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**AGRICULTURAL DEVELOPMENT SYSTEMS  
EGYPT PROJECT**

**UNIVERSITY OF CALIFORNIA, DAVIS**

**PATTERN OF FOOD EXPENDITURE IN RURAL EGYPT**

by

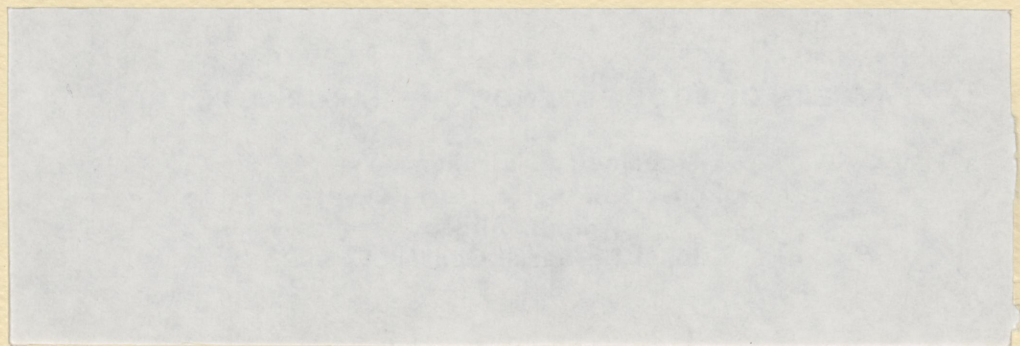
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Agricultural Development Systems:  
Egypt Project  
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# Pattern of Food Expenditure In Rural Egypt

By

Mohamed A. El-Shennawy and Amin I. Abdou.

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## Introduction :

The increase in food demand is brought about by the growth of population on one hand and rising incomes on the other. The combining effects of those two factors has resulted in doubling the demand for food during the last fifteen years. And since the vastly growing demand of foods is faced with almost stagnated domestic production, rapid expansion of food imports was needed to fill in the gap entailing a growing deficit in the balance of payments and hindering execution of development programmes.

Reliance on food importations at increasing international prices had to be met with vast increases in food subsidies in avoidance of a spiral inflation reflected in domestic food prices, causing severe hardship for a great part of the population represented by low income classes.

Since consumption of food commodities has not yet reached saturation levels for a large part of rural population, the impact of income increases on the demand for food is still sound. The income elasticity of demand for food and beverages was about 0.75 for low income groups (1964/1965 family Budget survey-rural regions) .

E. Engel had stated that "the lower is the family income the greater is the portion spent on food and vice versa. The income increases do not only affect the food demand quantitatively but also qualitatively, whereas increasing income may result in a considerable increase of demand for some food

commodities, and only slight changes for others, and subsequently lead to substantial changes in the diet composition.

The food consumption survey included a family budget study for 249 households randomly selected from ten Egyptian villages located into five regions (working paper No. 88).

And table (1) shows the average percentage of food expenditure from the total household expenditure in each of the ten villages. The results of the family budget survey for rural areas 1958/1959 , 1964/1965 & 1974/1975 show a decreasing tendency in the percentage of family expenditure allocated for food consumption from 66.4% to 63.4 and 62.4% respectively, while the average of the corresponding estimates of food consumption survey 1981/1982 was 61.1% (table 2).

Those estimates reflect the impact of the constantly increasing per capita and family incomes which are usually accompanied by a decreasing proportion of income spent on food, despite the absolute increase of food expenditure.

#### Factors influencing food expenditure

##### 1- Food prices :

Prices of food play an essential role in food consumption as well as in food production. The consumption patterns could be changed with use of price instruments especially in developing countries. The price of a given number of calories varies according to different sources. The cost of one thousand calories derived from wheat flour, red meat, fish and milk, calculated by the Central Agency for Public Mobilization and Statistics CAPMAS 1979 were 2.5, 70, 48 and 24 p.T respectively. The corresponding figures based on rural prices in 1981 and reached by the survey

were 2.5, 111, 89 and 31 P.T respectively. These figures reflect the increasing price levels by different rates (except wheat flour which is fully subsidized).

