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Human  
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Service

# **Food Consumption and Dietary Levels of Low-Income Households, November 1979- March 1980**

Nationwide Food Consumption  
Survey 1977-78,  
Preliminary Report No. 10

## ABSTRACT

This report presents findings on the money value, quantity, and nutritive value of food used at home for more than 2,900 low-income households. The sample consisted of households receiving food stamps and those eligible for but not receiving food stamps. These households were surveyed in the 48 conterminous States from November 1979 through March 1980. Findings are given for households classified by whether or not they were participating in the Food Stamp Program, by the number of people living in the household, by region, and by urbanization. One- and two-member households are further classified by age of the household head. Some comparisons are made with an earlier low-income household food consumption survey conducted in the 48 conterminous States from November 1977 through March 1978.

**KEYWORDS:** Dietary survey, diet quality, food consumption, food cost, Food Stamp Program, household food, low income, money value of food, nutritive value of diets, Recommended Dietary Allowances.

Human Nutrition Information Service, Nationwide Food Consumption Survey, Survey of Food Consumption in Low-Income Households, 1979-80, Preliminary Report No. 10, July 1982

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**FOOD CONSUMPTION AND DIETARY LEVELS  
OF LOW-INCOME HOUSEHOLDS,  
NOVEMBER 1979-MARCH 1980<sup>1</sup>**

**SUMMARY**

Data on food consumption were collected from about 2,900 low-income house-keeping households in the 48 conterminous States from November 1979 through March 1980. The sample surveyed consisted of households participating in the Food Stamp Program (FSP participants) and households eligible for the program but not participating (nonparticipants). The findings indicated that--

- o Almost one-half of the FSP participants and nonparticipants were in the South. Participants were more likely to be in central cities than in suburban or nonmetropolitan areas; but nonparticipants were fairly evenly distributed among all urbanizations. In general, participant households were smaller and more apt to be headed by a female only than were nonparticipant households.
- o Low-income housekeeping households averaged 3.4 members and used food with a money value of \$57 in a week (value of food used at home plus expense for food eaten away from home). Of this amount, food at home accounted for 87 percent and food bought and eaten away for 13 percent.
- o About 42 percent of households surveyed were FSP participants at the time of the survey. They averaged 3.2 members and used food at home and away valued at \$53 a week--\$16.61 per member. Households of nonparticipants averaged 3.5 members and used food at home and away valued at \$60 a week--\$17.20 per member.
- o Money value of food at home per household member averaged slightly higher for FSP participants (\$15.13) than for nonparticipants (\$14.44), but the amount spent for food away was much less for participants (\$1.48) than for nonparticipants (\$2.76).
- o Many FSP participants used food at home with a money value above the full food stamp allotment level. For example, the full allotment in January 1980 for the four-member households was \$12.10 per member for each week; however, nearly three-fourths of the four-member survey households using food stamps reported using food at home worth \$12.00 or more per person during the survey week.

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<sup>1</sup>Prepared by the Consumer Nutrition Center, Human Nutrition Information Service, U.S. Department of Agriculture, Hyattsville, Md. 20782.

- o FSP participants generally used larger quantities of food per person in a week than did nonparticipants, including 1 pound more meat, poultry, and fish. They used more eggs, grain products, dry legumes, dark-green vegetables, citrus fruit, and fats and oils; but less potatoes, tomatoes, and alcoholic beverages than nonparticipants.
- o Food used by low-income households, on the average, supplied sufficient amounts of food energy and 11 nutrients studied to meet the Recommended Dietary Allowances (RDA) for people eating in the households. The food used by participants provided higher average values for each assessed nutrient than the food used by nonparticipants.
- o Of the low-income households, 90 percent or more used food that met the RDA for protein, phosphorus, riboflavin, and ascorbic acid, whereas fewer than 75 percent met the RDA for food energy, calcium, magnesium, and vitamin B<sub>6</sub>. Less than 40 percent of the low-income households met the RDA for all 11 nutrients.
- o Equal or higher percentages of participants than of nonparticipants had diets that met the RDA for food energy and each of the 11 nutrients. More participants (46 percent) than nonparticipants (34 percent) used food that provided recommended levels for all 11 nutrients. In general, proportionately more participants than nonparticipants in each category met the RDA for all 11 nutrients when households were classified by number of members, age of head, region, and urbanization.
- o Low-income households in the 1979-80 survey used food with a lower money value, when measured in constant dollars, than did low-income households surveyed in 1977-78. They also used less milk and milk products; meat, poultry, and fish; and grain products per equivalent person in a week but more vegetables, particularly tomatoes and potatoes. Slightly fewer households in 1979-80 than in the 1977-78 survey met the RDA for all 11 studied nutrients. Some differences in the results of the two surveys may be attributed to several factors, such as escalating food prices, modifications in the Food Stamp Program, changes in household composition, and sampling variability.

## INTRODUCTION

The Survey of Food Consumption in Low-Income Households 1979-80 was conducted from November 1979 through March 1980. A comparable survey of food consumption among low-income households was conducted 2 years earlier, November 1977 through March 1978 (11).<sup>2</sup> The objective of the second survey was to determine shifts in food consumption and dietary adequacy that might be associated with escalating food prices and changes in the Food Stamp Program (FSP) since the first survey was conducted. In early 1979, an amendment to the Food Stamp Act eliminated the requirement that participants pay for a portion of their food stamp allotments. The first low-income survey collected data from about 4,600

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<sup>2</sup>Underlined numbers in parentheses refer to Literature Cited at the end of this report.

households, of which more than 4,400 were housekeeping households, and the second survey collected data from about 3,000, of which about 2,950 were housekeeping households.<sup>3</sup>

### Selection of Households

The low-income population studied in 1979-80 included households in the 48 conterminous States that were receiving food stamps or welfare assistance. Also included were households that might have been eligible for participation in the Food Stamp Program under the regulations that were in effect during the 1977-78 survey. The income cutoffs used in the 1979-80 survey were higher than those used in the earlier study, but were computed in a similar manner. The 1979-80 income cutoffs were adjusted upward, reflecting changes in food costs under the Department's Thrifty Food Plan.

