Official USDA Thrifty Food Plan Costs: Alaska and Hawaii, September 2026 [1]

	Anchorage[2]	Hawaii[3]
	Monthly Cost[4]	Monthly Cost[4]
Reference Family:[5]		
Male and Female, 20–50 years and Two Children, 6–8 and 9–11 years	$1,296.90	$1,573.60

[1] The Thrifty Food Plan, 2021 represents a nutritious, practical, cost-effective diet. The nutritional bases of the Thrifty Food Plan are the Dietary Reference Intakes and the Dietary Guidelines for Americans, 2020-2025 (including Healthy U.S.-Style Dietary Pattern food-group and -subgroup amounts). Another basis of the Thrifty Food Plan is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see Thrifty Food Plan, 2021. The Thrifty Food Plan is based on 2013-16 consumption and 2015-16 price data and updated to current dollars by using the Consumer Price Index for specific food items

[2] Per 7 CFR 273.10(e)(4)(i), the cost of the Thrifty Food Plan for Anchorage is the cost of the Thrifty Food Plan for the contiguous 48 States and DC adjusted for the price of food in Anchorage. Per 7 CFR 272.7(b), the costs of the Thrifty Food Plan in Urban, Rural I, and Rural II areas of Alaska are 0.79 percent, 28.52 percent, and 56.42 percent higher than the cost of the Thrifty Food Plan in Anchorage. For more information, see Thrifty Food Plan Cost Estimates for Alaska and Hawaii.

[3] Per 7 CFR 273.10(e)(4)(i), the cost of the Thrifty Food Plan for Hawaii is the cost of the Thrifty Food Plan for the contiguous 48 States and DC adjusted for the price of food in Honolulu. For more information, see Thrifty Food Plan Cost Estimates for Alaska and Hawaii.

[4] All costs are rounded to nearest 10 cents.

[5] Defined in 7 U.S.C. § 2012, this reference family of four is used to determine the maximum Supplemental Nutrition Assistance Program (SNAP) allotment, which is then adjusted downward for smaller households and upward for larger households. For information on SNAP allotments, see https://www.fna.usda.gov/snap/allotment/COLA.

Note: The costs of the Thrifty Food Plan in Alaska and Hawaii were informed by 2017 food price data in Anchorage, Honolulu, and the contiguous 48 States and DC updated for inflation to reflect June 2022 food prices using the Consumer Price Index. The June 2022 Thrifty Food Plan costs were updated to current September 2026 dollars using a weighted average percentage change in 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. For more information, see Appendix C of Thrifty Food Plan Cost Estimates for Alaska and Hawaii.

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

Issued October 2026.

USDA is an equal opportunity provider, employer, and lender.