

## Impact of Economic Crisis on Urban Household Animal Protein Intake in Colombo District Sri Lanka

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The importance of animal protein sources in supplying the human body with vital amino acids cannot be overstated. Food consumption patterns are directly impacted by the economic crisis in Sri Lanka. Hence, the main objective of this study was to identify the impact of the economic crisis on urban household animal protein intake in the Colombo district, Sri Lanka. Data for this study was obtained from a household survey conducted by randomly selected 150 urban households in the Colombo district during the month of July 2023. The data analysis was done using both descriptive and multiple linear regression analysis. The results revealed that expenditures for animal protein increased by 30% during the crisis period. Further, the results revealed that the economic crisis has negatively affected animal protein consumption, leading to a 25% reduction in the quantity of animal protein intake by the households compared to the consumption of animal protein quantity during the pre-economic crisis period. Based on the multiple regression results, household income and price were identified as the main key factors influencing the intake of animal protein during the crisis period. Further, there is a rise in the frequency of dried fish purchases during the economic crisis. More than 88% of households have made moves to alternatives to animal proteins such as soya meat and mushrooms. The study suggests it is crucial to facilitate diversification the income generation activities through skills and knowledge development of urban households, imposing price control measures on key protein sources, and promoting awareness about alternative protein source patterns for improving nutritional resilience during economic crisis.

**Keywords:** *Animal protein intake, Economic crisis, Nutrition level, Buying behavior, Consumption pattern*