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**Abstract**

This study assessed production and consumption levels of staple foods with emphasis on cassava and maize among rural households in Odeda Local Government Area of Ogun State, Nigeria. Interview guide was used to elicit information from 80 rural households that were purposively selected. The data were analysed using descriptive and inferential statistics. Some of the findings showed that majority of the respondents were within the age range of 40-60 years. Most (70%) of the respondents were male, majority (75%) were married, 60% had household size of 6-10 persons, and a large proportion (86.25%) had small farm size (1-2 hectares). Only a few (38.75%) had adult education while 36.25% had no formal education. Highest production level of maize was obtained by respondent that intercropped cassava and maize and they are mainly made up of those with highest consumption level of maize=60% and cassava=77.5%. The prevalent coping strategy adopted during “off-peak” period was skipping of meal within a day while the least strategy adopted is mortgaging and sales of domestic assets. The major constraint faced by the respondents was lack of adequate credit facilities. Correlation analysis shows that there was no significant relationship between socio-economic characteristics of the respondents and their cassava and maize production level. Correlation analysis for consumption level of cassava and socio-economic revealed that there was no significant relationship between the variables except for income which significantly correlated with cassava consumption level ( $p < 0.05$ ). It is therefore recommended that adequate credit facilities (capital), good policies, adequate inputs by the Government should be made available to rural households so as to enhance increase in food production level.