

Zero Hunger is the theme adopted by the Food and Agriculture Organisation (FAO) to mark World Food Day, celebrated every year on 16 October. This News Release provides quantitative estimates of food purchases in Malta in terms of food energy.

## World Food Day: 2018

The FAO *State of Food Security and Nutrition in the World* report (2018) estimates that, in 2017, 821 million people were undernourished, equivalent to one in nine persons. By contrast, 672 million people were obese and a further 1.32 billion overweight.

The European Health Interview Survey 2016 shows that, in 2014, Malta had the highest obesity among EU countries at 26 per cent, equivalent to one in four adults.

Statistics in this News Release were compiled using a harmonised methodology based on household expenditure data. The source is *Household Budgetary Survey 2015*.

### Approach:

The approach taken in this News Release is to measure the food trolley in terms of food energy (calories) rather than products or expenditure. When interpreting these statistics, users should note that food purchases measured in monetary terms differ significantly from those measured in calories. It stands to reason that food expenditure does not correspond in a linear manner to calories.

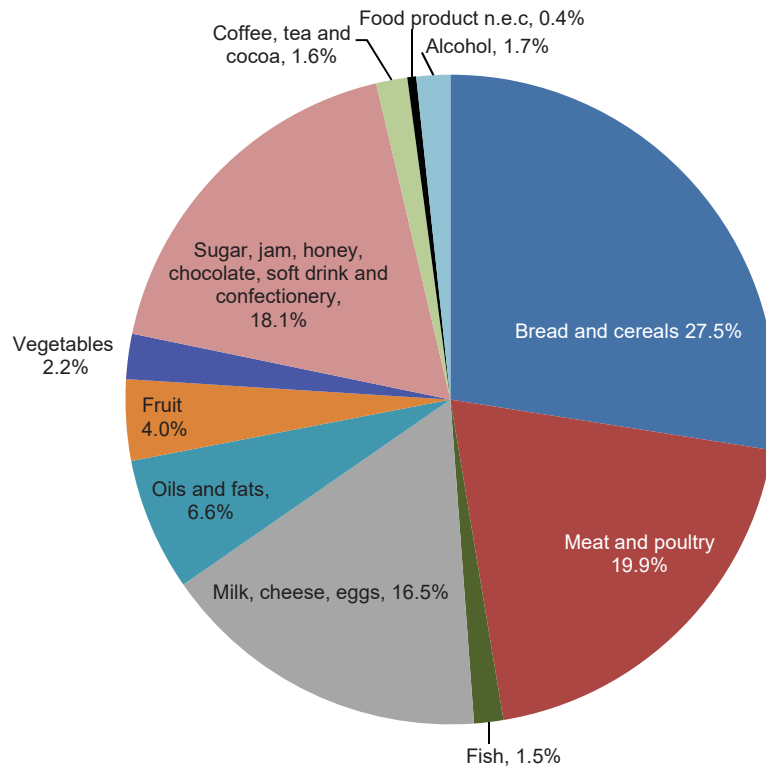
Chart 1 depicts the average household's nutritional purchases by food group, translated into energy values. The largest component is Bread and cereals at 27.5 per cent followed by Meat and poultry and sugary foodstuffs. The latter surpassed the component of Milk, cheese and eggs. The Fruit component was estimated at a low 4.0 per cent and that of Fish at an even lower 1.5 per cent.

Chart 2 juxtaposes the average household's nutritional purchases in terms of food energy against average household expenditure on food. The highest monetary outlay went to Meat and poultry followed by sugary foodstuffs and dairy items. The chart gives room for interesting insights on money spent on food versus food transformed into calories: Fruit garnered an 8.8 per cent share of the average household's food expenditure against a food energy value of 4.0 per cent. Vegetables made up 8.1 per cent of the average household's food expenditure against a corresponding energy value of 2.2 per cent; and Fish, 6.2 per cent of food expenditure against 1.5 per cent of energy value.