After the first survey of low-income households was conducted, several eligibility requirements for food stamps changed with the implementation of the Food Stamp Act of 1977. Categorical eligibility (for recipients of Aid to Families with Dependent Children and Supplemental Security Income) was terminated. Income allowances and hardship expenditure deductions used in computing incomes for program purposes were limited basically to a standard deduction (periodically adjusted for inflation), an earned income deduction (20 percent of all earnings), and a combined excess shelter and child care deduction (having a maximum value that is periodically adjusted for inflation). Net income limits had decreased slightly for households of six or more members but had increased for all other household sizes by the time of the second survey of low-income households in 1979-80.

Asset limit was constant at \$3,000 for households of two or more persons, of which at least one was age 60 or more. For all other households, the asset limit was \$1,500 during 1977-78 and \$1,750 during 1979-80.

A short screening questionnaire determined those housing units that qualified for interview in the 1979-80 Survey of Low-Income Households. Classification of households not participating in the FSP as either eligible or ineligible for this low-income survey was based on questionnaire data relating to household size, members' incomes during the past month, and selected expenditures, such as cost for shelter and for medical and day care. Answers provided simplified approximations of FSP eligibility status. Trained FSP specialists using Program eligibility determination procedures might well have classified some of the nonparticipants differently than did this survey. Income statistics from voluntary surveys, for example, are subject to underreportings. An undetermined number of "eligibles" might not have qualified for food stamps under Program determination procedures. Also, some survey "ineligibles" might have been eligible for food stamps, if all facets of eligibility had been explored.

For the purpose of both surveys, FSP-eligibility requirements were met if cash and readily negotiable assets of the household members did not exceed

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<sup>3</sup> Housekeeping households are those with at least 1 person having 10 or more meals from the household food supply during 7 days preceding the interview. About 98 percent of all reporting households (weighted) met this criterion in the USDA Survey of Food Composition in Low-Income Households 1979-80.

\$1,500 or, in elderly households, \$3,000. FSP income eligibility standards were compared with income after taxes and other deductions of members from all sources during the previous month. The FSP-allowed hardship expenditures for shelter and medical expenses were considered as deductions from income. The monthly income cutoffs, by household size, used in projecting FSP eligibility in the two surveys were as follows:

<u>Household members</u>	<u>FSP income cutoffs</u>	
	<u>1977-78</u>	<u>1979-80</u>
1.....	\$250	\$280
2.....	325	370
3.....	450	540
4.....	570	680
5.....	680	810
6.....	810	970
7.....	900	1,070
8.....	1,020	1,220

Because of the net income cutoffs (after adjustments) used in the 1979-80 survey for classifying households as eligible to receive food stamps, an undetermined number of households may have been misclassified. Among one- and two-person households, net cutoffs used exceeded projected amounts by about \$25 to \$30 per month. Among large households, some overreporting of households as eligible to participate in the Food Stamp Program would have taken place. Changes in asset limitations probably had little impact on classification of households as eligible to receive food stamps.

The sample design for both surveys is described as a disproportionate national probability sample of FSP-eligible households in the 48 conterminous States. A total of 144 Primary Sampling Units (PSU's), mostly cities or counties, was selected for participation in the study. Within each PSU, Census Enumeration Districts or other reporting units were stratified by three poverty income levels in the 1970 Census of Population. The three levels of households below the poverty line were 30 percent or more, 20-29 percent, and under 20 percent. A total of 1,134 area segments was selected for interviewing purposes. Onsite listings of current residences were made in each sample segment, and specific housing units for interview were chosen in a manner such that probabilities were known.

### Scope of Survey

The Survey of Food Consumption of Low-Income Households 1979-80 provides detailed information on the food consumption of households at home and food intake of individuals at home and away, from which the nutritional quality of household food supplies and individual intakes may be appraised. Household characteristics, such as income, family composition, education and employment of the head, participation in food programs, and other factors that might affect food consumption are also included. The survey also provides information on household practices in the purchase and handling of foods, and eating habits of individuals such as time of day, eating occasion, and where meals and snacks were obtained away from home.

This survey was an expansion of the Nationwide Food Consumption Survey 1977-78 (NFCS). From April 1977 to March 1978, approximately 15,000 households in the 48 conterminous States and about 34,000 individuals from these households were surveyed. In 5 additional supplemental surveys, data were collected from about 4,600 households with members participating or eligible to participate in the Food Stamp Program (Survey of Food Consumption in Low-Income Households 1977-78), 5,000 households in which at least 1 member was 65 years or over, 1,250 households in Hawaii, 1,100 urban households in Alaska, and 3,100 households in Puerto Rico. Preliminary reports (4-12) give partial information on food consumption from most of these surveys.

### Data Collection

Data on the food used in each household were collected through an interview with the person identified as most responsible for food planning and preparation. Trained interviewers used an aided-recall schedule and recorded the kind (such as ground beef and skim milk), the form (such as fresh, canned, or frozen), the quantity, and cost, if purchased, of each food and beverage used in the household during the 7 days prior to the interview. Respondents also reported the number of meals eaten from home food supplies during the week by household members and others. Households were contacted at least 7 days prior to the interview and asked to keep informal notes, such as shopping lists, menus, and grocery receipts to assist them in recalling the food used during the 7-day period.

### Data Interpretation

Correct interpretation of food consumption and dietary levels reported here depends on understanding the nature of the data collected, characteristics of the survey population considered, procedures and data used in estimating nutrient consumption, and the dietary standards.

#### Nature of Data

Household food consumption reported in this report is measured at the level at which food comes into the kitchen. It is food that disappears from household supplies during the survey week, such as food eaten, food discarded, and leftovers that are fed to animals. Thus, the data should be interpreted as consumption in the economic rather than the physiological context.

#### Survey Population

Most findings reported describe average consumption of household groups. Caution must be used when making inferences about possible causes of reported differences across groups. When comparing the FSP participants and nonparticipants, for example, it must be recognized that factors other than program participation affect food consumption across groups. Differences in factors, such as income or the size and sex-age composition of the household, may cause differences in food consumption patterns that might be improperly attributed to program participation status. Multivariate analysis of data should assess the effects of FSP participation more reliably than the summary statistics reported here.

## Nutritive Value Calculations

Nutrient levels were calculated from information collected on the kinds and quantities of food reported as used by households during the 7 days prior to the interview and from tables of the nutritive values of foods. These values are for the edible portion of food as brought into the household except that vitamin values were adjusted for losses during cooking. Edible portion includes all food as brought into the household except such inedible parts as bones in meat. All fat on meat cuts is considered to be edible, and its energy and nutrient contents are included in the nutritive value of food used by households as reported here.

