really very low for such an important item. With the household expenditure of 0.5 percent on cooked food shows that most household do not go to hotels and restaurants to eat, rather they do the cooking by themselves.

On non-food category, the largest share of household expenditure goes to fuel/light. Fuel and light takes as much as 8.2 percent of the total household expenditures. This shows that the household are spending heavily on power generation, fire wood, and from other sources. As rent shared 0.6 percent in the household expenditure, we can infer that rents do not take much of the household toll of expenditure. It could also be assumed that many people interviewed could be living in their own houses. The household sampled also spent 1.2 percent of their income on health. In the education sector, the household spent about 1.5 percent. Other areas that take much of the household expenditures are those on transport and other services which have their
respective shares as 3.9 percent and 3.9 percent respectively. It means that these households spend a large chunk of their wealth on these two items.

Fig. 7.1a: EXPENDITURE BY COMMODITY TYPE IN KADUNA STATE (NAIRA).

![Total Expenditure on Food Commodities in Kaduna State](image)

Fig. 7.1b: EXPENDITURE BY COMMODITY TYPE IN KADUNA STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN KANO STATE

The consumption pattern in Kano showed that food constituted 67.2 percent and that of non-food 32.8 percent. Cereals had 29.2 percent which implies that the households in Kano spend their income more on cereals than on any other food items. Starchy food had a share of 2.4 percent of the household expenditure. The study also shows that a large proportion of their income was spent on processed food items, representing 8.1 percent. Cooking oil had about 5.3 percent of the household expenditure.

Protein foods and vegetable have their respective shares of 10.1 percent and 9.6 percent. But the household in Kano State spend very little on fruits with as little proportion as 1.3 percent of their income.

On non-food category, its share on the total expenditure is 32.8 percent. Clothing/Footwear takes about 6.7 percent of the total household expenditures, it shows that the households spend a lot of their income on this. About 0.3 percent was spent on rent. Fuel/Light is another thing that takes a large part of the household expenditure. They
spend as much as 8.8 percent on fuel/light. The implication is that the households reduce the expenditure on other items and spend more on fuel and other sources of power.

Health and education take a very little portion of the expenditure with 1.0 percent and 0.7 percent respectively.

Fig. 7.2a: EXPENDITURE BY COMMODITY TYPE IN KANO STATE (NAIRA).
EXPENDITURE BY COMMODITY TYPE IN KATSINA STATE

The household expenditure pattern in Katsina State, like other States, is skewed towards food. The percentage share of food is 62.8 percent, leaving non-food with 37.2 percent. Cereals take 23.2 percent of the total household expenditure. Starchy food has only 2.9 percent of the entire household expenditures, thus revealing that this is not a dominant food item in the State. Cooking oil takes about 4.2 percent of the entire household expenditure; this reveals that this item takes some reasonable portion of the household income.

Other food items that dominate the household expenditure plan include processed food (8.9 percent), protein (10.5 percent), and fruits (8.0 percent), respectively. With these percentages, it means that the households no longer eat only starchy food most times but have varieties of food item to combine. The low share of cooked food and food supplement of 1.2 percent and 1.2 percent respectively, show that the householders spend very small portion of the income on cooked food. One may be
tempted to say that these households hardly buy cooked food; rather they cook their own food. They also spend a small portion of their income on food supplement.

The non-food expenditure has a share of 37.2 percent of the total expenditures of the households in Katsina State. Clothing/footwear takes about 9.9 percent of the total households’ expenditure. This means that the households in Katsina State allocate about 9.9 percent of their expenditure plans on this item. Rent consumes about 0.2 percent, it implies that only a small portion of their income is spent on rent and/or that most of them live in their own houses. Fuel/Light consumes about 8.4 percent of the household expenditure in a month and it shows that a large portion of their income goes into fuel/light. Household goods take about 8.5 percent.

Expenditure on health and education take very low share in the expenditure plans of the households, representing 0.9 percent and 0.5 percent respectively, this implies that the households spend little on health and education. Transport and other Services have their respective shares of 2.7 percent and 5.4 percent on the household.

Fig. 7.3a: EXPENDITURE BY COMMODITY TYPE IN KATSINA STATE (NAIRA).
**EXPENDITURE BY COMMODITY TYPE IN KATSINA STATE (NAIRA).**

**EXPENDITURE BY COMMODITY TYPE IN KEBBI STATE**

Food component of the household expenditures takes a toll of 67.9 percent of the total expenditures, reserving about 32.1 percent for non-food. Cereals take about 36.3 percent. This shows that cereals are the major food items consumed in Kebbi State. With the share of 1.4 percent of the entire expenditures by the starchy food items, it means that the households do not spend much of their income on starchy food.

Processed and fuel/light consume as large shares as 4.7 percent and 10.2 percent respectively. This means that the households allocate relatively large portions of their incomes to these commodities. Protein and vegetables consume about 14.2 percent and 4.7 percent respectively, and tells us that the households consume a very large protein and vegetables. Cooked food and food 0.02 percent supplement 0.1 percent contributed very little to the expenditure of the households.
Non-food section, non-food contributed about 32.1 percent. Clothing/Footwear had about 11.8 percent. From this we can assert that these commodities form the bulk of non-food expenditure undertaken by the households. Rent had about 1.1 percent of the entire expenditure. Fuel/Light had about 10.3 percent of the total household expenditure. It means that the households consume a large portion of their income on these commodities.

Expenditures on health and education have their respective shares in the monthly expenditure as 0.9 percent and 0.3 percent. This really shows that the households do not spend much money on health and education.

**Fig. 7.4a: EXPENDITURE BY COMMODITY TYPE IN KEBBI STATE (NAIRA).**
EXPENDING BY COMMODITY TYPE IN SOKOTO STATE

The consumption pattern in Sokoto State has somewhat good distribution. The percentage of the total expenditure controlled by food is 73.6 percent whereas that of non-food is 27.6 percent. Going by our usual way of discussion, cereals has the largest share of the total expenditure. Having a total share of 36.7 percent it implies that the households in Sokoto spend their income more on cereals than on any other food item and also implies that it is the most common food in the State. Starchy food has only 2.2 percent of the total household expenditure. This means that starchy food is not of much importance in the State. Processed food takes as much as 6.8 percent of their expenditure, thus showing the relative importance of this in the people’s feeding pattern. Cooking oil takes about 5.2 percent of the household expenditure.

