



Official USDA Alaska and Hawaii Thrifty Food Plans: Cost of Food at Home (2nd half 2020) ¹

	ALASKA		HAWAII	
AGE-GENDER GROUPS	Weekly Cost	Monthly Cost	Weekly Cost	Monthly Cost
INDIVIDUALS²				
Child, 6-8 years	\$41.30	\$179.00	\$60.70	\$263.20
Child, 9-11 years	\$49.10	\$212.60	\$73.10	\$316.90
Male, 20-50 years	\$55.90	\$242.30	\$83.40	\$361.40
Female, 20-50 years	\$50.90	\$220.40	\$76.90	\$333.30
FAMILY of 2³				
20-50 years	\$117.50	\$509.00	\$176.40	\$764.10
FAMILY of 4				
Couple, 20-50 years and children, 6-8 and 9-11 years	\$197.20	\$854.30	\$294.20	\$1274.70

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.

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

Issued January 2021