The basis for nutritive values is "Composition of Foods...Raw, Processed, Prepared," U.S. Department of Agriculture Handbook No. 8 (15), its revised supplements (1-3), and "Pantothenic Acid, Vitamin B<sub>6</sub>, and Vitamin B<sub>12</sub> in Foods" (14). Some values from these sources were updated, by the Department's Consumer Nutrition Center (CNC), to reflect nutritive values of foods available to the household at the time of the survey. Updating was based on results from new food composition research, on information from industry about new food products, on enrichment of foods in accordance with new regulations, and on other known changes in the food supply. When a nutritive value for a food reported was not available, a value was imputed from similar foods by the CNC staff members. Although nutrient data are limited for some foods and for certain nutrients, particularly magnesium, vitamin B<sub>6</sub>, and vitamin B<sub>12</sub>, they were considered the best available at the time of the survey.

The nutritive value of household food includes not only values of food eaten by people in the household but also some food that is not eaten, such as food discarded in the kitchen and at the table and leftovers fed to animals. Some households customarily do not eat all edible parts of certain foods, such as fat that can be trimmed from meat. Therefore, although this report reflects the nutrient levels available to households from food they reported having used, it overestimates somewhat the amount of the food energy and nutrient levels of foods actually eaten in many households.

## Use of the Recommended Dietary Allowances

The nutritive value of household diets was compared with recommended amounts of nutrients for persons eating in each household. The Recommended Dietary Allowances (RDA), published in 1974<sup>4</sup> by the Food and Nutrition Board (13), were used as the standard.

When using the RDA to assess the nutritional quality of diets, one should remember that the RDA are intakes of nutrients judged to be adequate for maintaining good nutrition in essentially all healthy persons in the United States. The Food and Nutrition Board (13, p. 3) stated:

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<sup>4</sup>Use of the RDA as revised in 1980 would not change substantially the results reported here. The major revision was an increase in the allowance for ascorbic acid from 45 to 60 mg for adults. Low-income households averaged nearly three times the 1974 RDA for ascorbic acid.

"RDA should not be confused with requirements. Differences in the nutrient requirements of individuals that derive from differences in their genetic makeup are ordinarily unknown. Therefore, as there is no way of predicting whose needs are high and whose are low, RDA (except for energy) are estimated to exceed the requirements of most individuals, and thereby insure that the needs of nearly all are met."

A special procedure was used to compare dietary levels of households and groups of households that differed in composition and in the number of meals served from household food supplies. Nutrient levels of food for a household were expressed as the amount of each nutrient in the household food per nutrition unit. A nutrition unit is equal to the RDA for a nutrient for males from 23 to 50 years of age. The number of nutrition units for a given nutrient in a household is the sum of the RDA for that nutrient for persons eating in the household (adjusted for meals eaten away from home) divided by the RDA for the adult male. The percentage of the RDA provided by food used in a household or by a group of households is calculated by dividing the nutritive value per nutrition unit for the household or group of households by the RDA for the adult male.

Diets of some individual household members may not meet their RDA even though the household diet as calculated does meet the RDA. Unless the household food is divided according to nutritional need, some members may not have diets with nutrient levels as high as household food use indicates. On the other hand, if the household food does not meet the RDA, diets of some, if not all, of the household members would not meet the RDA.

## CHARACTERISTICS OF HOUSEHOLDS

Information was collected on the household characteristics believed to be related to food consumption and dietary levels of low-income households, of which 42 percent were FSP participants and 58 percent were nonparticipants (table 1). Data included the number of people living in the household and age of head; region, urbanization, and tenancy of residents; race of respondents; ethnic origin; food shopping practices; and age and educational level of male and female heads of households. Race of the respondent was recorded as observed by the interviewer; region and urbanization were determined by the location of residence; and other characteristics were reported to the interviewer by the household respondent. Although data for all FSP-eligible households were collected, the only data presented here are for housekeeping households, those with at least 1 person having 10 or more meals from household food supplies during the week prior to the interview.

### People Living in the Household and Age of Head

The number of people living in the household includes those regularly living in the household but excludes roomers, boarders, and employees. More than one-fifth of the low-income households contained one member. The share (22 percent) of one-member households was equal among participants and non-participants, but the share of households with at least four members was lower for participants than for nonparticipants (fig. 1).

TABLE 1.--Selected household<sup>1</sup> characteristics by Food Stamp Program status

Household characteristics	Total	Partici- pants	Non- partici- pants	Partici- pants	Non- partici- pants	Household characteristics	Total	Partici- pants	Non- partici- pants	Partici- pants	Non- partici- pants
Total households <sup>2</sup> .....	2,944	1,224	1,720	100	100	Tenancy:					
People living in household:						Owned.....	1,245	277	968	23	56
1 member.....	652	269	383	22	22	Rented for cash.....	1,614	905	709	74	41
Head under 65 years.....	276	137	139	11	8	Occupied without rent...	85	41	44	3	3
Head 65 years and over..	376	132	244	11	14	Race of respondent <sup>3</sup> .....	2,942	---	---	---	---
2 members.....	595	262	333	21	20	White.....	1,857	604	1,254	49	73
Head under 65 years.....	389	180	209	15	12	Black.....	997	590	407	48	24
Head 65 years and over..	207	82	125	7	7	Other.....	88	30	58	2	3
3 members.....	457	247	210	20	12	Ethnic origin:					
4 members.....	540	193	347	16	20	Spanish.....	164	86	78	7	4
5 members.....	295	107	188	9	11	Not Spanish.....	2,780	1,138	1,642	93	96
6 or more members.....	405	146	259	12	15	Major shopping frequency:					
Region:						More than weekly.....	516	173	343	14	20
Northeast.....	656	281	375	23	22	Weekly.....	1,199	320	879	26	51
North Central.....	596	277	319	23	18	Every other week.....	580	257	323	21	19
South.....	1,364	578	786	47	46	Monthly.....	636	473	163	39	10
West.....	327	87	240	7	14	Never.....	13	2	11	( <sup>4</sup> )	1
Urbanization:						Kind of store <sup>3</sup> .....	2,931	---	---	---	---
Central city.....	1,190	608	582	50	34	Supermarket.....	2,790	1,174	1,615	96	94
Suburban.....	828	230	598	19	35	Small store.....	106	41	65	3	4
Nonmetropolitan.....	926	386	540	32	31	Other.....	35	7	28	1	2
Region by urbanization:						Self-evaluation of food:					
Northeast:						Enough, kind wanted....	901	313	588	26	34
Central city.....	396	173	223	14	13	Enough, not kind wanted.	1,606	617	989	50	58
Suburban.....	148	57	91	5	5	Sometimes not enough....	353	248	104	20	6
Nonmetropolitan.....	112	52	60	4	4	Often not enough.....	85	46	39	4	2
North Central:						Head of household:					
Central city.....	248	154	94	13	5	Male and female heads...	1,420	394	1,026	32	60
Suburban.....	123	34	89	3	5	Female head only.....	1,316	762	554	62	32
Nonmetropolitan.....	226	90	136	7	8	Male head only.....	208	68	140	6	8
South:											
Central city.....	406	246	160	20	9						
Suburban.....	443	111	332	9	19						
Nonmetropolitan.....	515	221	294	18	17						
West:											
Central city.....	140	35	105	3	6						
Suburban.....	114	29	85	2	5						
Nonmetropolitan.....	73	23	50	2	3						

