Factors affecting household nutrition in Rivers State Nigeria were studied using structured questionnaires. Two hundred and seventy households were randomly selected in four local government areas (LGAs) of Rivers State namely: Ahoada East, Khana, Asari Tolu, and Port Harcourt City. The LGAs were selected to represent the geographical nature of Rivers State which has both upland and coastal areas. Response was obtained from the household heads with regard to socio-economic factors which included household population, monthly food expenditure, monthly income, drinking water source, toilet waste disposal methods, domestic waste disposal methods, and educational level of household heads. Results showed that at the most, 27% of households spent between N11,000 to N18,000 monthly on foods, 38.5% of households earned N20,000 monthly, 39% of households disposed toilet wastes in nearby bushes, 64% of households disposed domestic waste in bushes and 37% of households obtained water from dug out wells and rainfalls. Inadequate socio-economic and sanitary conditions of the population studied are indicated. The findings point to the need for the improvement of the underlying socio-economic and environmental factors which contribute to malnutrition at the household level.