Protein foods and vegetable have their respective shares in the household expenditure plans of 13.7 percent and 6.4 percent. This shows that the feeding habit of the people has been changing gradually form starchy food to other varieties. The people now know the benefits of using much of vegetables in their food and that they should include some other things in their food. But the households in Sokoto State
spend very little on fruits with as little proportion as 1.3 percent of their expenditures. This is truly low in relation to other items in the expenditure schedule.

On non-food category, its share on the total expenditure is 26.4 percent. Clothing/Foot wear takes about 4.1 percent of the total household expenditures, a value that is large; it shows that the households spend a lot of their income on this area. A proportion of 0.3 percent which is taken by rent shows that it does not consume a large part of the household income. In other words, it means that rent is considered a serious matter because it controls a minimal portion of their income, or most people live in their own houses. Fuel/Light is another thing that takes a large part of the household expenditure. They spend as much as 11.6 percent on fuel/light, and this means that the households divert what they would have used in doing other things, like education, health, etc. The implication is that the households reduce the expenditure on other items and spend more on fuel and other sources of power.

Health and education expenditures take a very little portion of the total expenditures, representing 0.9 percent and 0.9 percent respectively. This shows that education and health do not have a large expenditure allocation in the households’ budget plans.
Fig. 7.5a: EXPENDITURE BY COMMODITY TYPE IN SOKOTO STATE (NAIRA).

Total Expenditure on Food Commodities in Sokoto State

Fig. 7.5b: EXPENDITURE BY COMMODITY TYPE IN SOKOTO STATE (NAIRA).

Total Expenditure on Non-Food Commodities in Sokoto State
EXPENDITURE BY COMMODITY TYPE IN ZAMFARA STATE

The consumption pattern in Zamfara has somewhat good distribution. The percentage of the total expenditure controlled by food is 75.6 percent whereas that of non-food is 24.4 percent. Cereals has the largest share of the total expenditure, having a total share of 35.9 percent. It implies that the households in Zamfara spend their income more on cereals than on any other food item and also implies that it is the most common food in the State. Starchy food has only 1.6 percent of the total household expenditure. This means that starchy food is not of much importance in Zamfara State. The households spend a relatively large proportion of their income on cooking oil and processed food items. Cooking oil and processed food take respectively as much as 5.0 percent and 5.7 percent of their expenditure plans, thus showing the relative importance of these commodities in the people’s feeding pattern.

Protein foods and vegetable have their respective shares in the household expenditure plans of 15.4 percent and 4.1 percent. This shows that the feeding habit of the people has been changing gradually form starchy food to other varieties. The people now know the benefits of using much of vegetables in their food and that they should include some other things in their food. But the households in Zamfara State spend very little on fruits with as little proportion as 1.0 percent of their expenditures. This is truly low in relation to other items in the expenditure schedule.

On non-food category, its share on the total expenditure is 22.4 percent. Clothing/Foot wear takes about 5.7 percent of the total household expenditures, a value that is large; it shows that the households spend a lot of their income on this area. A proportion of 0.01 percent which is taken by rent shows that it does not consume a large part of the households’ income. In other words, it means that rent is considered a serious matter because it controls a minimal portion of their income, or most people live in their own houses. Fuel/Light is another thing that takes a large part of the households’ expenditure. They spend as much as 9.4 percent on fuel/light, and this means that the households divert what they would have used in
doing other things, like education, health, etc. The implication is that the households reduce the expenditure on other items and spend more on fuel and other sources of power.

Health and education expenditures take a very little portion of the total expenditures of 1.0 percent and 0.2 percent respectively. This shows that education and health do not have a large expenditure allocation in the households’ budget plans.

Fig. 7.6a: EXPENDITURE BY COMMODITY TYPE IN ZAMFARA STATE (NAIRA).
Fig. 7.6b: EXPENDITURE BY COMMODITY TYPE IN ZAMFARA STATE (NAIRA).

CONSUMPTION OF CEREALS IN NIGERIA (NAIRA)
Cereals are important staple foods and are largely consumed in the country. Among the cereals covered in the survey include Guinea Corn, Millet, Maize (White), Maize (Yellow), Rice (Agric), Rice (Imported), Rice (Local) and Sorghum. The consumption pattern of these staple foods varies across the country. Table 2.0 shows the consumption pattern of cereals in Nigeria. The breakdown of the cereals is as follows:

**GUINEA CORN**

The National figures indicated that the sum of ₦4,378,988 was expended on the consumption of Guinea corn nationwide.

At the state level, the analysis showed that three (3) states had the highest figures in terms of consumption pattern of Guinea corn. These states are Zamfara (₦423,135), Katsina (₦421,436) and Kano (₦400,514).

The least three (3) states, according to the consumption pattern are Cross-River (₦70), Akwa-Ibom (₦220) and Rivers (₦368), all from the Southern part of the country. Figures from other States in the South were equally very low compared to their counterpart's states in the North. It is an indication that Guinea corn as a staple food is not popular in the South of the country.
Fig. 1.0: DISTRIBUTION OF GUINEA CORN BY STATE (NAIRA).

MILLET

The consumption pattern of Millet across the country indicated a similar trend like Guinea Corn, though ₦3,322,206 less than the figures reported on Guinea Corn (₦4,378,988) was spent on the consumption of Millet throughout the country.

The three (3) leading States with the consumption of Millet at the state level are Yobe (₦400,927), Zamfara (₦389,010) and Kebbi (₦352,688).