Continued--

TABLE 1.--Selected household<sup>1</sup> characteristics by Food Stamp Program status--Continued

Household characteristics	Total	Partici- pants	Non- partici- pants	Partici- pants	Non- partici- pants	Household characteristics	Total	Partici- pants	Non- partici- pants	Partici- pants	Non- partici- pants
Female head education <sup>3</sup> .....	2,735	---	---	---	---	Male head education <sup>3</sup> .....	1,624	---	---	---	---
None.....	32	15	17	1	1	None.....	33	10	23	2	2
Elementary.....	848	350	498	30	32	Elementary.....	576	200	376	43	32
Some high school.....	861	401	460	35	29	Some high school.....	420	123	297	27	26
Finished high school.....	704	288	416	25	26	Finished high school....	398	99	299	21	26
Some college.....	226	88	138	8	9	Some college.....	135	17	118	4	10
College graduate.....	64	14	50	1	3	College graduate.....	62	12	50	3	4
Female head age <sup>3</sup> .....	2,736	---	---	---	---	Male head age <sup>3</sup> .....	1,628	---	---	---	---
Under 35 years.....	1,080	502	578	43	37	Under 35 years.....	561	161	400	35	34
35 to 64 years.....	1,158	474	683	41	43	35 to 64 years.....	803	188	616	41	53
65 years and over.....	498	179	319	16	20	65 years and over.....	264	113	151	24	13
People living in household by female head age: <sup>3</sup>						People living in household by male head age: <sup>3</sup>					
1 member.....	505	---	---	---	---	1 member.....	146	---	---	---	---
Under 35 years.....	32	3	29	2	10	Under 35 years.....	33	6	27	11	30
35 to 64 years.....	161	106	55	50	19	35 to 64 years.....	50	22	28	38	32
65 years and over.....	312	102	210	48	71	65 years and over.....	63	30	33	52	38
2 members.....	577	---	---	---	---	2 members.....	349	---	---	---	---
Under 35 years.....	175	89	86	35	27	Under 35 years.....	67	18	49	18	20
35 to 64 years.....	264	112	152	44	47	35 to 64 years.....	129	30	99	30	40
65 years and over.....	138	55	83	22	26	65 years and over.....	153	53	100	52	40
3 members.....	453	---	---	---	---	3 members.....	227	---	---	---	---
Under 35 years.....	274	163	111	67	53	Under 35 years.....	135	57	78	64	57
35 to 64 years.....	159	73	86	30	41	35 to 64 years.....	72	20	52	22	37
65 years and over.....	20	8	12	3	6	65 years and over.....	20	12	8	14	6
4 members.....	538	---	---	---	---	4 members.....	367	---	---	---	---
Under 35 years.....	279	131	148	68	43	Under 35 years.....	153	37	116	46	40
35 to 64 years.....	245	55	190	29	55	35 to 64 years.....	207	37	170	46	59
65 years and over.....	14	6	8	3	2	65 years and over.....	7	6	1	7	( <sup>4</sup> )
5 members.....	258	---	---	---	---	5 members.....	217	---	---	---	---
Under 35 years.....	126	55	71	52	47	Under 35 years.....	71	22	49	44	29
35 to 64 years.....	124	46	78	43	51	35 to 64 years.....	138	23	115	47	69
65 years and over.....	8	5	3	5	2	65 years and over.....	8	5	3	9	2
6 or more members.....	405	---	---	---	---	6 or more members.....	325	---	---	---	---
Under 35 years.....	194	61	133	42	52	Under 35 years.....	102	21	81	24	34
35 to 64 years.....	205	82	123	56	47	35 to 64 years.....	208	56	152	65	64
65 years and over.....	6	3	3	2	1	65 years and over.....	15	9	6	10	2

<sup>1</sup>Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview.

<sup>2</sup>Number and percent weighted to compensate for different sample rates used in various segments of population. Parts may not total to the whole because of rounding.

<sup>3</sup>Some households did not answer the specific question, or the question was not applicable to that household; therefore, number differs from total number of households (2,944).

<sup>4</sup>Less than 0.5 percent but more than 0.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Age of head refers to age of the male head in households with both male and female heads and to age of the head in single-headed households. Many survey households, particularly those with one and two members, were headed by an adult 65 years and over. About one-half of the participants and two-thirds of the nonparticipants living alone were 65 and over.

### Region, Urbanization, and Tenancy

Of households surveyed, 47 percent were located in the South, 22 percent<sup>5</sup> in the Northeast, 20 percent in the North Central, and 11 percent in the West. More low-income residences were in central cities (40 percent) than in suburban (28 percent) or nonmetropolitan areas (32 percent).<sup>6</sup>

Participant and nonparticipant households were distributed similarly in the South (47 and 46 percent, respectively), and in the Northeast (23 and 22 percent, respectively). Slightly more participants than nonparticipants inhabited the North Central region but slightly fewer participants than nonparticipants were in the West.