The average of consumer prices for different food items (1981) were collected from the ten selected villages and tabulated in table (3).

## II- Consumed quantities of food.

Since food expenditure is a sum of quantities of foods multiplied by their respective prices, quantities consumed represent only one of the two expenditure determinants.

And while household food expenditure is homogeneous of degree one, non-proportional changes in consumed quantities towards expensive (cheaper) foods render greater (smaller) changes in total food expenditure.

## III- Regionality:

Table (4) shows the average monthly expenditure on food in different selected villages on both family and per capita levels using free market prices in each village.

As revealed in table 4 disparities in food expenditure on family and per capita levels are clearly observed between villages and zones, which might be an outcome of different social and economic conditions. On the family basis, the average monthly expenditures on food ranged between a maximum of L.E 172.8 (Shennow) and a minimum of L.E 65.7 (Kanteer) with an average of L.E 115.7; similar results were obtained from the same villages at the per capita level with corresponding figures of L.E 18.6 and L.E 8.6 respectively with an average of L.E 15.4 .

Considering agronomic regionality, the maximum level of family and per capita food expenditure occurred for the third zone which is characterized by non-traditional crops because of its proximity to the great market centers. On the contrary, the lowest level was estimated for the fifth zone in Upper Egypt (represented by El Haradna village) which featured the lowest economic conditions among the surveyed villages.

Impact of landholding and household sizes :

As an indicator of income and fortune standards in rural areas, size of landholding is expected to have a positive influence upon household total food, expenditure. That is since higher income strata are supposed to acquire more of high quality foods which are also relatively expensive, such as animal origin foods. On the other hand household size should also influence food expenditure since consumption needs are quantitatively higher for larger households.

In view of these factors the study was interested in comparing impacts of both landholding size and number of household members, i.e. comparing quality and quantity impacts. And hence; finding out which is most responsible for expenditure variations; changes in kinds and quality of foods entailing different price levels, or mere changes in quantities consumed.

For purpose of investigation, analysis included estimation of simple and partial correlation coefficients between total food expenditure and each of household and landholding sizes. And table (5) presents the estimates obtained through data analysis for the four selected villages of the rice zone.



As shown in table (5), with exception of the case of Kamha, all other villages revealed relatively greater influence for the household size upon total food expenditure. This result was clearly ascertained for both villages "Manshat El-Gamal" and "Shenou" in particular, and verified by the obtained estimates of partial correlation coefficients. As for Manshaat El-Gamal, taking the effect of household size into consideration caused a drop of the correlation coefficient between landholding size and food expenditure to less than half its simple estimate besides affiliating its statistical significance. Regarding results obtained for Shenou, the statistically insignificant influence of landholding size was clearly revealed in the simple relationship. And accounting for the impact of the household size resulted in a further drastic drop in the estimated correlation coefficient between landholding size and food expenditure.

It might also be safely concluded that the almost absent impact of landholding size revealed for both villages was responsible for the relatively low estimates of the determination coefficients which may also infer existence of their influential factors. As for El-Arimon, both factors were highly influential as indicated by the estimated correlation coefficients. However, both factors were also highly inter correlated as  $r(x_1 x_2)$  reached 0.64, as large households seem to possess large landholding as well, a phenomenon which is commonly observed in most rural areas. And since both factors were strongly influential, their joint effect was responsible for about 36% of food expenditure variations as indicated by the estimated determination coefficient.

However, still a slightly stronger influence occurred for household size as revealed by the correlation coefficients estimates.

As pointed out earlier the impact of landholding size was dominant in the case of "Kamha". This result was more explicitly clarified when accounting for the household size influence. Such finding may infer upgradation of consumed foods' quality and kinds at higher levels of food expenditure; a conclusion verified by the strong positive relationship which occurred between size of landholdings and the percentage share of animal products in total food expenditure.

Similar results were revealed for the whole rice zone through data aggregation as estimated correlation coefficients of food expenditure with landholding size were higher than those with household size, though all estimates were generally low. However, efficiency of estimation was distorted as a result of data combination for villages which were clearly heterogenous regarding general levels of expenditure. And that might be the major cause for the resulted low estimates obtained for the rice zone as a whole, especially for the determination coefficient.