On the other hand, the three (3) least States in that order, include Ogun, which recorded as low as ₦20, Lagos (₦100) and Akwa-Ibom (₦302).
The consumption of White Maize, unlike the Guinea Corn and Millet was generally huge across the country. In other words, its consumption level was not localized like the two other cereals reported earlier on. The analysis showed that the sum of ₦3,796,727 was expended on the consumption of white maize nationwide. There was a light variation in the consumption pattern from the Northern States to the southern States. However, the three top leading States in terms of consumption pattern include Kaduna (₦446,092), Kano (₦423,070) and Nassarawa (₦246,078). At the state level, three (3) notable states had the lowest figures on the consumption pattern, which include Lagos (₦1,930), Bayelsa (₦3,393) and Delta (₦3,684).
Fig. 1.2: DISTRIBUTION OF MAIZE (WHITE) BY STATE (NAIRA).

DISTRIBUTION OF MAIZE (WHITE) BY STATE

MAIZE (YELLOW)

The consumption of Yellow Maize was not high across the country compared to white maize. The national figures indicated that the sum of N586,216 was expended on the consumption of yellow maize throughout the country during the period of the survey. The consumption rate of this staple food equally dropped significantly across the States as shown in Table 2.0

Comparing the Southern States with the Northern states, there was no marked difference in the consumption pattern. However, the three (3) top leading states with the consumption level are Anambra (N76,765), Plateau (N72,997) and Enugu (N51,798).

While the three (3) least States in terms of consumption pattern include Cross-River (N1,040), Kwara (N1,088) and Lagos (N1,260). It is interesting to note that Lagos and Kwara States recorded very low figures for both White Maize and Yellow Maize.
FIG. 1.3: DISTRIBUTION OF MAIZE (YELLOW) BY STATE (NAIRA).

The consumption of Local Rice produced in the country was very high as the national figures indicated that the sum of ₦4,818,354 was spent on local rice consumption.

State analysis also indicated high figures with a wide variation. The three (3) leading states are however, Ebonyi (₦396,162), Kebbi (₦352,832) and Sokoto (₦326,682). These three (3) States not only consumed but they are also noted for intensive cultivation of local rice in the country. While the least consumption of the local rice indicated to be Lagos (₦1,120), Kwara (₦4,295) and Oyo (₦9,628).
RICE (AGRIC)

The rate of consumption of this brand called Agric Rice cannot be compared to that of Local Rice, infact, lower proportion of the households in Nigeria preferred Agric rice to local rice as shown in the analysis. At the national level, only ₦1,913,611 was expended on agric rice as against ₦4,818,354 spent on the consumption of Local rice.

The states analysis indicated the same trend, some states however, preferred to consume more of Local Rice than Agric Rice. Therefore, the three (3) notable states in terms of high consumption of Agric Rice include Ogun (₦156,515), Yobe (₦135,447) and Kaduna (₦135,304). While three States namely, Kogi (₦562), Kwara (₦3,920) and Taraba (₦5,712) had the lowest figures.
The consumption of imported Rice as expected was higher compared to the proportion of the national income spent on the consumption of Agric Rice. As indicated in the analysis, the sum of ₦4,645,445 was spent on the consumption of Imported Rice as against ₦1,913,611 utilized on Agric rice consumed in the country. State analysis showed a wide variation in the consumption pattern of imported rice.

Going by the figures more States in the south consumed more of the Imported rice than their counterparts from the North. The three leading states are namely Kano (₦323,127), Imo (₦314,450) and Abia (₦309,041). Those States which recorded the lowest figures include Kwara (₦2,920), Taraba (₦3,130) and Kebbi (₦4,722).
Fig. 1.6: DISTRIBUTION OF RICE (IMPORTED) BY STATE (NAIRA).

**SORGHUM**

The monthly consumption of Sorghum is highly localized as well as its production in the country.

The national figures indicated that only ₦77,811 was spent on the consumption of Sorghum nation-wide. This figure was far less than ₦4,378,988 spent on the consumption of Guinea Corn in the country.

The State monthly analysis showed that some States do not consume it such as Abia, Akwa-Ibom, Benue, Edo, Ekiti, Kogi, Ogun, Lagos etc.

Thus the three leading states in terms of highest consumption include, Zamfara (₦28,928), Jigawa (₦10,798) and FCT (₦5,425).
CONSUMPTION OF FLOURS IN NIGERIA (NAIRA)

In Nigeria, flours have been useful in processing a number of processed foods consumed in the country. In this survey, emphasis was on monthly consumption/expenditure on a few selected flours such as Maize, Corn, Wheat, Millet flours, etc.

MAIZE FLOUR

National monthly figures indicated that the sum of ₦463,935 was expended on Maize Flour nation-wide during the period under review.

State analysis also revealed that the consumption of Maize flour varied from one State to another. Therefore, three notable states had the highest figures on monthly expenditures of maize flour, namely, Osun (₦128,559), Oyo (₦86,978) and Borno (₦33,140). There were also some states that had the lowest figures of expenditure such as Yobe (₦260), Adamawa (₦352) and Kogi (₦720).
BREAD

As a common staple food for adults and children alike, the nation used to consume a large proportion of Bread every month. In this survey, the sum of ₦2,734,233 was consumed nation-wide. This figure represented about 41.1 percent of the total monthly consumptions of flour products in the country.

On State analysis, three notable States had the highest figures, namely Oyo (₦198,484), Abia (₦158,675) and Anambra (₦158,384). As foregoing records were high, so also some states had the lowest figures among which were Kwara (₦7,853), Zamfara (₦10,965) and Kogi (₦13,739).
BUNS

The national monthly consumption indicated that the sum of ₦178,344 was spent on Buns nationally.

While the state analysis also revealed some slight variations in consumption pattern. Consequently, Katsina State had the highest figure of ₦21,856, Kogi had (₦16,265) and Anambra (₦14,315). Those States that had the lowest figures include Bayelsa (₦530), Kaduna (₦770) and Benue (₦975).
BISCUITS

National figures showed that the sum of ₦158,093 was expended on Biscuits consumption nation-wide.