Most participants were in central cities (50 percent); fewer were in nonmetropolitan areas (32 percent) and in suburban areas (19 percent). Nonparticipants, however, were more evenly distributed across all three urbanizations. Location by urbanization within a region also differed--southern central cities provided the greatest share of the participants, 20 percent, and 9 percent of the nonparticipants. On the other hand, southern suburban areas supplied the largest portion of the nonparticipants, 19 percent, and 9 percent of the participants.

Tenancy refers to the occupancy of a residence as owned, rented for cash, or occupied without rent. More than half of the households in the low-income sample rented their residence. Participants were most likely to rent and nonparticipants to own their residence (fig. 2). About three-fourths of the participants and two-fifths of the nonparticipants rented their residence; in contrast, about one-fourth of the participants and over one-half of the nonparticipants owned their residence.

### Race and Ethnic Origin

Race refers to the race of the respondent--white, black, or other--as observed by the interviewer. Of the low-income households interviewed,

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<sup>5</sup> Northeast--Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont; North Central--Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin; South--Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia; and West--Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

<sup>6</sup> Central city--population of 50,000 or more and main or core city within Standard Metropolitan Statistical Area (SMSA); suburban--generally within boundaries of SMSA but not within legal limits of central city SMSA; and nonmetropolitan--all U.S. areas not within SMSA.

63 percent were noted to be white, 34 percent black, and 3 percent other. Proportionately more participants than nonparticipants were black--approximately one-half of the households receiving food stamps and one-fourth of those not receiving them.

Ethnic origin or descent refers to the respondent's self-classification as either Spanish or not Spanish. Six percent, of which one-half received food stamps, classified themselves as of Spanish origin.

### **Shopping Practices and Self-Evaluation of Food**

Nearly all low-income households did their major food shopping at supermarkets (95 percent). About 17 percent did major food shopping more than once a week, 41 percent weekly, and 42 percent less than weekly. As a group, FSP participants shopped less often than nonparticipants (fig. 3). Monthly or bi-monthly major food shopping practices were reported by 60 percent of the participants--perhaps a reflection of the monthly issuance of food stamps--as compared with 29 percent of the nonparticipants. Weekly or more frequent shopping was reported by 40 percent of the participants and 71 percent of the nonparticipants.

In evaluating their food, 31 percent of the low-income households believed they had enough food and the kind of food wanted; 54 percent thought they had enough food but not the kind wanted; and 15 percent said they sometimes or often did not have enough food. FSP participants evaluated their food less favorably than nonparticipants did. Fewer participant than nonparticipant households believed they had enough food and the kind wanted (26 and 34 percent, respectively); furthermore, a sizable proportion of participants (24 percent) rated their food as sometimes or often not enough while fewer nonparticipants (8 percent) felt this way. These evaluations may reflect the difficulties that households receiving food stamps encounter in budgeting their stamps and food supplies over the allotment period.

### **Head of Household**

One of two low-income households was headed jointly by a male and a female; slightly fewer were headed by a female only. Males were the single head in only 7 percent of all households.

FSP-participant households were more often headed by a female only (62 percent) than by a male and female together (32 percent) (fig. 4). The situation was reversed for nonparticipants as households were less often headed by a female only (32 percent) than by a male and female together (60 percent).

### **Characteristics of Heads of Households**

The characteristics of male and female heads of households presented here are age, level of educational attainment, and number of household members. Data are summarized in table 1. Of the females heading households, 40 percent were young (under 35 years of age), 42 percent were middle aged (35 to 64 years old), and 18 percent were older (65 years and over). Most FSP-participant households were headed by females middle aged or younger, only 16 percent were older. Most of these older women lived in one- or two-member households. Older females accounted for 48 percent of the one-member households (fig. 5).

Most nonparticipant households also were headed by females middle aged or younger; 20 percent were elderly. Again, most of the older female heads resided in one- or two-member households. Older women comprised 71 percent of the one-member households not participating in the FSP.

Patterns of educational attainment were similar among female heads of households receiving and not receiving food stamps. Approximately one-third of the women had an elementary education (8 years or less), more than one-half had a high school education (9 to 12 years), and about one-tenth had a college education (more than 12 years).

Only 55 percent of the survey households had a male head. Male heads were found less frequently among participating (38 percent) than among nonparticipating (68 percent) households.

## DISCUSSION OF PRELIMINARY RESULTS

The following sections of this report discuss preliminary results from the survey of 2,944 low-income housekeeping households. Data were weighted to account for differential eligibility and nonresponse rates of households in the survey sample.

### Money Value of Food

Low-income housekeeping households used food with an average money value (value of food used at home plus expense for food eaten away from home) of \$57 in a week (table 2). Of this value, food at home accounted for \$49 (87 percent) and the expense for meals and snacks bought and eaten away from home was \$8 (13 percent), of which more than \$2 was for snacks. Households averaged 3.4 members, making the average money value of food per member \$16.97, of which \$14.71 was for food at home and \$2.26 was for food away from home. Excluded from this survey were values of reimbursed expense-account meals, meals as guests or received as pay, and the total or partial cost of federally subsidized school lunches and breakfasts.

More than two out of five households surveyed were participating in the FSP at the time of the interview. Participating households averaged 3.2 members and used food valued at \$53 a week--\$16.61 per household member, whereas households eligible but not participating were larger, 3.5 members, and used food with a higher total money value, \$60--\$17.20 per household member.

Food used at home per member accounted for a larger share of the total money value of food used by FSP participants (\$15.13 or 91 percent) than by nonparticipants (\$14.44 or 84 percent). Nonparticipating households spent more money on meals bought and eaten away from home than participating households (\$2.76 and \$1.48 per member, respectively).