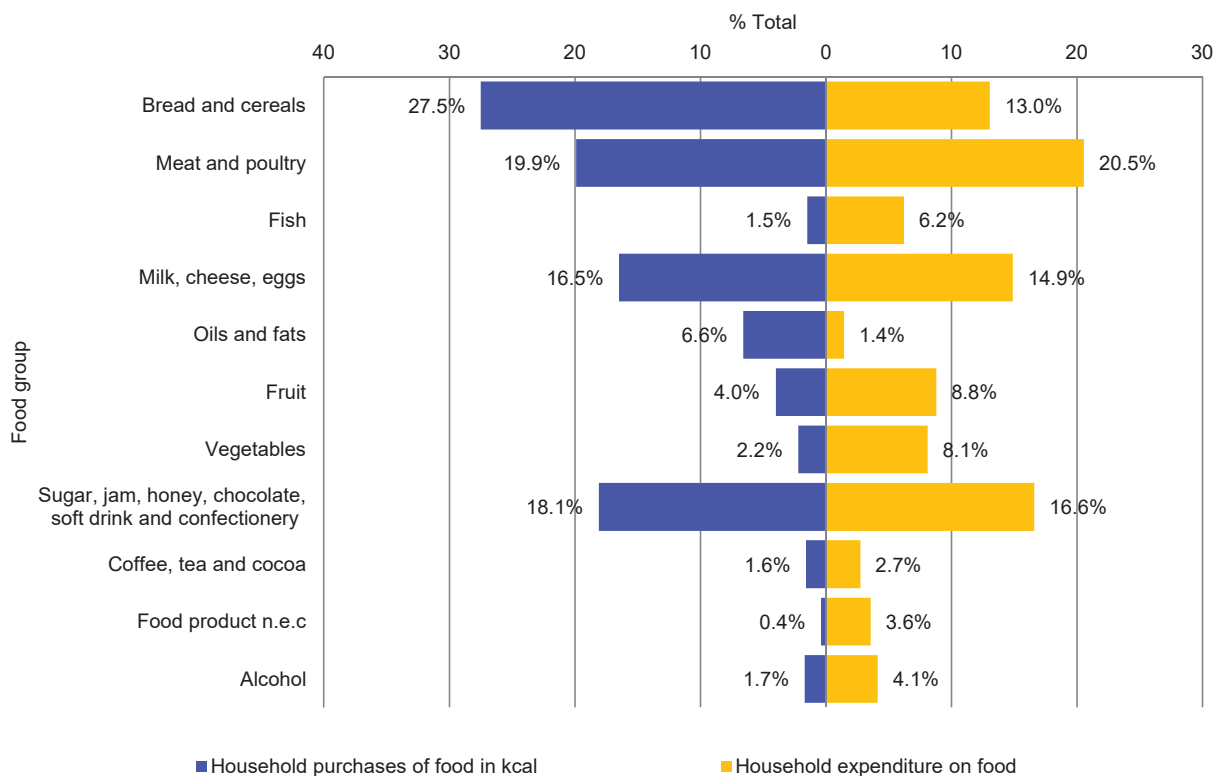
The two above-mentioned charts focus on the average household's shares of food purchases seen from the lens of food energy values. Chart 3 features food purchases, again in terms of their calorie content, taken against those of the average household. The pattern is partly evident in Chart 1. Bread and cereals rank top for both average person and household, at 685 calories for the former and 1,763 for the latter. Next is Meat and poultry at 496 for the person and 1,276 for the household, while dairy products and sugary foodstuffs are close together at third place. Fruit and Vegetables lag behind while Fish purchases in terms of calorie content are comparatively very low.

The News Release additionally provides several permutations by way of tables and charts ■

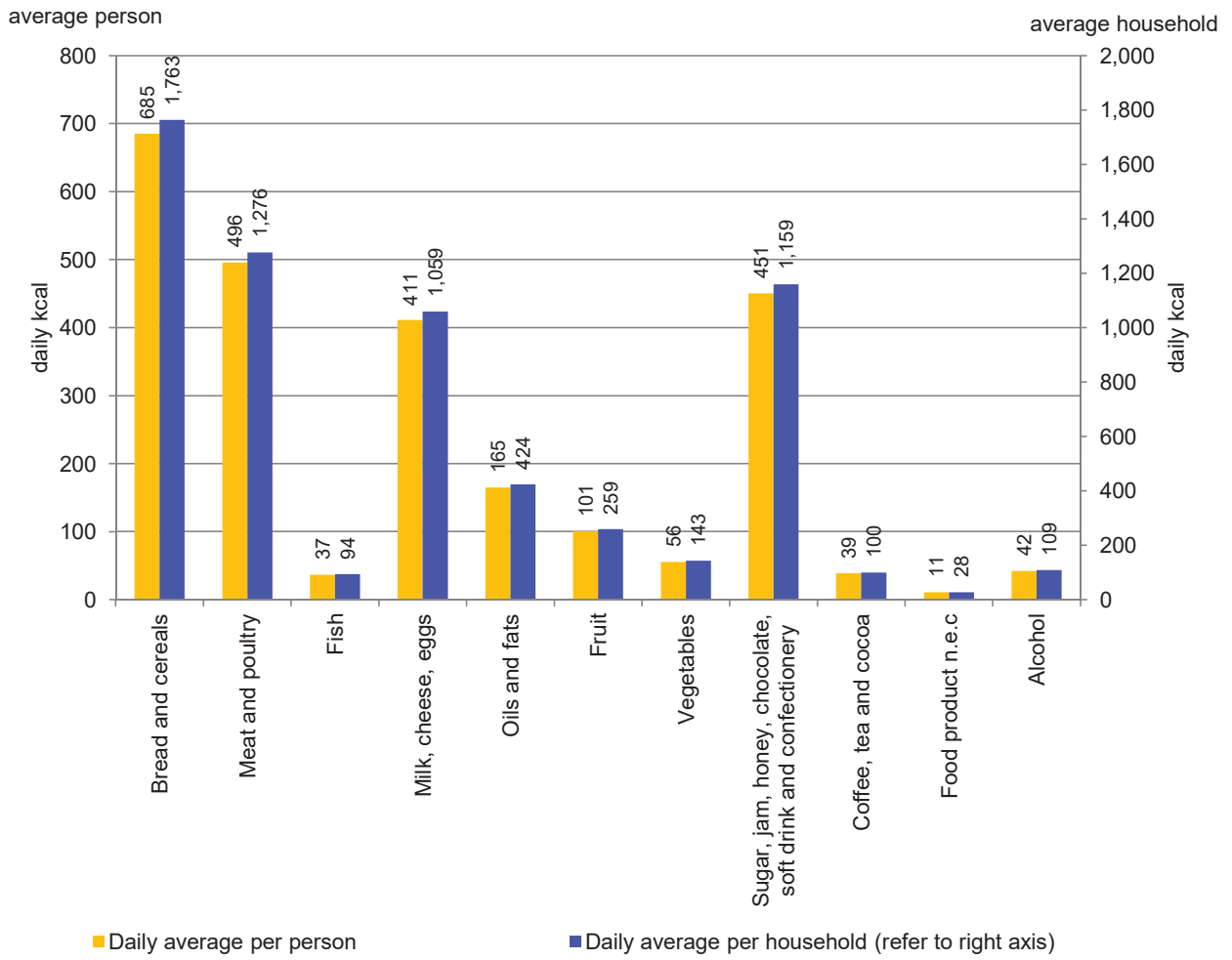
**Chart 1. Average household's nutritional purchases measured by food group and corresponding proportion of food energy**