Three states however, recorded the highest figures, namely, Oyo (₦13,099), Bayelsa (₦11,210) and Akwa-Ibom (₦9,079). While Jigawa (₦277), Sokoto (₦918) and Taraba (₦927) were said to have recorded the lowest figures.
YAM FLOUR

National figures revealed that the sum of ₦713,660 was expended on Yam Flour nation-wide. The little amount recorded here therefore, was a pointer to the fact that Yam Flour was not highly acceptable in every part of the country.

However, some States recorded high figures for it, namely Oyo (₦250,926), Osun (₦96,672) and Benue (₦72,490). In Oyo and Osun for instance, Yam Flour are used to prepare a local food called “Amala”.

In addition, there were some States where very little amount was expended on Yam flour, these include Delta (₦20), Jigawa (₦46) and Sokoto (₦130).
Unlike the Yam flour, this is one product that is widely consumed in the country. National monthly expenditure indicated that a huge sum of money about ₦1,206,352 was spent on cassava flour nation-wide. This figure is no doubt justified as a lot of Nigerian staple foods are produced from the cassava flours.

The state analysis showed that three states were outstanding in the consumption of cassava flour, namely Oyo (₦160,794), Benue (₦152,677) and Enugu (₦87,174). This is one staple food that cuts across all geo-political zones of Nigeria. On the otherhand, some states had very low figures on Cassava Flour which include kebbi (₦972), Borno (₦1,204) and Jigawa (₦1,332) .
CORN FLOUR

National monthly figures revealed that the sum of ₦284,984 was expended on its consumption nation-wide.

At the State level, three states were outstanding in the consumption of corn flour, namely, Kaduna (₦31,615), Benue (₦28,598) and Taraba (₦27,739). Those states that had the lowest figures include Jigawa (₦326), Kogi (₦635) and Kwara (₦1,010).
CONSUMPTION OF STARCHY FOOD IN NIGERIA (NAIRA)

As important staple foods, the consumption of starchy foods for energy is high in Nigeria. In this survey, a few selected starchy foods were covered, such as cassava, Cocoyam, Plantain, and Yam.

CASSAVA

National monthly consumption showed that the sum of ₦2,169,179 was consumed nation-wide. This figure represented about 14.1 percent of the starchy foods consumed in the country during the period under review.

State analysis showed massive consumptions of Cassava in almost all the 36 states and FCT (Abuja). But four States were outstanding in the consumption of cassava,
namely, Enugu (₦299,120), Ebonyi (₦246,411), Anambra (₦232,412) and Akwa-Ibom (₦183,934).

Those states that had the lowest consumption figures include Lagos (₦130), Kwara (₦990) and Kogi (₦5,836).

**Fig.2.5: DISTRIBUTION OF CASSAVA BY STATE (NAIRA).**

**COCOYAM**

This may not be popular like cassava and yam, yet, its consumption rate was high in almost all the states of the federation. The national monthly expenditure indicated that the sum of ₦1,536,149 was consumed nation-wide.

There were also isolated cases of high consumptions in some states such as Enugu (₦278,406), Ebonyi (₦234,756), Anambra (₦157,253) and Bayelsa (₦117,810). In these states, cocoyams are eaten as yam and also used in cooking soups. Also, three other states had the lowest figures, namely, Zamfara (₦62), Sokoto (₦200) and Lagos (₦430). In addition, two other states Kogi and Kwara which recorded nil expenditure on cocoyam according to sample.
Fig. 2.6: DISTRIBUTION OF COCOYAM BY STATE (NAIRA).

DISTRIBUTION OF COCOYAM BY STATE

PLANTAIN

National figures showed that the sum of ₦1,933,213 was spent on plantain throughout the country during the period under review. Its consumption is high in the country, but outstanding in some states as shown in Table 2.2.

State analysis indicated three states to be outstanding which include Bayelsa (₦422,039), Akwa-Ibom (₦261,229) and Abia (₦188,987). Those States where less emphasis was given to Plantain, include Kano (₦2), Jigawa (₦37), while Katsina had nil estimate.
Fig. 2.7: DISTRIBUTION OF PLANTAIN BY STATE (NAIRA).

YAM

This is one of the most widely consumed starchy food in Nigeria. The national monthly figures showed that the sum of ₦9,285,229 was consumed nation-wide. This figure, of course, represented about 60.3 percent of all consumptions made on starchy foods, during the time of this survey.

The State analysis showed high expenditures on Yam in almost all the states. However, some states were outstanding such as Ebonyi (₦1,030,326), Enugu (₦653,163), Nassarawa (₦643,398) and Anambra (₦596,960). Despite the foregoing records, a few states had very low figures, which include Katsina (₦400), Jigawa (₦61,171) and Sokoto (₦23,020).
CONSUMPTION OF PROCESSED FOOD IN NIGERIA (NAIRA)

The processed food studied in this survey include, fufu, Gari (White), Gari (Yellow), Cassava (Apku), Brown Beans, Soya Beans, White Beans, Moimoi, Akara etc.

FUFU

The study showed that the sum of N132,436 was spent on Fufu as national monthly expenditures for the period under review. This processed food is eaten everywhere in Nigeria, but it varies from place to place.

The State analysis showed that fufu was highly consumed in some states such as Akwa-Ibom (N47,787), Osun (N41,745), Zamfara (N29,519) and Bayelsa (N28,396). There were also states where its consumption was not encouraging, these include Kano (N4), Gombe (N20) and Kogi (nil).
The study shows that gari (White) is consumed more than Yellow gari in the country. National figures indicated that the sum of ₦1,504,890 was spent on White Gari as against ₦156,019 for Yellow gari.

However, some states are favourably inclined to white Gari consumption. These states include Ebonyi (₦333,386), Ondo (₦288,168) Rivers (₦269,653) and Bayelsa (₦203,744). But in Akwa-Ibom, Yellow gari (₦390,957) was preferred than White gari (₦18,630). In Delta state, Yellow gari (₦218,911) was consumed more than the White Gari (₦65,441), while in Edo and Imo State, the consumption of Yellow Gari was very high, representing (₦177,622) and (₦178,990) respectively.