### Differences by Number of People Living in Household and Age of Head

Money value of all food used by households at home and away increased with the number of household members. Total food at home and away used by one-member households participating in the FSP was valued at \$24, of which \$23 was for food at home; and households of six or more members used total food valued at \$91, of

TABLE 2.--Money value of food used in a week by households<sup>1</sup>

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	People living in household <sup>2</sup>	Money value per household <sup>3</sup>					Money value per household member <sup>3</sup>				
		Total	At home <sup>b</sup>			Total	Total	Bought away from home			
			Total	Snacks	Meals			Total	Snacks	Meals	
-----Dollars-----											
All households.....	3.36	57.06	49.47	7.58	2.10	5.48	16.97	14.71	2.26	0.63	1.63
Participants in FSP.....	3.19	52.97	48.26	4.71	2.01	2.70	16.61	15.13	1.48	.63	.85
Nonparticipants in FSP.....	3.49	59.97	50.34	9.62	2.17	7.46	17.20	14.44	2.76	.62	2.14
People living in household: <sup>2</sup>											
Participants in FSP:											
1 member.....	1.00	23.72	22.98	.74	.40	.33	23.72	22.98	.74	.40	.33
Head under 65 years....	1.00	26.40	25.82	.58	.38	.19	26.40	25.82	.58	.38	.19
Head 65 years and over.	1.00	20.93	20.03	.90	.42	.48	20.93	20.03	.90	.42	.48
2 members.....	2.00	39.91	36.14	3.77	1.63	2.14	19.95	18.07	1.88	.81	1.07
Head under 65 years....	2.00	40.67	35.81	4.86	2.09	2.77	20.34	17.91	2.43	1.05	1.38
Head 65 years and over.	2.00	38.23	36.86	1.36	.60	.76	19.11	18.43	.68	.30	.38
3 members.....	3.00	57.79	53.49	4.30	1.95	2.35	19.26	17.83	1.43	.65	.78
4 members.....	4.00	63.44	58.22	5.21	2.25	2.96	15.86	14.56	1.30	.56	.74
5 members.....	5.00	77.19	65.52	11.67	3.85	7.82	15.44	13.10	2.34	.77	1.56
6 or more members.....	7.27	90.52	81.84	8.69	4.13	4.55	12.44	11.25	1.19	.57	.63
Nonparticipants in FSP:											
1 member.....	1.00	22.18	20.05	2.13	.61	1.52	22.18	20.05	2.13	.61	1.52
Head under 65 years....	1.00	27.08	23.30	3.77	1.53	2.24	27.08	23.30	3.77	1.53	2.24
Head 65 years and over.	1.00	19.39	18.19	1.19	.09	1.10	19.39	18.19	1.19	.09	1.10
2 members.....	2.00	39.34	36.69	2.65	.80	1.85	19.67	18.34	1.32	.40	.92
Head under 65 years....	2.00	39.35	35.84	3.51	1.04	2.47	19.67	17.92	1.75	.52	1.23
Head 65 years and over.	2.00	39.32	38.11	1.21	.40	.81	19.66	19.05	.60	.20	.41
3 members.....	3.00	56.45	46.01	10.43	5.23	5.21	18.82	15.34	3.48	1.74	1.74
4 members.....	4.00	72.41	61.35	11.05	1.44	9.61	18.10	15.34	2.76	.36	2.40
5 members.....	5.00	79.08	65.40	13.69	2.99	10.70	15.82	13.08	2.74	.60	2.14
6 or more members.....	7.69	114.79	90.59	24.20	4.12	20.07	14.93	11.79	3.15	.54	2.61
Region:											
Participants in FSP:											
Northeast.....	2.79	57.42	50.43	6.99	3.05	3.94	20.56	18.06	2.50	1.09	1.41
North Central.....	3.38	50.29	48.29	2.00	1.00	1.00	14.86	14.27	.59	.30	.30
South.....	3.28	50.64	46.41	4.23	1.99	2.25	15.45	14.16	1.29	.61	.68
West.....	3.26	62.60	53.39	9.22	2.09	7.13	19.21	16.38	2.83	.64	2.19
Nonparticipants in FSP:											
Northeast.....	3.74	73.75	60.03	13.72	2.25	11.47	19.73	16.05	3.67	.60	3.07
North Central.....	3.04	54.71	47.20	7.51	1.46	6.06	17.97	15.50	2.47	.48	1.99
South.....	3.74	59.15	49.57	9.57	2.58	6.99	15.80	13.25	2.56	.69	1.87
West.....	2.84	48.11	41.91	6.21	1.63	4.58	16.97	14.78	2.19	.57	1.61
Urbanization:											
Participants in FSP:											
Central city.....	3.25	54.68	49.87	4.81	2.30	2.51	16.84	15.36	1.48	.71	.77
Suburban.....	3.28	55.49	50.42	5.07	1.97	3.10	16.93	15.39	1.55	.60	.95
Nonmetropolitan.....	3.05	48.78	44.43	4.35	1.60	2.75	16.01	14.58	1.43	.52	.90
Nonparticipants in FSP:											
Central city.....	2.83	50.22	44.47	5.75	1.73	4.02	17.78	15.74	2.04	.61	1.42
Suburban.....	4.16	71.52	57.51	14.01	2.34	11.67	17.18	13.81	3.36	.56	2.80
Nonmetropolitan.....	3.45	57.67	48.73	8.95	2.45	6.50	16.73	14.14	2.60	.71	1.89

<sup>1</sup>Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview.

<sup>2</sup>Excludes roomers, boarders, and employees. Average value per household member calculated using population ratio procedure--aggregate value for all households divided by aggregate number of members in all households.

<sup>3</sup>Parts may not total to the whole because of rounding.

<sup>4</sup>Includes value of food used by household members and guests that was bought, home produced, or received as gift or pay. Value of food received without direct expense by a household is based on average price per pound paid for that food by survey households in the same region.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

which \$82 was for food at home. In contrast, those one-member households not participating in the FSP reported average money value of \$22, of which \$20 was for food at home. Nonparticipating households of six or more members used total food worth \$115, of which \$91 was for food at home.

Money value of all food per household member generally decreased as the number of members increased (fig. 7). For FSP-participating households of six or more members, the money value of all food per household member was \$12.44--only about one-half that of one-member households. For small households, value of food was higher for participants than for nonparticipants; for large households, the reverse was true. Nonparticipants generally spent more money for food away from home than their participant counterparts.

The average value of home food used by FSP single-member households was \$20.03 for elderly and \$25.82 for younger heads--a difference of \$5.79--and the expense for food away from home was \$0.90 and \$0.58, respectively. Among two-member households, home food values were similar for elderly and younger heads, \$18.43 and \$17.91 per member, but the cost for food away was not, \$0.68 for elderly and \$2.43 for younger heads.

In single-member nonparticipant households, values averaged lower for the home food used by elderly heads (\$18.19) than by younger heads (\$23.30) as well as for food bought and eaten away (\$1.19 and \$3.77). Among two-member households, those with elderly heads used food at home with a slightly higher per member value than those with younger heads (\$19.05, and \$17.92, respectively) but spent far less for food away (\$0.60 and \$1.75).