**Chart 2. Average household's nutritional purchases shown in Chart 1 juxtaposed against the corresponding food expenditure of the average household**



**Chart 3. Food purchases in terms of calories by the average person and by the average household**

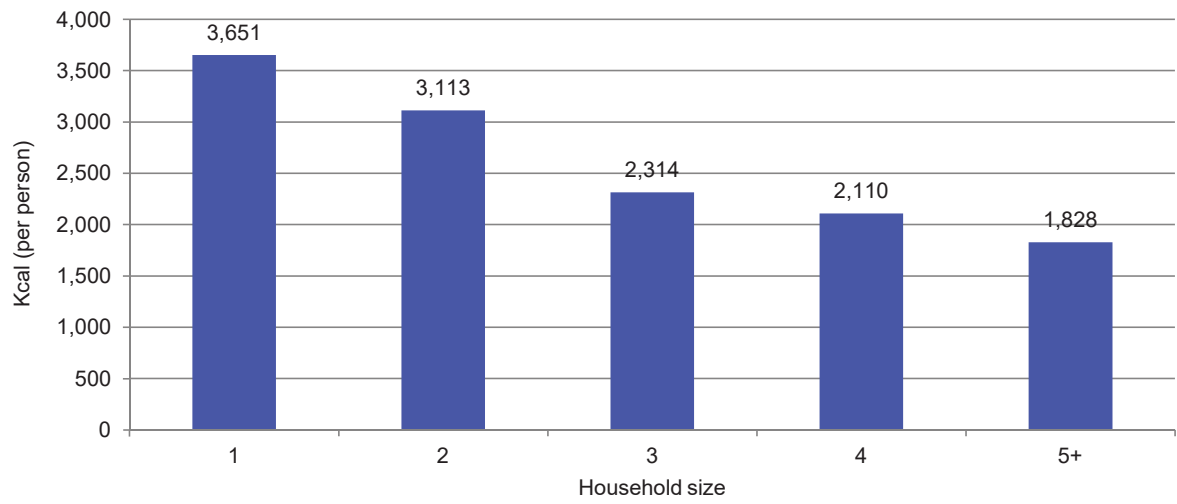


**Table 1. Average household's food purchases measured by food group, corresponding share of food energy and household size**

