



| Town          | Thrifty Food Plan           | Electricity | Heating Oil | Gasoline          | % of March 2013 |
|---------------|-----------------------------|-------------|-------------|-------------------|-----------------|
|               | Weekly cost, family of four | 1000 Kwh    | 1 gallon #1 | 1 gallon unleaded |                 |
| Anchorage     | 168.44                      | 154.63      | 3.38        | 3.66              | 103             |
| Bethel        |                             |             | 6.78        |                   |                 |
| Cordova       | 259.26                      | 327.57      |             |                   | 107             |
| Deering       | 569.24                      |             |             |                   |                 |
| Delta         | 202.47                      | 213.05      |             | 3.99              |                 |
| Dillingham    | 339.28                      | 350.63      |             |                   |                 |
| Fairbanks     | 169.98                      | 213.05      | 4.07        | 3.68              | 109             |
| Haines        | 207.36                      |             |             |                   | 98              |
| Homer         |                             | 241.63      |             | 4.13              |                 |
| Juneau        |                             | 129.69      |             | 3.81              |                 |
| Kenai         | 181.86                      | 238.25      | 3.68        | 4.04              | 110             |
| Ketchikan     | 186.65                      |             | 4.02        | 4.13              | 107             |
| King Salmon   |                             |             | 5.77        |                   |                 |
| Kodiak        |                             |             | 4.4         |                   |                 |
| Kotzebue      |                             | 308.47      |             |                   |                 |
| Little Diomed | 409.45                      |             |             |                   |                 |
| Matsu         | 169.22                      | 156.21      |             | 3.71              | 108             |
| Nome          |                             | 293.73      | 6.66        |                   |                 |
| Pilot Station | 360.75                      |             |             |                   |                 |
| Portland      | 142.37                      |             |             | 3.46              | 101             |
| Quinhagak     | 502.81                      |             |             |                   |                 |
| Seward        |                             |             | 3.77        | 3.99              |                 |
| Sitka         | 214.47                      | 124.43      | 3.99        |                   | 108             |
| Tok           |                             |             |             |                   |                 |
| Unalaska      | 263.39                      | 353.15      | 4.39        | 4.49              | 116             |
| Valdez        | 230.64                      | 286         | 4.21        |                   | 109             |

Sheet1

| Individuals and Families | Child |       |       |       |        |        |        |
|--------------------------|-------|-------|-------|-------|--------|--------|--------|
|                          | Age   | 1     | 2-3   | 4-5   | 6-8    | 9-11   | 12-13  |
| As % Of Weekly Total:    |       | 14.6  | 16.0  | 16.8  | 21.4   | 24.1   | 25.9   |
| Anchorage                |       | 24.63 | 26.90 | 28.26 | 35.98  | 40.63  | 43.70  |
| Bethel                   |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Cordova                  |       | 37.91 | 41.40 | 43.50 | 55.38  | 62.54  | 67.26  |
| Deering                  |       | 83.24 | 90.91 | 95.51 | 121.60 | 137.32 | 147.68 |
| Delta                    |       | 29.61 | 32.34 | 33.97 | 43.25  | 48.84  | 52.53  |
| Dillingham               |       | 49.61 | 54.18 | 56.93 | 72.47  | 81.85  | 88.02  |
| Fairbanks                |       | 24.86 | 27.15 | 28.52 | 36.31  | 41.01  | 44.10  |
| Haines                   |       | 30.32 | 33.12 | 34.79 | 44.29  | 50.02  | 53.80  |
| Homer                    |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Juneau                   |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Kenai                    |       | 26.59 | 29.04 | 30.51 | 38.85  | 43.87  | 47.18  |
| Ketchikan                |       | 27.29 | 29.81 | 31.32 | 39.87  | 45.03  | 48.42  |
| KingSalmon               |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Kodiak                   |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Kotzebue                 |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| LittleDiomedede          |       | 59.87 | 65.39 | 68.70 | 87.46  | 98.78  | 106.23 |
| Matsu                    |       | 24.74 | 27.03 | 28.39 | 36.15  | 40.82  | 43.90  |
| Nome                     |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| PilotStation             |       | 52.75 | 57.61 | 60.53 | 77.06  | 87.03  | 93.59  |
| Portland                 |       | 20.82 | 22.74 | 23.89 | 30.41  | 34.35  | 36.94  |
| Quinhagak                |       | 73.52 | 80.30 | 84.37 | 107.41 | 121.30 | 130.45 |
| Seward                   |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Sitka                    |       | 31.36 | 34.25 | 35.99 | 45.81  | 51.74  | 55.64  |
| Tok                      |       | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| Unalaska                 |       | 38.51 | 42.06 | 44.19 | 56.26  | 63.54  | 68.33  |
| Valdez                   |       | 33.73 | 36.83 | 38.70 | 49.27  | 55.64  | 59.84  |

