



Official USDA Alaska and Hawaii Thrifty Food Plans: Cost of Food at Home (1st half 2019) ¹

AGE-GENDER GROUPS	ALASKA		HAWAII	
	Weekly Cost	Monthly Cost	Weekly Cost	Monthly Cost
INDIVIDUALS²				
Child, 6-8 years	\$37.60	\$163.10	\$56.10	\$242.90
Child, 9-11 years	\$44.70	\$193.70	\$67.60	\$292.90
Male, 20-50 years	\$51.00	\$221.10	\$76.30	\$330.70
Female, 20-50 years	\$46.20	\$200.20	\$69.70	\$301.90
FAMILY of 2³				
20-50 years	\$107.00	\$463.50	\$160.60	\$695.90
FAMILY of 4				
Couple, 20-50 years and children, 6-8 and 9-11 years	\$179.60	\$778.20	\$269.70	\$1168.50

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey data adjusted for Alaska and Hawaii and updated to current dollars using the Consumer Price Index for specific food items for Urban Alaska and Urban Hawaii.

²The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person— subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

³Ten percent added for family size adjustment.