	Kcal per person					
	1	2	3	4	5+	Total
Bread and cereals	976	835	633	595	530	<b>685</b>
Meat and poultry	638	608	468	445	377	<b>496</b>
Fish	57	46	36	29	23	<b>37</b>
Milk, cheese, eggs	614	510	393	339	299	<b>411</b>
Oils and fats	294	221	139	124	118	<b>165</b>
Fruit	170	139	90	78	59	<b>101</b>
Vegetables	90	77	52	42	33	<b>56</b>
Sugar, jam, honey, chocolate, soft drink and confectionery	663	547	418	389	338	<b>451</b>
Coffee, tea and cocoa	66	53	36	29	24	<b>39</b>
Food product n.e.c.	11	9	11	12	9	<b>11</b>
Alcohol	71	67	39	27	20	<b>42</b>
<b>Total</b>	<b>3,651</b>	<b>3,113</b>	<b>2,314</b>	<b>2,110</b>	<b>1,828</b>	<b>2,493</b>
	%					
Bread and cereals	26.7	26.8	27.3	28.2	29.0	<b>27.5</b>
Meat and poultry	17.5	19.5	20.2	21.1	20.6	<b>19.9</b>
Fish	1.6	1.5	1.5	1.4	1.2	<b>1.5</b>
Milk, cheese, eggs	16.8	16.4	17.0	16.1	16.4	<b>16.5</b>
Oils and fats	8.1	7.1	6.0	5.9	6.4	<b>6.6</b>
Fruit	4.7	4.5	3.9	3.7	3.2	<b>4.0</b>
Vegetables	2.5	2.5	2.2	2.0	1.8	<b>2.2</b>
Sugar, jam, honey, chocolate, soft drink and confectionery	18.2	17.6	18.1	18.4	18.5	<b>18.1</b>
Coffee, tea and cocoa	1.8	1.7	1.6	1.4	1.3	<b>1.6</b>
Food product n.e.c.	0.3	0.3	0.5	0.6	0.5	<b>0.4</b>
Alcohol	2.0	2.2	1.7	1.3	1.1	<b>1.7</b>
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

Note: Totals may not add up due to rounding.

**Chart 4. Average household's food purchases in terms of energy value by household size**



**Chart 5. Average household's food purchases in terms of energy value by household type**

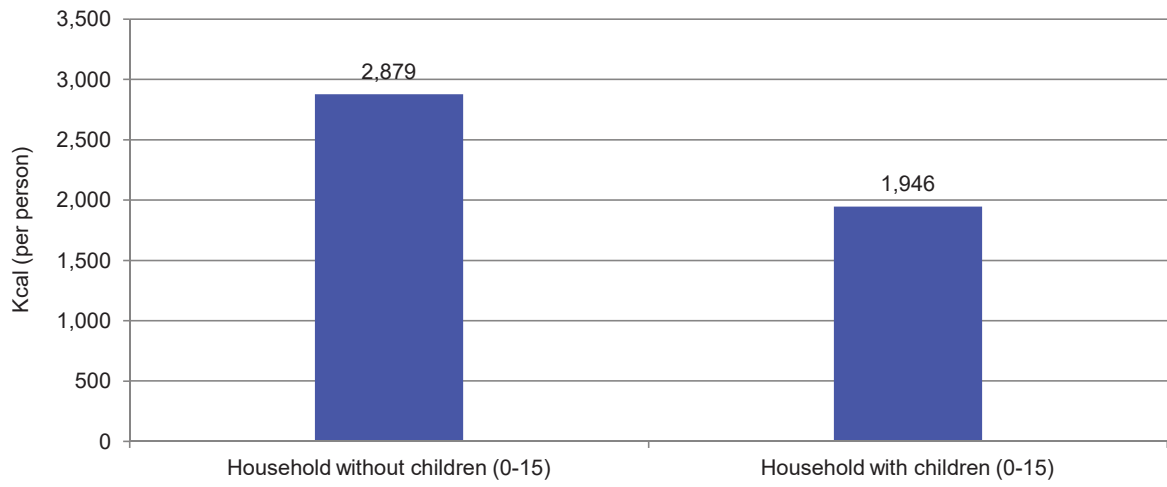


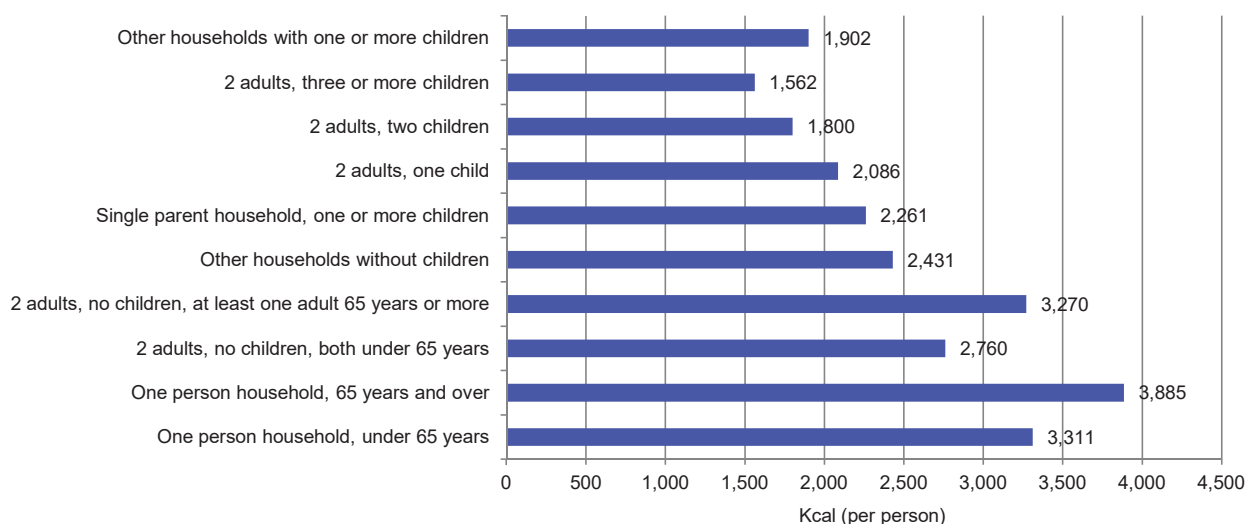
Table 2. Average household's food purchases in terms of energy value by household type, in more detail

