

# **Food Expenditure and Nutrition in Slovenia 1920-2015**

Maja Godina Golija

Slovenia is an independent country, situated in Central Europe. In the last century, it has experienced profound political and economic changes, which strongly affected the living standard of Slovene population, the nutrition and the food expenditure.

Before the Second World War the average income of employees in Slovenia was 700 dinars; the average did not suffice for the sustenance of a family with two children. As a result, the family constantly had to economize, particularly when buying food. Until the Second World War, most house makers were buying foodstuffs once a week or once a fortnight, often on paydays. After the period of regulated food supply during the Second World War and in the following years Slovenes gradually started to buy certain food items on a daily basis in stores; for example bread, milk, and milk products. This has certainly been influenced by a denser network of stores and with higher purchasing power of the Slovene population.

In 1953 the average yearly net income in Slovenia stood at 18, 503 dinars, the largest part of which was spent on food (46.6 per cent). In 1968, the average annual income was 50, 126 dinars, of which 50.38 per cent were spent on food. Four years later, in 1972, the average annual income amounted to 107, 113 dinars; of which 50.51 per cent were spent on food. In the independent Slovenia of 2002, the average annual income per household member was 1, 118, 761 Slovene tolar; only 17.4 per cent was spent on food. In 2014, this ratio was even lower (14 per cent). In comparison with other basic necessities, food became much more accessible and with it came an increased consumption of certain staples such as sugar, meat, white bread and coffee.