Conclusively, the size of landholdings seem to be less influential upon food expenditure implying a relatively low degree of variability in food expenditure for households of different landholding classes. In other words, food expenditure variations among studied households were most likely corresponding to quantities consumed more than to quality and

kind changes affecting total food expenditure via price variations. Findings may also infer the possible existence of other factors with some impact on food expenditure.

Pattern of food expenditures in rural Areas :

National and regional plans should pay great concern to changes in the pattern of consumption, and also their reflection upon shares of different consumption items in total expenditure.

Engel stated that, when income rises, the consumption of food and beverage increases at decreasing rates. Also, as income increases; first the consumption of cheap foods gradually increase and then begins to decrease as replaced by expensive (luxurious.) substitutes.

I- Expenditure on Energy Sources :

The average number of per capita daily intake of calories is one of the most important indicators of the nutritional level. The deficiency of calories intake represents the acute case of the dietary inadequacy among the poorer classes in developing countries. And as expected, since the majority of population in developing countries suffer low purchasing power, satisfaction of nutritional needs relies to a great extent upon the cheapest sources.

a - Cereals and Starchy Foods :

This is the main and cheapest source of energy. Cereals consumption provides about 70% of total caloric intake. And this high percentage, reflects the imbalanced composition of the Egyptian diet, and gives clear evidence of malnutrition.

The results of family budget surveys (rural population) of 1958/1959, 1964/1965 and 1974/1975 indicate a decreasing tendency in shares of cereals and starchy foods from total food expenditure from 42.2% to 31.7% and 30.2% respectively (table 2). The corresponding figures in urban areas are much lower than those of rural areas. That is since the urban consumer buys his bread ready-made at subsidized prices, while many rural consumers bake their bread using their farm -produced wheat which is usually evaluated at free market price levels.

The result of food consumption survey (1981/1982) shows that the percentage shares of cereals and starchy foods from total food expenditure has reached the average of 16.2% and ranged between a maximum of 22.3% in El-Haradna village (fifth zone) and a minimum of 11.2% in Mazoura village (fourth zone). (table 6) .

This drop in the percentage of food expenditure devoted to cereals and starchy foods could be easily explained by the increasing number of bakeries operating in rural areas beside the drastically increasing prices of other food groups while bread prices are kept almost constant.

The per capita expenditure on cereals and starchy foods was on average L.E. 2.5 with a maximum of L.E 3.2 (El-Arimon) and a minimum of L.E 1.7 (Kanteer). On the regional level the highest figure occurred for the first zone (Rice zone) 2.9 L.E and the lowest for the fourth zone (traditional crops in Upper Egypt) 1.9 L.E (table 7) .

Investigation of disparities of expenditure on cereals and starchy foods according to holding size (table 8) reveals that the percentage share gradually decreases for the first four holding classes and then increases for the last two holding classes (4-5 fed. and more than 5 fed.)

b - Sugar and Sugar products :

Sugar is the second source of calories. The results of previous studies of family budget surveys of 1959, 1965 and 1975 indicate a decreasing tendency in its share of food expenditure, estimates for rural population were 6.4% , 6.1% and 5.9% respectively. The corresponding estimate of food consumption survey (1982) was on the average of 4.5% (table 2).

Considering regionality, the highest percentage occurred for the fifth zone (El Haradna) 8.4% followed by the fourth zone (Mazoura) 5.6% (table 6) . That is since most of sugar consumption in these areas was purchased at price levels considerably higher than those prevailing in Delta areas (table 3).

Relating expenditure on carbohydrates to total food expenditure for the rice zone through regression analysis showed that for every additional pound spent on foods only 14 P.T. on an average is spent on carbohydrates due to their heavily subsidized prices.

c - Oils and fats :

Comparing the results of the three family budget surveys revealed an increasing tendency for the percentage share of oils and fats in total food expenditure changing from 2.3% to 3.5% and finally to 9.6% . However, the corresponding estimate obtained by the food consumption survey (1981) was less than 1.0% (table 2), which might be a result of heavy reliance on fats of animal origin (ghee and butter) among the landholders to whom that study was confined since they are mostly holders of livestock as well.