#### Differences by Region and Urbanization

Average money value of total food per household was highest in the West for FSP participants (\$63 in a week) and in the Northeast for nonparticipants (\$74), and lowest in the North Central region for participants (\$50) and in the West for nonparticipants (\$48). For food at home per household, however, the average value was lowest in the South for participants and in the West for nonparticipants.

On a per-member basis, the Northeast had the highest average value of food at home among the FSP participants (\$18) and nonparticipants (\$16), and the South reported the lowest values for both FSP participants (\$14) and nonparticipants (\$13). Although the values of food at home per member were greater for participants than for nonparticipants in all regions except the North Central, the average expenses for food away from home were greater--by more than \$1 per member--for nonparticipants in all regions except the West.

Both FSP participants and nonparticipants had higher money values of total food and of food at home per household in suburban than in other urbanization areas. On a per-member basis, values were also highest in suburban areas for participants, but in central cities for nonparticipants. For food away from home, the average per-member expense for survey households was highest in the suburbs.

## Distribution of Households by Money Value of Food at Home

Average money value of food per equivalent person (table 3) was higher than the average value for food at home per household member. In contrast, average value per equivalent person was lower than the total money value of food at home and away per household member (table 2).

The equivalent person (based on three meals a day for a week) was used in an attempt to adjust for variation among households in the number of meals eaten from home food supplies. Household size in terms of equivalent persons was determined by first adding the following three components: (1) meals reported as eaten at home (adjusted proportionately with meals eaten away from home to total 21 meals in a week--3 meals for each of 7 days--to account for skipped meals and snacks that might substitute for or supplement meals); (2) meals eaten from household supplies by guests, boarders, roomers, and employees; (3) meal equivalents of refreshments served to guests (one or two foods equal one-fourth meal; over two foods equal one-half meal). Then that total number of meals was divided by 21; the quotient was the household size in 21-meal-at-home-equivalent persons.

The value of food used at home in a week by households surveyed averaged from less than \$8 to more than \$20 per equivalent person. About 1 in 20 low-income households used food worth less than \$8 per equivalent person in a week. On the other hand, 3 in 10 households averaged more than \$20 per person during a week.

Many households, both FSP participants and nonparticipants, used food with money value per equivalent person above the weekly full food stamp allotment level for households of their size at the time of the survey. Large families of five or more members were more likely to use food worth about or below their allotment levels than small households, as follows:

<u>Item</u>	<u>Number of household members</u>					
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6 or more</u>
Food stamp allotment per member, January-June 1980...dollars.....	14.50	13.30	12.70	12.10	11.40	<sup>1</sup> 10.80
Participants in FSP using food per person worth--						
Under \$12.00.....percent.....	10	11	20	28	35	49
\$12.00-\$15.99.....do.....	15	25	22	33	35	24
\$16.00 or more.....do.....	75	64	58	39	30	27
Nonparticipants in FSP using food per person worth--						
Under \$12.00.....do.....	20	14	32	14	33	45
\$12.00-\$15.99.....do.....	27	28	22	38	38	35
\$16.00 or more.....do.....	53	58	46	48	29	20

<sup>1</sup> Household of 7 members

TABLE 3.--Households<sup>1</sup> by money value of food used at home<sup>2</sup> per person<sup>3</sup> in a week

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Household size in 21-meal persons	Income before taxes last year <sup>4</sup>	Bonus food stamps last month <sup>5</sup>	Money value per 21-meal person	Households using food worth--					
					Under \$8.00	\$8.00-\$11.99	\$12.00-\$15.99	\$16.00-\$19.99	\$20.00 or more	
	Number	Dollars			Percent					
All households.....	3.07	6,417	---	16.12	5	18	28	18	30	
Participants in FSP.....	2.91	4,842	95.69	16.57	6	16	24	21	33	
Nonparticipants in FSP.....	3.18	7,591	---	15.82	5	19	31	16	28	
People living in household: <sup>6</sup>										
Participants in FSP:										
1 member.....	1.10	2,718	36.56	20.96	4	6	15	21	54	
Head under 65 years.....	1.14	2,649	41.06	22.59	6	2	7	21	64	
Head 65 years and over.....	1.05	2,788	31.82	19.11	2	11	23	21	43	
2 members.....	1.94	3,758	61.07	18.59	3	8	25	34	30	
Head under 65 years.....	1.92	3,680	67.43	18.67	2	7	28	37	27	
Head 65 years and over.....	2.00	3,922	47.14	18.41	5	10	19	28	38	
3 members.....	2.74	5,013	102.84	19.51	3	17	22	19	40	
4 members.....	3.60	5,171	120.25	16.17	8	20	33	17	23	
5 members.....	4.46	9,142	123.74	14.69	4	31	35	13	17	
6 or more members.....	6.25	6,644	203.03	13.10	18	31	24	15	12	
Nonparticipants in FSP:										
1 member.....	1.05	3,429	---	19.13	5	15	27	20	34	
Head under 65 years.....	1.09	3,734	---	21.33	4	19	17	8	52	
Head 65 years and over.....	1.02	3,247	---	17.79	5	12	32	26	24	
2 members.....	2.06	5,511	---	17.84	4	10	28	21	37	
Head under 65 years.....	1.93	6,009	---	18.56	1	9	31	18	40	
Head 65 years and over.....	2.27	4,726	---	16.81	8	13	24	25	30	
3 members.....	2.78	7,212	---	16.56	9	23	22	13	33	
4 members.....	3.54	10,360	---	17.31	5	9	38	18	30	
5 members.....	4.44	9,980	---	14.74	1	32	38	14	14	
6 or more members.....	6.72	11,998	---	13.49	6	39	35	9	11	
Region:										
Participants in FSP:										
Northeast.....	2.58	5,570	80.04	19.58	( <sup>7</sup> )	13	23	25	40	
North Central.....	3.13	5,002	100.85	15.43	11	17	22	15	35	
South.....	2.95	4,139	102.64	15.73	7	17	25	24	27	
West.....	3.07	6,541	84.17	17.40	3	16	27	14	40	
Nonparticipants in FSP:										
Northeast.....	3.45	7,662	---	17.41	( <sup>7</sup> )	6	36	18	40	
North Central.....	2.84	7,782	---	16.65	5	19	30	14	31	
South.....	3.35	7,892	---	14.81	8	25	29	15	23	
West.....	2.68	6,016	---	15.64	1	21	34	22	22	
Urbanization:										
Participants in FSP:										
Central city.....	2.92	4,382	100.86	17.07	6	11	24	22	37	
Suburban.....	3.06	4,768	97.24	16.46	7	26	27	15	26	
Nonmetropolitan.....	2.81	5,619	86.50	15.82	6	18	22	25	30	
Nonparticipants in FSP:										
Central city.....	2.65	6,885	---	16.78	5	15	25	21	35	
Suburban.....	3.70	8,683	---	15.53	4	19	40	11	26	
Nonmetropolitan.....	3.17	7,136	---	15.35	6	25	28	18	23	

<sup>1</sup>Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview.

