

**Official USDA Alaska and Hawaii Thrifty Food Plans:
Cost of Food at Home (June 2022) ¹**

AGE-GENDER GROUP	ALASKA MONTHLY COST	HAWAII MONTHLY COST
FAMILY of 4 Couple, 20-50 years and children, 6-8 and 9-11 years	\$1,163.00	\$1,794.60

¹ The costs of the Thrifty Food Plans in Alaska and Hawaii are based on foods and beverages that are purchased at stores and prepared at home, as listed in Family Economics Review, No. 1 (1984). The costs of the Thrifty Food Plans for Alaska and Hawaii were informed by 1977-78 Nationwide Food Consumption Survey data for Alaska and Hawaii and updated to current dollars using the Consumer Price Indexes for specific food items for Urban Alaska and Urban Hawaii. To align with the [Thrifty Food Plan, 2021](#) reevaluation and to reflect the cost of a nutritious, practical, cost-effective diet, the costs of the Thrifty Food Plans in Alaska and Hawaii were increased by 21.03 percent in June 2021. These values were adjusted for inflation from June 2021 to June 2022 using a weighted average of the Consumer Price Indexes for the major food-at-home categories in Urban Alaska and Urban Hawaii; the weights were based on the reevaluated Thrifty Food Plan, 2021 cost shares.

This file may be accessed at: <https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-reports-monthly-reports>.
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