II- Expenditure on Building Foods :

Building foods are the most expensive in the Egyptian diet, and therefore, the results of the previous family budget surveys show that a relatively large portion of food expenditure was allocated for animal protein sources. These percentages were 30.0% , 34.4% and 30.5% respectively. The results of the food consumption survey reveal a higher estimate reaching 52.4% - (table 2), at the expense of energy sources food. The high percentage of expenditure on animal protein estimated for last survey reflect the drastic price increase during the last few years relative to the prices of energy sources which are almost constant.

Another evidence of the importance of animal protein sources in total food expenditure was indicated by the relatively high estimates of correlation coefficients estimated between the two variables in the four villages selected in the rice zone, ranging between 0.72 and 0.97.

Moreover, an average of about 57 % of additional food expenditure is devoted to animal protein sources with the price levels currently prevailing in rural areas.

a - Milk and dairy products :

The results of previous family budget surveys show that the percentage share of milk and dairy products expenditure reached 12.7% , 12.2% and 5.9% respectively while the corresponding estimate of the food consumption survey has reached 20.0% (table 2) .

On the regional level, the lowest level occurred on the third zone (15.8%) and the highest one for the fourth zone (30.6%) (table 6) .

Similar results were obtained on the per capita level which reached L.E 3.1 per month on average and ranged between a maximum level of L.E 5.0 (fourth zone) and a minimum level of L.E 2.6 (third zone) ( table 7) .

b - Meat, fish and Eggs :

The results of family budget surveys showed that the portions of food expenditure devoted to meat, fish and eggs were about 17.3%, 22.2% and 24.6% respectively. The results of food consumption survey show that the increasing tendency has continued and reached the level of 32.4% ( table 2 ). That was a result of the combined effect of both increasing per capita intake and rising prices.

Disparities in the proportion devoted to these items between different zones were observed. The highest level for the first zone and the lowest level for the last zone (table 6) . The same results were obtained on the per capita level ( table 7).

Differences in this proportion between different holding classes were rather clear . The lowest level was detected for the minimum holding class (feddan and less) reaching 25.3 % , while the highest level occurred for the largest holding class (More than five feddan) reaching 38.9% (table 8) .



III - Expenditure on Protective foods :

Protective foods are necessary for human diets as main sources of vitamins and minerals. The results of the previous family budget surveys (in the rural areas) show that a significant portion of food expenditure was devoted to vegetables and fruits consumption. These portions were 8.1% , 10% and 10.3%, respectively. The results obtained from the food consumption survey reveal a higher estimate reaching 12.2% (table 2).

This continuous increasing relative importance for protective foods reflect the continuous improvement in the standard of living or the per capita income .

(a) Expenditure on vegetables :

The results of the previous family budget surveys show that a significant increase in the percentage of food expenditure allocated for vegetables from 5.2% to 6.5% and then to 6.9% respectively. The result obtained from food consumption survey showed that this portion has reached 9.2% considering regionality, the lowest portion of expenditure devoted to vegetables (6%) was observed in the fourth zone (Mazoura), while the maximum level occurred for the second zone (10.9%) (table 6) . On the other hand, monthly per capita expenditure on vegetables was at maximum for the first zone reaching L.E. 1.6 while the minimum level was detected for the fourth zone reaching L.E. 1.04.

(B) Expenditure on fruits :

The results of the family budget surveys showed that the portion of food expenditure devoted to fruits has increased from 2.9% (1959) to 3.5% (1965) and 3.4% (1975). The corresponding portion obtained from food consumption survey (1982) was 3% . Such results infer the stability of fruits importance in the rural diet during the last twenty years, and that the increasing percentage of expenditure on protective foods is entirely due to the rising importance of vegetables consumption.

On the other hand, the highest percentage for expenditure on fruits was detected for the second zone reaching 4.9%, while the lowest occurred for the fifth zone (El-Haradna) which was about 1.1% which is a proper indicator of the general economic conditions prevailing in that village .

