



**Official USDA Alaska and Hawaii Thrifty Food Plans:  
Cost of Food at Home (2nd half 2019) <sup>1</sup>**

AGE-GENDER GROUPS	ALASKA		HAWAII	
	Weekly Cost	Monthly Cost	Weekly Cost	Monthly Cost
<b>INDIVIDUALS<sup>2</sup></b>				
Child, 6-8 years	\$38.10	\$165.10	\$56.50	\$244.60
Child, 9-11 years	\$45.30	\$196.10	\$68.10	\$295.00
Male, 20-50 years	\$51.70	\$223.80	\$76.80	\$332.90
Female, 20-50 years	\$46.90	\$203.30	\$70.20	\$304.10
<b>FAMILY of 2<sup>3</sup></b>				
20-50 years	\$108.40	\$469.80	\$161.70	\$700.70
<b>FAMILY of 4</b>				
Couple, 20-50 years and children, 6-8 and 9-11 years	\$181.90	\$788.20	\$271.60	\$1176.70

<sup>1</sup>Basis 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.

<sup>2</sup>The 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.

<sup>3</sup>Ten percent added for family size adjustment.