Monthly Food Cost:

Food Cost may vary depending on the diet and shopping habits of the resident.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated food cost | Thrifty | Low-cost | Moderate | Liberal |
| Male | $176 | $227 | $283 | $348 |
| Female | $157 | $197 | $242 | $311 |

Thrifty: Makes all meals from scratch; makes a list and stick to it when shopping; on a very tight budget, no junk food; also using the food bank on campus

Low-cost: Make most meals from scratch, but buys junk good once in a while.

Moderate: Uses convenience foods. Buys a substantial amount of junk food.

Liberal: Buys a lot of take takeout meals and a lot of junk food