In addition, there are some States where White Gari are not encouraged such as Adamawa (₦2,755), Taraba (₦5,572) and Yobe (₦7,190). For Yellow Gari, consumption level was very low in Kwara (₦141), Adamawa (₦742) and Gombe (₦940).
Fig. 3.0a: DISTRIBUTION OF GARI (WHITE) BY STATE (NAIRA).

DISTRIBUTION OF GARI (WHITE) BY STATE

Fig. 3.0b: DISTRIBUTION OF GARI (YELLOW) BY STATE (NAIRA).
CASSAVA (AKPU)

The study had shown that the consumption was low as the sum of ₦11,398 only was consumed nationally during the period under review.

The State analysis however, revealed a slight variation across the states. Although, there were some exceptional states with high figures, which include Imo (₦32,139), Enugu (₦27,850), Benue (₦24,500) and Anambra (₦24,374). In other states, the figures were generally low.

Fig.3.1: DISTRIBUTION OF CASSAVA (AKPU) BY STATE (NAIRA).

WHITE AND BROWN BEANS

The study had also shown that White Beans are consumed than Brown Beans in the country, representing ₦851,860 and ₦425,289 respectively across the country. The consumption of White Beans was higher in the following states, namely Kaduna (₦185,871), Edo (₦198,221), Ondo (₦167,175), and Delta (₦154,993). While Lagos recorded the lowest figures (₦80).
For Brown Beans the areas of concentration include Ogun (₦145,746), Oyo (₦127,697), Lagos (₦43,746), Borno (₦41,110) and Anambra (₦38,102). While, Kogi (₦65) and Kebbi (₦205) had the lowest figures.

Fig.3.2a: DISTRIBUTION OF BROWN BEANS BY STATE (NAIRA).
**AKARA**

This processed food is largely consumed across the six geo-political zones of the country, though, the intensity of consumption varies slightly from North to South. The national figures indicated that the sum of ₦394,615 was consumed nationally during the period of this survey.

The state analysis showed also that three States were outstanding, namely, Kano (₦199,783), Katsina (₦112,494), and Jigawa (₦163,837). In other states, the figures slightly varied, while Kwara (₦5,495), Benue (₦6,195), and Lagos (₦6,204) had the lowest figures.
Fig.3.3: DISTRIBUTION OF AKARA BY STATE (NAIRA).

DISTRIBUTION OF AKARA BY STATE

MONTHLY EXPENDITURE

0 50,000 100,000 150,000 200,000 250,000

STATE

ABIA  ADAMAWA  AKWA-IBOM  ANAMBRA  BAUCHI  BAYELSA  BORNO  CROSS RIVER  DELTA  EDO  EKITI  ENUGU  GOMBE  IMO  JIGAWA  KADUNA  KANO  KATSINA  KEBBI  KOGI  KWARA  LAGOS  NASSARAWA  NIGER  OGOBI  ONDO  OSSUN  OYO  PLATEAU  RIVERS  Sokoto  TARABA  YOBE  ZAMFARA  FCT

MARGARINE

This processed food is not highly consumed as this study had revealed. This is because, only ₦37,619 was spent on margarine nationally. The same situation was applicable to these other processed foods like Pineapple juice (₦4,826), Orange Juice (₦7,007) and Fruit canned (₦3,464). They attracted low demands at the national level.

The state analysis of Margarine also showed that higher consumptions were concentrated in some states like Plateau (₦7,684), Abia (₦6,462), Katsina (₦5,221) and rivers (₦5,084). There was however a slight difference in the consumption pattern in other states. Probably because, the prices of these canned foods are too expensive for the poor to consume them. That explained the low patronage nationwide.
CONSUMPTION OF COOKING OIL IN NIGERIA (NAIRA)

In this survey, some selected cooking oils were studied, which include Coconut Oil, Groundnut Oil, Palm Kernel Oil, Red Palm Oil and Vegetable oil. These cooking oils are useful and featured prominently in preparing kind of food in Nigeria. The degree of using each of them in cooking varies from one state to another.

RED PALM OIL

This happens to be one of the widely used cooking oils in Nigeria. National monthly figures therefore, indicated that the sum of ₦5,304,867 was consumed nation-wide during the period under review.

The states analysis showed an even distribution of expenditures across the states. In addition, some outstanding expenditures were notable in some states such as
Enugu (₦295,038), Kaduna (₦259,787), Ebonyi (₦238,688) and Anambra (₦216,766).

Even though, Red Palm Oil is used in all the states, yet, the consumption level was not the same as the lowest figures were recorded in Kwara (₦7,431), Lagos (₦27,120) and Kogi (₦17,965).

**Fig. 3.5:** DISTRIBUTION OF RED PALM OIL BY STATE (NAIRA).

GROUNDNUT OIL

National figures indicated that the sum of ₦1,693,865 was expended on Groundnut oil throughout the country. Like the Red Palm Oil, its consumption was evenly distributed across the states.

Consequently, four states were outstanding namely, Borno (₦126,967), Edo (₦93,839), Kano (₦90,300) and Yobe (₦88,513).
While those states that had the lowest figures include Kwara (₦684), Kogi (₦2,519), Ondo (₦5,943) and Osun (₦8,756).

**Fig.3.6: DISTRIBUTION OF GROUNDNUT OIL BY STATE (NAIRA).**

**VEGETABLE OIL**

The national monthly expenditures revealed that the sum of N247,984 was consumed in the country.

The state analysis revealed an even distribution, though, some states were outstanding such as Borno (₦32,680), Bayelsa (₦31,710) and Abia (₦17,562). The consumption of Vegetable Oil was noted to be lowest in Kebbi (₦90) and Kwara (nil), according to sample.
CONSUMPTION OF VEGETABLES IN NIGERIA (NAIRA)

As part of the ingredients used for cooking soup, the use of vegetable featured prominently in Nigerian homes. They are also noted to contain some valuable minerals essential for human health. This survey has been able to cover a number of vegetables consumed in the country such as Cocoyam leaf, Garden Eggs, Okro (fresh), Okro (dry), Onions, Pepper Green, Tomatoes, Tomatoes Puree, Pepper, Cabbage, etc.

