



**Official USDA Alaska and Hawaii Thrifty Food Plans:  
Cost of Food at Home (2nd half 2018) <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	\$37.10	\$160.80	\$56.20	\$243.70
Child, 9-11 years	\$44.00	\$190.80	\$67.80	\$293.70
Male, 20-50 years	\$49.90	\$216.40	\$76.60	\$332.00
Female, 20-50 years	\$45.20	\$195.80	\$69.60	\$301.50
<b>FAMILY of 2<sup>3</sup></b>				
20-50 years	\$104.60	\$453.40	\$160.80	\$696.80
<b>FAMILY of 4</b>				
Couple, 20-50 years and children, 6-8 and 9-11 years	\$176.30	\$763.90	\$270.20	\$1170.80

<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.