



Official USDA Alaska and Hawaii Thrifty Food Plans: Cost of Food at Home (1st half 2016) ¹

AGE-GENDER GROUPS	ALASKA		HAWAII	
	Weekly Cost	Monthly Cost	Weekly Cost	Monthly Cost
INDIVIDUALS²				
Child, 6-8 years	\$37.00	\$160.40	\$55.90	\$242.30
Child, 9-11 years	\$43.90	\$190.20	\$67.30	\$291.70
Male, 20-50 years	\$50.10	\$216.90	\$76.10	\$329.50
Female, 20-50 years	\$45.60	\$197.70	\$68.70	\$297.80
FAMILY of 2³				
20-50 years	\$105.30	\$456.10	\$159.30	\$690.10
FAMILY of 4				
Couple, 20-50 years and children, 6-8 and 9-11 years	\$176.60	\$765.30	\$268.00	\$1161.40

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 the Anchorage, Alaska and Honolulu, Hawaii areas.

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.