OKRO (FRESH)

National monthly consumptions indicated that the sum of ₦1,868,358 was consumed in the country. This figure represented 16.8 percent of all vegetable consumptions.
The breakdown of the state analysis also showed that its consumption was evenly distributed across the states. Though, there were a few cases of isolated high figures in some states such as Kaduna (₦168,232), Benue (₦151,036) and Adamawa (₦101,674). Those states that had the least figures, include Kwara (₦5,643), Lagos (₦5,643) and Ogun (₦9,452).

Fig.3.8: DISTRIBUTION OF FRESH OKRO BY STATE (NAIRA).

ONIONS/SHALLOT

National figures showed that the sum of ₦1,724,679 was expended on Onion nationwide.

The state analysis revealed that the distribution was even across the states. Although, some states were outstanding in the consumption of Onion such as Kano (₦116,918), Kaduna (₦105,284), Taraba (₦75,271) and Bauchi (₦72,503).
However, the consumption of Onions was lowest in the following states, namely, Kogi (₦2,020), Kwara (₦13,101) and Lagos (₦13,101).

**Fig.3.9: DISTRIBUTION OF ONION/SHALLOT BY STATE (NAIRA).**

![Graph showing distribution of Onions/ Shallot by state](image)

**PEPPER GREEN**

At the national level, the sum of ₦1,788,764 was consumed in the country during the period under review.

The State analysis had shown that three states were outstanding, such as Ogun (₦143,173), Kano (₦113,302) and Jigawa (₦103,025). Those states where the consumption of Pepper green was very low, include Kogi (₦4,060), Ebonyi (₦12,015) and FCT (₦12,584).
Fig. 4.0: DISTRIBUTION OF PEPPER GREEN BY STATE (NAIRA).

**DISTRIBUTION OF GREEN PEPPER BY STATE**

TOMATOES

The national figures revealed that the sum of ₦2,324,066, representing 20.9 percent of all consumptions made on vegetable in the country.

From the state figures, four states were on the high side, which include Kano (₦201,400), Anambra (₦134,985), Kaduna (₦134,009) and Enugu (₦123,297). While Kogi (₦4,890), Rivers (₦18,942) and Akwa-ibom (₦21,044) had the lowest figures.
GARDEN EGGS

National figures had indicated that the sum of ₦209,346 was spent on garden eggs nationally. This vegetable is also eaten in all the states but with less intensity compared with the foregoing vegetables above.

However, a few states were outstanding, namely, Abia (₦32,189), Anambra (₦31,232) and Enugu (₦20,257). On the other hand, the consumption of garden eggs was insignificant in Sokoto (₦110), Zamfara (₦279) and Kogi (₦380).
CONSUMPTION OF COOKED FOOD IN NIGERIA (NAIRA)

The study examined the monthly consumption of cooked foods both at the national and state level. Some of the selected foods include Cooked Rice/Stew, Fufu and Soup, Tuwo and Soup, Gari and soup, Pound Yam/Soup and other Hotel/Restaurant.

COOKED RICE/STEW

The results of the survey had shown that cooked rice/Stew was the most consumed food by Nigerians. The national monthly figures indicated that the sum of ₦383,778 was expended on the said food during the period under review. This figure represented 31.1 percent of all highlighted cooked foods above.
Figures from the states showed that four states were outstanding in the consumption of cooked rice/stew. These are Osun (₦49,190), Oyo (₦47,947), Edo (₦24,885) and Abia (₦24,511).

Those states that had recorded the lowest figures, include kebbi (₦640), Adamawa (₦800) and Yobe (₦1,000).

**Fig.4.3: DISTRIBUTION OF COOKED RICE/STEW BY STATE (NAIRA).**

**FUFU/SOUP**

The national monthly consumptions revealed that the sum of ₦121,986 was consumed nation-wide.

The State analysis also showed that four states had the highest figures, namely, Anambra (₦18,326), Zamfara (₦11,480), Abia (₦8,946) and Oyo (₦8,483).

On the other hand, states with the least figures, include, Jigawa (₦56), Sokoto (₦209), and Adamawa (₦260), while Kebbi, Kogi and Yobe reported nil for Fufu/Soup.
TUWO/SOUP

The national monthly consumption showed that the sum of ₦263,485 was consumed throughout the country.

At the state level, four states had the highest figures, namely, Zamfara (₦142,466), Oyo (₦16,860), Taraba (₦14,980) and Borno (₦11,285).

While the lowest figures were recorded in four states, namely, Bayelsa (₦100), Kogi (₦130), Akwa-Ibom (₦160) and Ekiti (₦225), while Cross River, Jigawa, Kebbi and Rivers reported nil.
Fig.4.5: DISTRIBUTION OF TUWO AND SOUP BY STATE (NAIRA).

DISTRIBUTION OF TUWO AND SOUP BY STATE

AMALA/SOUP

The national monthly consumption on Amala/Soup was the sum of ₦117,503.
State analysis also revealed that three states had the highest figures, namely, Oyo (₦56,064), Osun (₦19,671) and Lagos (₦9,433), all from the South West Geographical location.

States with records of low figures include Rivers (₦12), Ebonyi (₦40) and Delta (₦40), while Cross River and Kebbi had nothing (nil).
GARRI/SOUP

The national monthly consumption was estimated to be ₦163,183. Furthermore, the state analysis showed an even distribution across the states. However, three states were remarkable for high figures, namely, Abia (₦32,900), Bayelsa (₦20,146) and Ebonyi (₦18,637). Those states with the lowest figures are Kwara (₦95), Adamawa (₦120), Katsina (₦180), Jigawa (₦350) and Yobe (₦360).
The estimated national monthly figures showed the sum of ₦60,808) was consumed nation-wide.