Kcal per person

	Bread and cereals	Meat and poultry	Fish	Milk, cheese, eggs	Oils and fats	Fruits	Vegetables	Sugar, jam, honey, chocolate, soft drink and confectionery	Coffee, tea and cocoa	Food product n.e.c	Alcohol	TOTAL
	Kcal											
<b>Household without children aged 0-15</b>	<b>783</b>	<b>564</b>	<b>43</b>	<b>473</b>	<b>208</b>	<b>124</b>	<b>70</b>	<b>501</b>	<b>48</b>	<b>8</b>	<b>55</b>	<b>2,879</b>
One person household, under 65 years	898	584	52	565	254	135	75	615	59	14	61	<b>3,311</b>
One person household, 65 years and over	1,037	702	57	633	315	194	98	698	66	8	78	<b>3,885</b>
2 adults, no children, both under 65 years	722	533	45	462	173	117	70	511	46	10	71	<b>2,760</b>
2 adults, no children, at least one adult 65 years or more	894	630	48	530	259	153	82	545	57	7	64	<b>3,270</b>
Other households without children	680	514	35	395	167	97	57	406	38	7	35	<b>2,431</b>
<b>Household with children aged 0-15</b>	<b>546</b>	<b>399</b>	<b>27</b>	<b>324</b>	<b>104</b>	<b>67</b>	<b>35</b>	<b>379</b>	<b>26</b>	<b>14</b>	<b>25</b>	<b>1,946</b>
Single parent household, one or more children	629	478	24	370	129	81	34	447	37	7	26	<b>2,261</b>
2 adults, one child	580	425	33	345	105	75	41	406	29	15	32	<b>2,086</b>
2 adults, two children	500	350	24	309	92	65	32	368	22	18	20	<b>1,800</b>
2 adults, three or more children	481	291	19	264	90	44	26	309	15	11	13	<b>1,562</b>
Other households with one or more children	534	426	22	312	114	58	31	347	25	12	20	<b>1,902</b>
	%											
<b>Household without children aged 0-15</b>	<b>27.2</b>	<b>19.6</b>	<b>1.5</b>	<b>16.4</b>	<b>7.2</b>	<b>4.3</b>	<b>2.4</b>	<b>17.4</b>	<b>1.7</b>	<b>0.3</b>	<b>1.9</b>	<b>100.0</b>
One person household, under 65 years	27.1	17.6	1.6	17.1	7.7	4.1	2.3	18.6	1.8	0.4	1.8	<b>100.0</b>
One person household, 65 years and over	26.7	18.1	1.5	16.3	8.1	5.0	2.5	18.0	1.7	0.2	2.0	<b>100.0</b>
2 adults, no children, both under 65 years	26.2	19.3	1.6	16.8	6.3	4.2	2.5	18.5	1.7	0.4	2.6	<b>100.0</b>
2 adults, no children, at least one adult 65 years or more	27.3	19.3	1.5	16.2	7.9	4.7	2.5	16.7	1.7	0.2	2.0	<b>100.0</b>
Other households without children	28.0	21.2	1.4	16.3	6.9	4.0	2.3	16.7	1.6	0.3	1.4	<b>100.0</b>
<b>Household with children aged 0-15</b>	<b>28.1</b>	<b>20.5</b>	<b>1.4</b>	<b>16.6</b>	<b>5.4</b>	<b>3.4</b>	<b>1.8</b>	<b>19.5</b>	<b>1.3</b>	<b>0.7</b>	<b>1.3</b>	<b>100.0</b>
Single parent household, one or more children	27.8	21.1	1.1	16.4	5.7	3.6	1.5	19.8	1.6	0.3	1.1	<b>100.0</b>
2 adults, one child	27.8	20.4	1.6	16.5	5.0	3.6	2.0	19.5	1.4	0.7	1.5	<b>100.0</b>
2 adults, two children	27.8	19.4	1.3	17.1	5.1	3.6	1.8	20.4	1.2	1.0	1.1	<b>100.0</b>
2 adults, three or more children	30.8	18.6	1.2	16.9	5.8	2.8	1.6	19.8	1.0	0.7	0.8	<b>100.0</b>
Other households with one or more children	28.1	22.4	1.1	16.4	6.0	3.0	1.7	18.2	1.3	0.7	1.1	<b>100.0</b>

Note: Totals may not add up due to rounding.

