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THE COST OF THE FOOD BASKET IN ROMANIA

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Abstract: In general, the level of salaries in a country is a crucial factor in determining the ability of the population to afford their basic goods and services, including food. If salaries are relatively low compared to food costs, people may have difficulty meeting basic nutritional needs. Also, if the cost of food increases significantly compared to income, it can lead to a decrease in the standard of living and can have an impact on the health and well-being of the population.

• Introduction

Access to food is an essential entitlement, as is the practice of consuming nutritious food, which enables a dynamic and well-being lifestyle. Consuming nutritious food should not be considered a privilege. This becomes particularly crucial when a nation is experiencing an economic downturn and significant inflation in prices. During this time, it is crucial for the political realm to exert increased effort in ensuring food security, while being mindful of avoiding disrupting any aspect of the chain: primary producers, including agriculture, fishery, and animal farming, which serve as the foundation of our food supply, as well as the end consumers.

• Material and method

This research analyzed external data from third parties, data from relevant organizations in the field of competence, and scientific papers by consecrated authors. National Institute of Statistics was the main source of data, along with some other relevant institutions. Other external data was obtained through accessing scholarly databases like Web of Science, ResearchGate, and Google Scholar.

• Results and discussions

The 14 products that have suffered a decrease in price are: simple white bread (with a weight between 300 and 500, without specialties); cow's milk (1 liter, fat 1.5%, excluding UHT); bulk cow telemea cheese; plain cow's milk yogurt (3.5% fat, up to 200 grams); white wheat flour „ 000 ” (pack of 1 kg); corn (pack of 1 kg); white sugar (pack of 1 kg); M-caliber chicken eggs (per pack of 10 pieces); sunflower oil (1 liter bottle); fresh chicken; fresh pork; fresh vegetables in bulk; fresh fruit in bulk; fresh white potatoes in bulk.

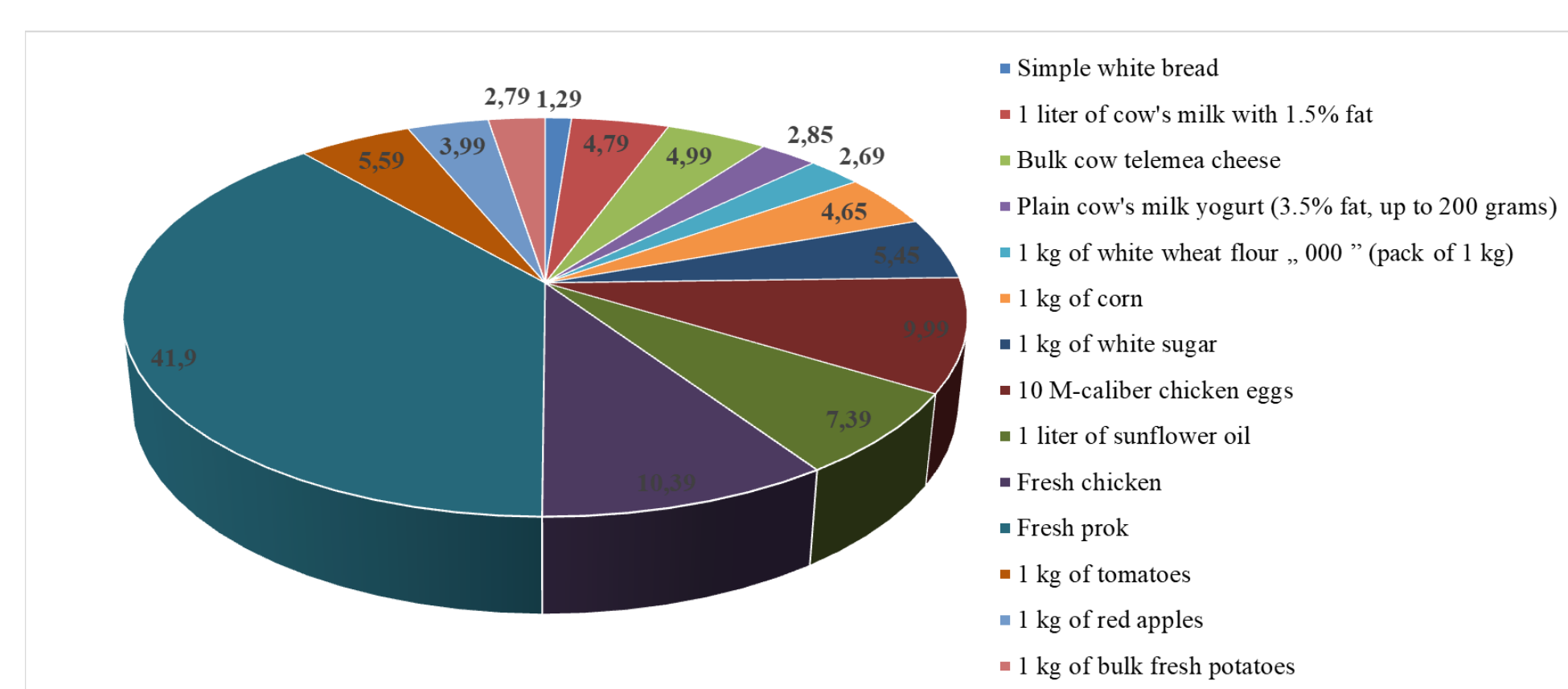


Figure 1. The cost of the 14 basic foods of the most expensive food basket in Bucharest (measured in RON)

• Conclusions

Although salaries in Romania have been rising in recent years, especially in key sectors and urban areas, the ratio of them to the cost of living, represented by the food basket, remains a challenge. Despite improvements, average salaries are often insufficient to ensure a decent living for all employees, especially in the context of rising prices for food, utilities and other basic expenses.