State analysis also indicated slight variation across the states with Ekiti having the highest figures of (₦8,801). Following, Oyo had (₦6,746) and Taraba (₦6,090). Those States with the lowest figures, include Jigawa (₦2), Sokoto (₦40) and Abia (₦150), while Adamawa and Kebbi had nothing (nil).
OTHER HOTEL/RESTAURANTS

The study also covered the cooked foods consumed or purchased from Hotel/Restaurants in the country.

National monthly consumptions showed that the sum of ₦123,656 was consumed nationally. This figure represented 10.0 percent of all the listed cooked foods covered in the survey.

State analysis revealed a slight variation across the states. However, some states were noted for high figures, namely, Katsina (₦45,695), Lagos (₦10,290), Zamfara (₦8,308) and Anambra (₦7,206). States with the lowest figures, include Yobe (₦70), Sokoto (₦100), Ondo (₦124) and Adamawa (₦142).
CONSUMPTION OF FOOD SUPPLEMENT IN NIGERIA (NAIRA)

The study also covered consumption pattern of food supplement in the country. The highlighted ones are Coffee, Chocolate Drinks, Tea and Honey.

HONEY

As an important food supplement, (because of its medicinal value) many households consumed it more vis-à-vis other listed food supplements above.

National monthly figures indicated that the sum of ₦438,794 was consumed nationally, representing about 30.3 percent of all the five categories of food supplement covered in the survey.
The state analysis showed that four states had the highest consumption of Honey, namely, Katsina (₦53,524), Niger (₦37,637), Nassarawa (₦33,428), and Bauchi (₦33,242). Those states with the lowest figures, include, Ekiti (₦273) and Kwara (₦915).

Fig.5.0: DISTRIBUTION OF HONEY BY STATE (NAIRA).

CHOCOLATE

National monthly consumptions were estimated to be ₦397,066 nation-wide. This figure represented 27.4 percent.

Figures from states showed that four states had the highest consumptions, namely, Abia (₦46,220), Anambra (₦40,213), Akwa-Ibom (₦30,499) and Oyo (₦29,323). While Jigawa (₦6), Zamfara (₦10) and Kebbi (₦75) had the lowest figures.
Fig. 5.1: DISTRIBUTION OF CHOCOLATE DRINKS BY STATE (NAIRA).

**DISTRIBUTION OF CHOCOLATE DRINKS BY STATE**

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**TEA**

National monthly consumption of Tea were estimated to be ₦389,334 nation-wide. The State analysis also revealed remarkable figures from three states, namely, Oyo (₦31,799), Abia (₦28,478) and Edo (₦24,464).

While, Kwara (₦220), Kebbi (₦695), Kogi (₦785) and Jigawa (₦860) recorded the lowest figures.
Fig. 5.2: DISTRIBUTION OF TEA BY STATE (NAIRA).

DISTRIBUTION OF TEA BY STATE

MONTHLY EXPENDITURE

STATE

COFFEE

The consumption of coffee was not impressive and therefore, attracted a low patronage across the country. As national monthly consumptions indicated as low as ₦43,560 of expenses nation-wide.

State analysis showed that Coffee consumptions were high in some states such as Osun (₦3,496), Kaduna (₦3,452), Enugu (₦3,305) and Oyo (₦3,170). While low figures were reported in many states, particularly, Kwara (₦25), Bayelsa (₦35), Kogi (₦70) and Ogun (₦82) with least records.
CONSUMPTION OF PROTEIN IN NIGERIA (NAIRA)

Protein is a builder supplement. Protein provide essential vitamins for the body. Protein is a natural substance found in Livestock, Fish, Fresh Milk and Meat. There are many different protein and they are essential part of what human and animal eat to help grow and stay healthy.

CHICKEN

National monthly consumption indicated that the sum of (₦329,704) was consumed nation-wide. From this figure, Kaduna had (₦116,819), Enugu (₦69,143) and Gombe (₦60,152). The lowest consumption of chicken are Osun (₦7,420) and Zamfara (₦8,250) respectively.
Fig. 5.4: DISTRIBUTION OF HONEY BY STATE (NAIRA).

DISTRIBUTION OF CHICKEN BY STATE

DUCK

This is one of the major sources of protein in Nigeria. These are livestock commonly found near water. National monthly consumptions revealed that the sum of ₦6,856 was consumed during the period under review. Substantial part of its monthly consumption at the state level comes from Ebonyi (₦2,310), Oyo recorded (₦1,765) and Plateau (₦1,400). While the least monthly consumption of Duck comes from Ondo (₦16) and Enugu (₦40).
GUINEA FOWL

Nationally, ₦12,924 of Guinea Fowl was consumed in the country. From the state analysis, the highest monthly consumption comes from Ondo (₦4,922), followed by Kogi (₦3,628). Surprisingly, the lowest monthly consumption of Guinea Fowl comes from Bayelsa and Anambra with (₦2) respectively.
Fig. 5.6: DISTRIBUTION OF GUINEA FOWL BY STATE (NAIRA).

AGRIC AND LOCAL EGGS

Nationally, (₦157,344) total monthly consumption was recorded. It is a bye product of Chicken. From the state analysis, Oyo and Bayelsa had the highest consumption of (₦36,094) and (₦31,976) respectively.

Abia had the highest record of monthly consumption of local eggs with (₦21,229), and Benue (₦17,925). However, Kogi and Kwara recorded the lowest (₦20) and (₦85) respectively.
Fig. 5.7a: DISTRIBUTION OF AGRIC EGGS BY STATE (NAIRA).

Fig. 5.7b: DISTRIBUTION OF LOCAL EGGS BY STATE (NAIRA).
FISH

Fish is another major source of protein which consist of Smoked Fish, fresh Fish, Frozen Fish and Dried Fish.

The national figure of smoked fish consumed in the country was estimated to be (₦101,687) nation-wide. The states which had the highest consumption are Abia (₦56,162), Akwa-Ibom (₦43,282) and Edo (₦35,119), while the states with the lowest consumption are Katsina (₦100) and Jigawa (₦409).