Sheet1

| Male   |        |        |        |        | Female |        |
|--------|--------|--------|--------|--------|--------|--------|
| 14-18  | 19-50  | 51-70  | 71+    | 12-13  | 14-18  | 19-50  |
| 26.8   | 28.8   | 26.3   | 26.5   | 26.0   | 25.5   | 25.7   |
| 45.06  | 48.58  | 44.27  | 44.72  | 43.81  | 43.02  | 43.25  |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 69.36  | 74.77  | 68.13  | 68.83  | 67.44  | 66.21  | 66.56  |
| 152.28 | 164.17 | 149.60 | 151.13 | 148.06 | 145.38 | 146.15 |
| 54.16  | 58.39  | 53.21  | 53.76  | 52.66  | 51.71  | 51.98  |
| 90.76  | 97.85  | 89.16  | 90.08  | 88.25  | 86.65  | 87.11  |
| 45.47  | 49.02  | 44.67  | 45.13  | 44.21  | 43.41  | 43.64  |
| 55.47  | 59.80  | 54.49  | 55.05  | 53.94  | 52.96  | 53.24  |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 48.65  | 52.45  | 47.79  | 48.28  | 47.30  | 46.45  | 46.69  |
| 49.93  | 53.83  | 49.05  | 49.56  | 48.55  | 47.67  | 47.92  |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 109.54 | 118.09 | 107.60 | 108.71 | 106.50 | 104.57 | 105.12 |
| 45.27  | 48.80  | 44.47  | 44.93  | 44.02  | 43.22  | 43.45  |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 96.51  | 104.04 | 94.81  | 95.78  | 93.83  | 92.13  | 92.62  |
| 38.09  | 41.06  | 37.42  | 37.80  | 37.03  | 36.36  | 36.55  |
| 134.51 | 145.02 | 132.14 | 133.50 | 130.78 | 128.41 | 129.09 |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 57.38  | 61.86  | 56.36  | 56.94  | 55.79  | 54.77  | 55.06  |
| 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   | 0.00   |
| 70.46  | 75.96  | 69.22  | 69.93  | 68.51  | 67.27  | 67.62  |
| 61.70  | 66.52  | 60.61  | 61.23  | 59.99  | 58.90  | 59.21  |

Sheet1

| Couple |        |        | Family of Four (19-50) |                   |                    |
|--------|--------|--------|------------------------|-------------------|--------------------|
| 51-70  | 71+    | 19-50  | 51-70                  | Children 2-3, 4-5 | Children 6-8, 9-11 |
| 25.3   | 24.6   | 60.0   | 56.8                   | 87.3              | 100                |
| 42.68  | 41.43  | 101.02 | 95.68                  | 146.99            | 168.44             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 65.69  | 63.77  | 155.49 | 147.28                 | 226.24            | 259.26             |
| 144.23 | 140.01 | 341.39 | 323.36                 | 496.74            | 569.24             |
| 51.30  | 49.80  | 121.43 | 115.01                 | 176.68            | 202.47             |
| 85.96  | 83.45  | 203.48 | 192.73                 | 296.07            | 339.28             |
| 43.07  | 41.81  | 101.94 | 96.56                  | 148.33            | 169.98             |
| 52.54  | 51.00  | 124.36 | 117.79                 | 180.95            | 207.36             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 46.08  | 44.73  | 109.07 | 103.31                 | 158.70            | 181.86             |
| 47.29  | 45.91  | 111.94 | 106.03                 | 162.88            | 186.65             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 103.74 | 100.71 | 245.56 | 232.59                 | 357.30            | 409.45             |
| 42.88  | 41.62  | 101.49 | 96.13                  | 147.67            | 169.22             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 91.40  | 88.73  | 216.35 | 204.93                 | 314.81            | 360.75             |
| 36.07  | 35.02  | 85.38  | 80.87                  | 124.24            | 142.37             |
| 127.40 | 123.67 | 301.55 | 285.63                 | 438.77            | 502.81             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 54.34  | 52.75  | 128.62 | 121.83                 | 187.16            | 214.47             |
| 0.00   | 0.00   | 0.00   | 0.00                   | 0.00              | 0.00               |
| 66.73  | 64.78  | 157.96 | 149.62                 | 229.85            | 263.39             |
| 58.44  | 56.73  | 138.32 | 131.02                 | 201.27            | 230.64             |