**Chart 6. Average household's food purchases in terms of calories by household type**

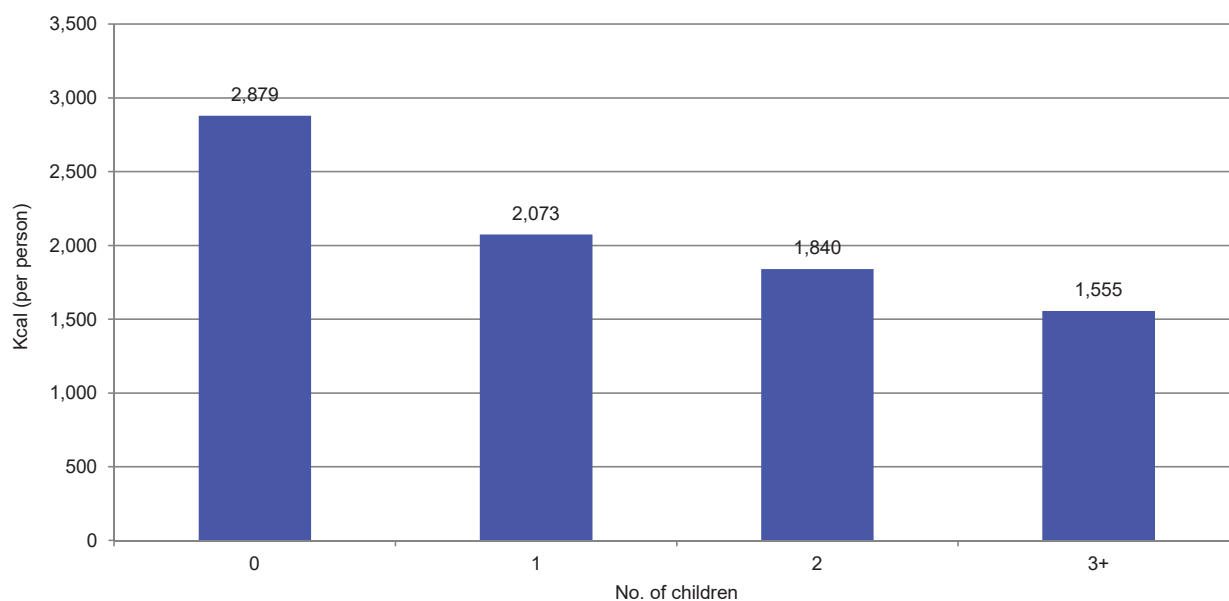


**Table 3. Average household's food purchases in terms of energy value by number of children aged 0-15**

	Kcal per person				
	0	1	2	3+	Total
Bread and cereals	783	570	522	485	685
Meat and poultry	564	436	364	300	496
Fish	43	31	23	18	37
Milk, cheese, eggs	473	343	312	254	411
Oils and fats	208	112	93	89	165
Fruit	124	71	67	41	101
Vegetables	70	39	32	26	56
Sugar, jam, honey, chocolate, soft drink and confectionery	501	400	365	304	451
Coffee, tea and cocoa	48	29	24	16	39
Food product n.e.c.	8	14	16	9	11
Alcohol	55	28	22	13	42
<b>Total</b>	<b>2,879</b>	<b>2,073</b>	<b>1,840</b>	<b>1,555</b>	<b>2,493</b>
	%				
Bread and cereals	27.2	27.5	28.4	31.2	27.5
Meat and poultry	19.6	21.0	19.8	19.3	19.9
Fish	1.5	1.5	1.2	1.2	1.5
Milk, cheese, eggs	16.4	16.5	17.0	16.3	16.5
Oils and fats	7.2	5.4	5.1	5.7	6.6
Fruit	4.3	3.4	3.7	2.6	4.0
Vegetables	2.4	1.9	1.7	1.7	2.2
Sugar, jam, honey, chocolate, soft drink and confectionery	17.4	19.3	19.8	19.5	18.1
Coffee, tea and cocoa	1.7	1.4	1.3	1.0	1.6
Food product n.e.c.	0.3	0.7	0.9	0.6	0.4
Alcohol	1.9	1.4	1.2	0.9	1.7
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

Note: Totals may not add up due to rounding.