Fresh fish can also be recognized significantly. The highest consumption comes from Bayelsa (₦789,113) out of the national total of (₦638,951), and Delta (₦157,898). The least consumption comes from Kwara which recorded (₦3,974).

Furthermore, Fried Fish also witnessed reasonable consumption pattern in states like Abia (₦46,937), Kaduna (₦29,674) and Akwa-Ibom (₦21,524). From the analysis, Kwara and Ekiti recorded the lowest figures with (₦120) and (₦2,645) respectively.

Fig.5.8a: DISTRIBUTION OF SMOKED FISH BY STATE (NAIRA).
Fig. 5.8b: DISTRIBUTION OF FRESH FISH BY STATE (NAIRA).

Fig. 5.8c: DISTRIBUTION OF FRIED FISH BY STATE (NAIRA).
The last major component of protein in Nigeria comes from meat consumption. We have different kinds of meat such as Beef (cattle), Corned Beef, Bush Meat, Goat and other Meats.

**BEEF (FRESH CATTLE)**

The national monthly consumption of Beef (Fresh Cattle) was estimated to be ₦1,822,090 which is substantial.

The State figures also indicated that Anambra (₦375,006), Borno (₦281,165), Kaduna (₦288,066) and Kano (₦248,066) had the highest figures. Also the states with the lowest figures are Kwara (₦30,286), Kogi (₦49,687) and Bauchi (₦59,350).

**Fig.5.9: DISTRIBUTION OF BEEF (FRESH CATTLE) BY STATE (NAIRA).**
BUSH MEAT

The total monthly figure recorded nationally was ₦185,237. State analysis showed that Bayelsa had the highest monthly consumption which recorded (₦103,331), followed by Rivers (₦47,708) and Taraba (₦44,740). The lowest states are Kwara and Kano with (₦250) and (₦564) respectively.

Fig.6.0: DISTRIBUTION OF BUSH MEAT BY STATE (NAIRA).

DISTRIBUTION OF BUSH MEAT BY STATE

GOAT

National monthly consumption of Goat showed that ₦122,489 was consumed nationwide.

State analysis showed that some states had the highest consumption of goat meat. These states include, Katsina (₦58,900), Plateau (₦50,292) and Ebonyi (₦25,360).
However, Cross River and Ondo recorded the lowest figures of (₦100) and (₦332) respectively.

**Fig.6.1: DISTRIBUTION OF GOAT BY STATE (NAIRA).**

**FRESH MILK**

The national figures of fresh milk consumed in the country was ₦254,063. Out of this figure, Zamfara (₦110,118), Katsina (₦99,910), Sokoto (₦60,163), and Kaduna (₦40,497). While Ondo State (₦838) and Ekiti (₦1,010) had the least consumptions.
CONSUMPTION OF FRUITS IN NIGERIA (NAIRA)

Fruits and Protein work together to serve as food supplement. Fruits and Vitamins performed important function in our body. There are different kinds of fruits such as Kola nut, Cashew nut, Palm Nut, Coconut and Shear Butter. Significantly, all the major fruits in Nigeria serve as sources of income to the government, because, they are cash crops that are exported to earn foreign exchange abroad.

Basically, fruits can be classified into Cash Crops such as Kola nut, Cashew nut, Palm nut, Coconut, etc., and Food Crops such as Banana, Mango, Pineapple, orange, etc.
KOLA NUT

The consumption of fruits in Nigeria varies between states of the federation. The national total consumption was N407,725. State analysis showed that the highest consumption came from Borno (N58,497), Kano (N38,707) and Jigawa (N36,982). The lowest figures are recorded in Osun (N458), and Lagos (N580).

Fig.6.3: DISTRIBUTION OF KOLA NUT BY STATE (NAIRA).

CASHEW NUT

Monthly national consumption of cashew Nut was N28,641. State analysis showed that some states recorded highest monthly consumption of cashew Nut. These states are Enugu (N4,646), Anambra (N3,008) and Imo (N2,662), while the least consumption came from Kwara (N30).
Fig. 6.4: DISTRIBUTION OF CASHEW NUT BY STATE (NAIRA).

DISTRIBUTION OF CASHEW NUT BY STATE

PALM NUT

The national monthly consumption was ₦158,277.

From the state analysis, it revealed that some states recorded highest monthly consumption of palm nut across the country. These states include, Anambra (₦41,718), Enugu (₦24,933) and Ebonyi (₦22,123) had the highest figures. While Ondo had the least record (₦20).
Fig. 6.5: DISTRIBUTION OF PALM NUT BY STATE (NAIRA).

SHEAR BUTTER

The total monthly consumption of shear butter across the country was N50,261. At the state level, the highest rate of consumption came from Adamawa (N10,090), followed by Imo (N7,882) and Niger (N5,292), while Lagos had the least consumption which was (N70).
Fig. 6.6: DISTRIBUTION OF SHEAR BUTTER BY STATE (NAIRA).

BANANA

Banana is one of the staple fruits in Nigeria. The rate of consumption varies among the States. The national monthly consumption was ₦507,183. However, the rate of consumption was high in Akwa-Ibom with (₦63,022), followed by Cross River (₦51,338) and Anambra (₦49,887). The least consumption states are Kwara (₦290) and Kogi (₦1,470).
Fig.6.7: DISTRIBUTION OF BANANA BY STATE (NAIRA).

DISTRIBUTION OF BANANA BY STATE

ORANGE

The national monthly consumption rate of orange is ₦417,084 nationwide. State analysis showed that some states had highest consumption of orange. These states include, Anambra (₦53,009), Ebonyi (₦37,402) and Abia (₦33,787). However, the least consumption state is Zamfara (₦1,599).
Fig. 6.8: DISTRIBUTION OF ORANGE BY STATE (NAIRA).

From the study, it was observed that the national monthly consumption is N165,130. From state analysis, Anambra recorded (N47,793), Imo (N19,486) and Abia (N15,330), while the least consumption of pawpaw was Nassarawa (N30).
Fig. 6.9: DISTRIBUTION OF PAWPAW BY STATE (NAIRA).