



Official USDA Alaska and Hawaii Thrifty Food Plans: Cost of Food at Home (1st half 2020) ¹

| AGE-GENDER GROUPS | ALASKA | | HAWAII | |
|--|-------------|--------------|-------------|--------------|
| | Weekly Cost | Monthly Cost | Weekly Cost | Monthly Cost |
| INDIVIDUALS² | | | | |
| Child, 6-8 years | \$39.50 | \$171.20 | \$58.60 | \$253.90 |
| Child, 9-11 years | \$46.90 | \$203.30 | \$70.60 | \$306.10 |
| Male, 20-50 years | \$53.50 | \$231.90 | \$80.70 | \$349.70 |
| Female, 20-50 years | \$49.00 | \$212.40 | \$74.00 | \$320.50 |
| FAMILY of 2³ | | | | |
| 20-50 years | \$112.80 | \$488.80 | \$170.10 | \$737.20 |
| FAMILY of 4 | | | | |
| Couple, 20-50 years and children, 6-8 and 9-11 years | \$189.00 | \$818.90 | \$283.90 | \$1230.20 |

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.