

# Groceries For One

A recent study completed in February, 2023 measured the average monthly cost of groceries for one person in a major city in each state. The table below lists those results.

	City	Cost
HI	Honolulu	\$556.76
VT	Burlington	\$497.41
AK	Anchorage	\$483.24
NY	New York City	\$482.87
WV	Charleston	\$427.19
MS	Jackson	\$423.33
SC	Charleston	\$411.29
MA	Boston	\$406.21
WA	Seattle	\$402.08
PA	Philadelphia	\$401.02
GA	Atlanta	\$397.97
AL	Birmingham	\$397.39
MN	Minneapolis	\$395.39
RI	Providence	\$390.19
WI	Milwaukee	\$385.97
DE	Wilmington	\$380.39
OR	Portland	\$375.41
ME	Portland	\$372.21
CA	Los Angeles	\$370.96
FL	Jacksonville	\$364.25
IA	Des Moines	\$347.05
OK	Oklahoma City	\$346.37
TN	Nashville	\$346.37
WY	Cheyenne	\$345.62
NJ	Newark	\$343.67

1) What would be the average cost per meal for three meals a day in these cities in April?

Honolulu, HI ..... **\$ 6.19**

Manchester, NH..... **\$ 2.03**

2) As a percentage, how much more expensive is the average monthly cost of groceries in Honolulu than in Manchester?..... **304.2%**

3) Why do you think food is so expensive in Hawaii compared to other states?

**Because most food products must be shipped long distances.**

4) As a percentage, how much more expensive is the average monthly cost of groceries in your state than in Manchester?..... \_\_\_\_\_%

5) As a percentage, how much more expensive is the average monthly cost of groceries in Hawaii than in your state? \_\_\_\_\_%

6) List several ways to save money when buying groceries for one person?

- **Buy from discount grocery stores**
- **Use supermarket websites to compare prices**
- **Create a meal plan so you know what to buy**
- **Stick to your grocery list**
- **Eat leftovers**
- **Clip coupons**
- **Buy non-perishables in bulk**
- **Choose the store brand**
- **Cook—don't just heat ready made foods.**

	City	Cost
MD	Baltimore	\$343.67
CT	Bridgeport	\$343.30
OH	Cincinnati	\$341.48
NC	Charlotte	\$341.10
NE	Omaha	\$336.90
IL	Chicago	\$327.31
MI	Detroit	\$327.12
CO	Denver	\$326.92
ND	Fargo	\$326.66
LA	New Orleans	\$325.19
MT	Billings	\$323.91
IN	Indianapolis	\$318.03
KY	Louisville	\$315.20
MO	Kansas City	\$312.63
NM	Albuquerque	\$307.79
AZ	Phoenix	\$302.80
VA	Virginia Beach	\$298.01
NV	Las Vegas	\$293.43
TX	Houston	\$286.64
SD	Sioux Falls	\$286.23
AR	Little Rock	\$282.46
UT	Salt Lake City	\$282.23
ID	Boise	\$281.12
KS	Wichita	\$261.35
NH	Manchester	\$183.00

Do you think it is cheaper for one person to eat out or carry in rather than buying groceries? (Yes/No - Why?)