Likewise, the highest monthly per capita expenditure on fruits was detected for the second zone reaching L.E. 0.64 and the lowest was detected for El-Haradna dropping to L.E. 0.13 (table 7). Considering size of landholdings substantial variations were detected revealing higher relative importance for fruits among relatively big landholders. That since the corresponding percentage amounted to about 4.3% for holders of more than four feddans while dropping to 2.4% for holders of less than two feddans (table 8) .

The present study showed that most of total food expenditure was shared by building and energy food groups, and the first group alone shared more than one half. While high prices were responsible for the large portion for building foods expenditure, the great share of energy foods (cereals in particular) was due to the relatively large quantities consumed.

Among other factors influencing food expenditure in rural areas, the household size is dominant and in some cases nearly off-setting the impact of some economic factors such as landholding size. This result may infer the higher importance of the consumption volume (influenced by household size) compared with quality improvement which is more obviously affected by economic factors .

On the other hand, the dispersion of expenditure shares for each food group revealed the economic factors impact featured either by size of landholdings or by regional variations.

That is since the relative importance of semi-luxury foods such as building foods (animal protein sources) and fruits were higher for relatively big landholders, the opposite was true for energy sources (carbohydrates in particular). Likewise, El-Haradna village of the fifth zone, featuring the lowest economic conditions among all investigated villages, revealed the lowest percentage shares for meats, fish and eggs and fruits (as semi-luxury foods) and the highest for cereals which are the cheapest foods among all.

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Table 1 - Percentage of food expenditure compared to the total household expenditure for the ten selected villages.

Region	Village No.	Village Name	No. of Interviewers	Average Family size	Average holding area (f)	Average per capita land (f)	Food Expenditure %
	1- 1	Manshaat El Gamal	35	6.3	3.5	.56	65.4
	1- 2	Kamha	15	8.7	4.5	.51	54.7
	1- 3	Shenno	25	9.3	3.2	.35	64.8
	1- 4	El-Arimon	25	7.6	3.0	.39	51.5
Average Zone I			100	7.8	3.5	.45	60.2
	2- 5	Damhoug	24	5.9	2.1	.35	60.4
	2- 6	Kanteer	31	7.7	2.3	.30	68.9
Average Zone II			55	6.9	2.2	.32	65.2
	3- 7	El-Salhia	21	7.2	2.9	.40	53.4
	3- 8	Balaks	28	8.7	2.4	.28	68.7
Average Zone III			49	8.1	2.6	0.33	63.5
Zone IV	4- 9	Mazoura	30	7.1	2.5	.35	54.4
Zone V	5-10	El Waradna	15	6.9	1.3	.18	57.5
Average			249	7.5	2.8	.37	61.1

Table 2 - Percentage of Expenditures on different Food Groups for Rural Households

Groups	Food Items	Family Budget Surveys			Food Consumption Survey
		1958/59	1964/65	1974/75	1981/82
Energy sources	Cereals & Starchy foods	42.2	31.7	30.2	16.2
	Sugar & Sugar products	6.4	6.1	5.9	4.5
	Oils and Fats	<u>2.3</u>	<u>3.5</u>	<u>9.6</u>	<u>0.9</u>
	<u>Subtotal</u>	50.9	41.3	45.7	21.6
Building foods	Milk & Dairy products	12.7	12.2	5.9	20.0
	Meat & Fish & Eggs	<u>17.3</u>	<u>22.2</u>	<u>24.6</u>	<u>32.4</u>
	<u>Subtotal</u>	30.0	34.4	30.5	52.4
Protective foods	Vegetables	5.2	6.5	6.9	9.2
	Fruits	<u>2.9</u>	<u>3.5</u>	<u>3.4</u>	<u>3.0</u>
	<u>Subtotal</u>	8.1	10.0	10.3	12.2
	Legumes	4.0	5.2	3.9	5.7
	Beverages & other foods	7.0	9.1	9.6	8.1
	<u>Total</u>	100	100	100	100
	% of Total Family Expenditure	66.4	63.4	69.4	61.1

Table 3 - Average prices of one kilogram of different Foodstuffs in different Zones (1981) PT.