**Chart 7. Average household's food purchases in terms of calories by number of children aged 0-15**



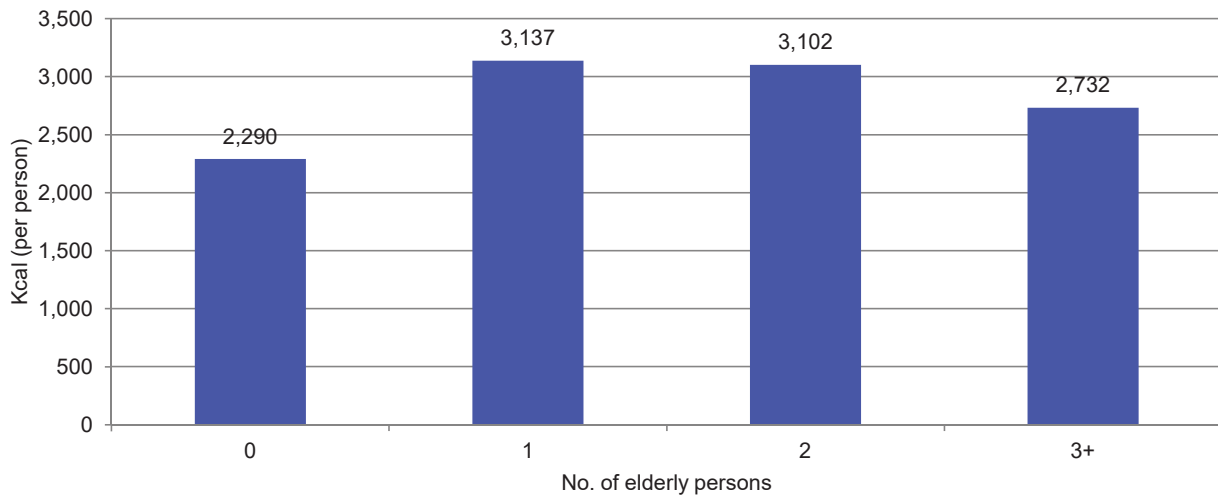
**Table 4. Average household's food purchases in terms of energy value by elderly persons aged 65+**

	Kcal per person				Total
	0	1	2	3+	
Bread and cereals	630	842	870	843	685
Meat and poultry	465	597	589	599	496
Fish	34	42	47	67	37
Milk, cheese, eggs	379	508	518	622	411
Oils and fats	139	247	242	136	165
Fruit	87	141	146	177	101
Vegetables	49	76	79	82	56
Sugar, jam, honey, chocolate, soft drink and confectionery	425	560	494	100	451
Coffee, tea and cocoa	34	56	51	93	39
Food product n.e.c.	12	8	8	2	11
Alcohol	37	59	59	10	42
<b>Total</b>	<b>2,290</b>	<b>3,137</b>	<b>3,102</b>	<b>2,732</b>	<b>2,493</b>
	%				
Bread and cereals	27.5	26.9	28.0	30.9	27.5
Meat and poultry	20.3	19.0	19.0	21.9	19.9
Fish	1.5	1.3	1.5	2.5	1.5
Milk, cheese, eggs	16.5	16.2	16.7	22.8	16.5
Oils and fats	6.1	7.9	7.8	5.0	6.6
Fruit	3.8	4.5	4.7	6.5	4.0
Vegetables	2.1	2.4	2.5	3.0	2.2
Sugar, jam, honey, chocolate, soft drink and confectionery	18.6	17.9	15.9	3.6	18.1
Coffee, tea and cocoa	1.5	1.8	1.7	3.4	1.6
Food product n.e.c.	0.5	0.3	0.3	0.1	0.4
Alcohol	1.6	1.9	1.9	0.4	1.7
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

Note: Totals may not add up due to rounding.



**Chart 8. Average household's food purchases in terms of calories by number of elderly persons aged 65+**



**Table 5. Average household's food purchases in terms of energy value measured by food group and gross household equivalised disposable income**

	Kcal per person				Total
	Less than €9,031	€9,031-€13,104	€13,105-€18,622	More than €18,622	
Bread and cereals	734	737	648	638	685
Meat and poultry	486	534	493	474	496
Fish	33	36	35	40	37
Milk, cheese, eggs	422	417	394	415	411
Oils and fats	191	178	157	140	165
Fruit	96	98	96	111	101
Vegetables	55	56	53	58	56
Sugar, jam, honey, chocolate, soft drink and confectionery	452	460	456	436	451
Coffee, tea and cocoa	40	38	38	40	39
Food product n.e.c.	10	9	10	13	11
Alcohol	32	46	33	56	42
<b>Total</b>	<b>2,552</b>	<b>2,609</b>	<b>2,416</b>	<b>2,422</b>	<b>2,493</b>
	%				
Bread and cereals	28.8	28.3	26.8	26.4	27.5
Meat and poultry	19.1	20.5	20.4	19.6	19.9
Fish	1.3	1.4	1.5	1.7	1.5
Milk, cheese, eggs	16.5	16.0	16.3	17.1	16.5
Oils and fats	7.5	6.8	6.5	5.8	6.6
Fruit	3.8	3.7	4.0	4.6	4.0
Vegetables	2.2	2.2	2.2	2.4	2.2
Sugar, jam, honey, chocolate, soft drink and confectionery	17.7	17.6	18.9	18.0	18.1
Coffee, tea and cocoa	1.6	1.5	1.6	1.6	1.6
Food product n.e.c.	0.4	0.4	0.4	0.5	0.4
Alcohol	1.3	1.8	1.4	2.3	1.7
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

Note: Totals may not add up due to rounding.