Items	Zone I	Zone II	Zone III	Zone IV	Zone V	Average	Food Groups	
Wheat flour	7	7	7	7	7	7		
Rice	18	20	23	20	15	19	Cereals and Starchy foods	
Macaroni	17	15	14	14	--	15		
Potatoes	18	24	18	30	20	21		
Tara-Colcasia	15	30	25	--	--	24		
Broad Beans	35	35	25	25	31	32		Legumes
Lentil	61	55	43	40	40	32		
Dried Harricots	80	70	88	100	--	82		
Stewed broad beans	29	26	--	25	20	26		
Bean cakes	100	100	100	100	100	100		
Cowpeas	80	70	90	--	--	78		
Milk (whole)	34	28	30	25	30	31	Animal Protein sources	
Cheese Karish	35	40	40	40	20	36		
Reserved Fermented cheese	80	--	60	--	100	77		
Ghee	306	300	--	330	320	310		
Cream	240	280	280	--	--	260		
Rose Meat	255	260	280	280	280	266		
Chicken	125	144	130	125	135	132		
Fish	80	100	80	100	--	87		
Eggs	115	150	140	120	110	127		
Tomatoes	17	23	15	20	25	19		Vegetables
Onion (Dried)	13	20	11	12	30	16		
Garlic	33	--	15	10	--	26		
Squash	15	25	13	20	--	21		
Jew Mellow green	--	--	8	15	--	12		
Spinach	--	--	25	30	--	28		
Eggplant	9	--	12	15	--	11		
Green Pepper	40	--	25	25	--	30		
Cucumber	15	--	10	20	--	15		
Snake Cucumber	25	--	10	--	--	18		
Onion, green	20	--	15	--	--	18		
Cabbage	5	10	5	--	--	7		
Radish & Rocketts	14	25	--	50	--	30		
Jew Mellow dry	30	--	--	40	24	31		
Citrus	19	23	14	20	15	18	Fruits	
Dates	27	35	20	--	--	27		
Water Mellon	8	10	5	6	6	7		
Mellon	10	15	10	--	--	12		
Jawava	15	--	15	25	--	18		
Grapes	30	35	25	20	--	28		
Sugar	31	39	33	50	50	36	Sugar and Sugar products	
Honey	100	113	80	75	--	98		
Molasses	29	33	25	25	--	29		
Halawa	87	100	83	--	--	89		
Cottonseed oil	37	38	33	40	35	36	Oil and Fats	
Margarine	29	25	33	35	--	29		
Tea	500	500	500	500	500	500	Beverages	
Coffee	450	450	450	400	--	438		

Table 4 - Average Monthly Food Expenditure  
on Family and Per Capita Levels

<u>Village Number</u>	<u>Number of Households</u>	<u>Number of Individuals</u>	<u>Average Family Size (Persons)</u>	<u>Average Monthly Food Expenditure (L.E.)</u>		
				<u>Per Family</u>	<u>Per Capita</u>	<u>% of Average</u>
1 - 1	35	221	6.3	87.3	13.8	89.6 %
1 - 2	15	131	8.7	150.3	17.2	111.7
1 - 3	25	232	9.3	172.7	18.6	120.8
1 - 4	25	191	7.6	116.9	15.3	99.4
Zone I	100	775	7.8	125.5	16.2	105.2
2 - 5	24	141	5.9	121.0	19.5	126.6
2 - 6	31	238	7.7	65.7	8.6	55.8
Zone II	55	379	6.9	89.8	13.0	84.4
3 - 7	21	151	7.2	126.4	17.6	114.3
3 - 8	38	244	8.7	137.5	15.8	102.6
Zone III	49	395	8.1	132.8	16.5	107.1
4 - 9	30	214	7.1	117.2	16.4	106.5
Zone IV						
5 - 10	15	104	6.9	85.7	12.4	80.5
Zone V						
Average	249	1867	7.5	115.7	15.4	100

Table 5 - Correlation and determinant coefficients  
for food expenditure (y) and each of  
household size (x) and landholding size (x<sub>2</sub>)

Coefficient	Village				
	Manshaat El Gamal	Kamha	Shenno	El-Arimon	Rice Zone
ry X <sub>1</sub>	.81**	.43	.77**	.86**	.39**
ry X <sub>1</sub> ·X <sub>2</sub>	.74**	.44	.75**	.76**	.24*
ry X <sub>2</sub>	.54*	.83**	.31	.87**	.51**
ry X <sub>2</sub> ·X <sub>1</sub>	.26	.83**	-.04	.69**	.42**
R <sup>2</sup> <sub>y X<sub>1</sub>X<sub>2</sub></sub>	.69*	.75**	.60*	.86**	.30*

\*: Significant at 95 %  
Significance level,  
\*\* Significant at 99 %  
Significance level

Source: Analysis of survey data for ADS project --  
Economic Subproject.