## Methodological Notes

1. Data from the Household Budgetary Survey (HBS) 2015 was used for this analysis.
2. The HBS survey captures the expenditure patterns of residential private households in Malta and Gozo, which amounted to around 164,800 in 2015.
3. HBS data is expressed in terms of monetary expenditure and quantity purchased such as in grams or litres. Where the quantity was provided in units, the weight of the foodstuff's most common packaging was used.
4. Food waste was not taken into consideration for the analysis. The values given reflect the amount of food purchased which is not necessarily equivalent to the amount consumed.
5. Food consumed in places other than the main dwelling, such as at a restaurant, and food produced for own consumption, was not taken into consideration for the computation of these figures.
6. In the classification of food groups "Food product n.e.c." includes items items such as dips, soup, baby food and herbs.

## CONCEPTS AND DEFINITIONS:

- **KILOCALORIE (kcal):** Calorie is commonly used to refer to a unit of food energy.
- **HOUSEHOLD:** A household comprises one person living alone or a group of people living at the same address and sharing certain expenses and daily needs. The members of a household are not necessarily related by blood or marriage. As the survey covers only private households, people living in institutional dwellings (e.g. hotels, hospitals, convents, prisons, homes for the elderly, etc.) are excluded. An individual belongs to a household even if he/she was on holiday or on a business trip during the survey period but simultaneously kept household relationships and continued to contribute to household expenses.
- **REFERENCE PERSON:** The reference person is very often identified as the head of the household (or 'bread winner'), that is the member contributing mostly to the total income of the household.

## GROSS HOUSEHOLD INCOME:

- **Employment income:**
  - Employee cash or near cash income;
  - Non-cash employee income (only company car and associated costs included);
  - Cash benefits or losses from self-employment (including royalties);
- **Benefits and allowances:**
  - Unemployment benefits;
  - Old-age benefits;
  - Survivors' benefits;
  - Sickness benefits;
  - Disability benefits;
  - Education-related allowances;
  - Family/Children related allowances;
  - Social exclusion benefits not elsewhere classified;
  - Housing allowances;
  - Interests, dividends, profits from capital investments in unincorporated business;
- **Other income:**
  - Income received from individual private pension plans.
  - Regular inter-household cash transfers received; ome from rental of property or land;
  - Income from rental of property or land

**Equivalent household size:** is calculated according to the "modified OECD" equivalence scale which gives:

- a weight of 1.0 to the first adult;
- a weight of 0.5 to any other household member aged 14+;
- a weight of 0.3 to each child.

The resulting figure, which is the sum of these weights, is attributed to each member of the household.

**Household gross equivalised income:** (referred to also as national equivalised income) is defined as the household's gross income divided by its "equivalent household size", to take account of the size and composition of the household, and is attributed to each household member. For example a household with 2 adults and 2 children aged less than 14, would have an equivalised household size of  $(1+0.5+0.3+0.3) = 2.1$ . If the total gross income earned by the household is €20,000, then the household equivalised income would result in  $(€20,000/2.1) = €9,523$ .

7. References:

Food and Agriculture Organisation of the United Nations

<http://www.fao.org/3/I9553EN/i9553en.pdf>

<http://www.fao.org/world-food-day/theme/en/>

European Health Interview Survey 2016

<https://ec.europa.eu/eurostat/documents/2995521/7700898/3-20102016-BP-EN.pdf/c26b037b-d5f3-4c05-89c1-00bf0b98d646>

Directorate for Health Information and Research

[https://view.officeapps.live.com/op/view.aspx?src=https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/416932/McCance\\_Widdowson\\_s\\_Composition\\_of\\_Foods\\_Integrated\\_Dataset.xlsx](https://view.officeapps.live.com/op/view.aspx?src=https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/416932/McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset.xlsx)

<https://deputyprimeminister.gov.mt/en/health-promotion/documents/library/publications/healthy%20plate%20en.pdf>

Household Budgetary Survey (HBS) 2015

[https://nso.gov.mt/en/nso/Sources\\_and\\_Methods/Unit\\_C1/Living\\_Conditions\\_and\\_Culture\\_Statistics/Pages/Household-Budgetary-Survey.aspx](https://nso.gov.mt/en/nso/Sources_and_Methods/Unit_C1/Living_Conditions_and_Culture_Statistics/Pages/Household-Budgetary-Survey.aspx)

8. References to this News Release are to be cited appropriately.

9. A detailed news release calendar is available on:

[https://nso.gov.mt/en/News\\_Releases/Release\\_Calendar/Pages/News-Release-Calendar.aspx](https://nso.gov.mt/en/News_Releases/Release_Calendar/Pages/News-Release-Calendar.aspx)