Food Consumption in Rural Egypt



Table 6 - Percentage of Expenditure on Different Food Groups (on Village and Regional Levels)

Zone No.	Village No.	Family Size	Monthly Expenditure / Family	Protective										Total
				-----Energy Sources-----			--Building Foods--			-Foods-				
				Cereals & Starch	Sugar & Sugar Products	Oil and Fats	Total	Milk and Milk Products	Meat, Fish & Eggs	Total	Vegetables and Fruits	Others	Total	
I	1- 1	6	87.3	21.5	5.3	0.1	26.9	16.1	33.9	50.0	11.9	11.2	100	
	1- 2	9	150.3	13.7	2.7	1.2	17.6	19.0	46.9	65.9	6.8	9.7	100	
	1- 3	9	172.7	15.0	3.8	1.2	20.0	11.4	36.1	47.5	13.3	19.2	100	
	1- 4	8	116.9	21.0	4.0	1.0	26.0	25.0	24.7	49.7	15.0	9.3	100	
I Average	8	125.5	17.7	4.0	0.9	22.6	17.1	34.9	52.0	12.2	13.2	100		
II	2- 5	6	121.0	12.9	5.7	0.8	19.4	32.4	27.2	59.6	13.4	7.6	100	
	2- 6	8	65.7	20.2	5.8	0.1	26.1	12.6	30.7	43.3	19.1	11.5	100	
II Average	7	89.8	15.9	5.7	0.5	22.1	24.2	28.7	52.9	15.8	9.2	100		
III	3- 7	7	126.4	13.7	3.5	1.7	18.9	18.2	39.9	58.1	7.3	15.7	100	
	3- 8	9	137.5	15.8	2.6	1.0	19.4	14.1	28.5	42.6	13.8	24.2	100	
III Average	8	132.8	15.0	3.0	1.3	19.3	15.8	33.1	48.9	11.1	20.7	100		
IV	4- 9	7	117.2	11.4	5.6	1.1	18.1	30.6	31.5	62.1	9.6	10.2	100	
V	5-10	7	85.7	22.3	8.4	0.1	30.8	24.1	20.8	44.9	9.5	14.8	100	
All Zone	Average	7	115.7	16.2	4.5	0.9	21.6	20.0	32.4	52.4	12.1	13.9	100	

Table 8 - Percentage of Expenditure on Different Food Groups (According to Holding Class)

Holding Class	Number of Families	Number of Individuals	Cereals & Starches	Legumes	Animal Protein		Total	Vegetables	Fruits	Sugar & Sugar Products	Oil and Fats	Beverages & Other Foods	Total	Per Capita Expenditure
					Milk and Milk Products	Meat, Fish & Eggs								
feddan and less	64	362	17.8	9.3	20.4	25.3	45.7	11.0	2.6	4.9	1.0	7.7	100	L.E. 13.85
1 - 2	59	420	16.5	6.3	23.0	29.7	52.7	8.3	2.2	4.5	1.1	8.4	100	15.07
2 - 3	51	397	16.2	5.4	19.8	33.0	52.8	8.9	2.9	4.3	0.8	8.7	100	15.14
3 - 4	23	170	14.8	5.3	18.0	34.6	52.6	9.6	3.7	4.5	1.0	8.5	100	15.98
4 - 5	15	163	15.2	4.1	19.1	33.5	52.6	7.6	4.9	4.4	1.3	9.9	100	16.26
more than five	37	355	15.7	3.6	17.9	38.9	56.8	9.2	3.0	4.2	0.5	7.0	100	17.12
Average	249	1867	16.2	5.7	20.0	32.5	52.5	9.2	3.0	4.5	0.9	8.2	100	15.42