<sup>2</sup>Includes value of food used by household members and guests that was bought, home produced, or received as gift or pay. Value of food received without direct expense by a household is based on average price per pound paid for that food by survey households in the same region.

<sup>3</sup>21 meals from household food supplies equivalent to 1 person. Average money value per person is calculated using population ratio procedure--aggregate value for all households divided by aggregate number of persons in all households.

<sup>4</sup>Includes only households providing income information for the previous year.

<sup>5</sup>Includes only households providing information concerning bonus food stamps for the previous month.

<sup>6</sup>Excludes roomers, boarders, and employees.

<sup>7</sup>Less than 0.5 percent but more than 0.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

## Food at Home

Information on the quantity of food used at home, its money value, and its nutritive value is essential in evaluating the cost and adequacy of diets among low-income households in the United States. Consumption, cost, and nutrient levels of households may be related to such factors as participation status in the FSP, number of people living in the household, region, and degree of urbanization.

### Share of Home Food Dollar

The average money value of food used at home for 11 food groups and the share of the home food dollar for each group are displayed in tables 4 and 5, respectively. Low-income households allocated the largest portion of the home food dollar (purchased food plus money value of nonpurchased food used), 36 cents, to meat, poultry, and fish, and the next largest, 14 cents, to grain products. About 12 cents out of each dollar went to milk and milk products other than butter; about 11 cents went to vegetables; 6 cents to fruit; and another 6 cents to eggs, dry legumes, and nuts. Fats, sugars and sweets, beverages, and all other food took the remaining money.

The FSP participants and nonparticipants generally used their money in a similar pattern, although the participants used more of the dollar than nonparticipants for meat, poultry, and fish (38 and 34 cents, respectively) (fig. 6). Compared with FSP participants, the nonparticipants used more of the food dollar for vegetables and grain products. The other food groups showed small average differences in the share.

Among the households receiving food stamps, one- and two-member households used less of the food dollar for milk and milk products than did households with more members—where children were more likely to be found. With increasing numbers of household members, FSP participants generally used more of the food dollar for eggs, dry legumes, nuts; grain products; soft drinks, punches, prepared desserts; and less for fruit and vegetables. These differences were less pronounced among the nonparticipants.

### Nutrients per Dollar's Worth of Food

The money value of food usually affects nutrient returns per dollar. As a group, households with lower money values per person typically receive greater returns per dollar than those with higher money values. Varying food prices, as well as food selection and consumption practices, also may influence the quantity of nutrients acquired from a dollar's worth of food.

The food dollar used by participants provided food with similar or higher average returns for food energy and all nutrients studied than did the dollar used by nonparticipants (table 6). Classifications by household size usually showed higher returns for participants than for nonparticipants. Large households generally obtained greater nutrient returns for a dollar's worth of food than small households did, regardless of their status in the Food Stamp Program. This may be attributed to the lower money value of their food per person and to their use of sizable amounts of such inexpensive, nutritious foods as dry legumes, potatoes, and enriched grain products.

TABLE 4.--Money value of food used at home per person<sup>1</sup> in a week by number of household members<sup>2</sup>

Food group <sup>3</sup>	All households	Participants in Food Stamp Program by members						Nonparticipants in Food Stamp Program by members							
		All	1	2	3	4	5 or more	All	1	2	3	4	5 or more		
-----Dollars-----															
All food <sup>4</sup> .....	16.12	16.57	20.96	18.59	19.51	16.17	14.69	13.10	15.82	19.13	17.84	16.56	17.31	14.74	13.49
Milk, cream, cheese.....	1.93	1.96	2.10	2.10	2.36	2.00	1.81	1.59	1.90	2.37	1.74	1.90	2.13	1.91	1.70
Meat, poultry, fish.....	5.79	6.33	8.06	7.07	7.32	6.16	5.26	5.30	5.45	6.08	6.14	6.20	6.40	4.58	4.52
Eggs, dry legumes, nuts <sup>5</sup> ...	.88	.86	1.02	1.03	.91	.81	.78	.74	.89	1.15	.94	.80	.80	1.10	.81
Vegetables.....	1.81	1.75	2.53	2.00	2.13	1.79	1.30	1.26	1.85	2.56	2.71	1.56	1.72	1.48	1.70
Fruit.....	1.05	1.10	1.96	1.23	1.40	.95	1.09	.66	1.02	1.71	1.35	.91	1.14	1.01	.67
Grain products.....	2.23	2.20	2.49	2.25	2.58	2.26	2.10	1.80	2.24	2.25	2.26	2.16	2.31	2.53	2.08
Fats, oils.....	.51	.53	.66	.64	.61	.46	.58	.39	.49	.62	.63	.48	.53	.52	.37
Sugar, sirup, jelly, candy.	.40	.41	.54	.41	.48	.38	.36	.35	.40	.41	.47	.42	.37	.38	.40
Soft drinks, punches, prepared desserts.....	.60	.66	.52	.61	.81	.67	.76	.57	.56	.46	.49	.69	.75	.57	.43
Alcoholic beverages.....	.28	.23	.29	.38	.29	.26	.22	.05	.32	.69	.28	.85	.24	.13	.21
Other foods.....	.64	.54	.79	.87	.62	.43	.43	.39	.70	.83	.83	.59	.92	.53	.60
Household size in number of 21-meal persons.....	(3.07)	(2.91)	(1.10)	(1.94)	(2.74)	(3.60)	(4.46)	(6.25)	(3.18)	(1.05)	(2.06)	(2.78)	(3.54)	(4.44)	(6.72)

<sup>1</sup>21 meals from household food supplies equivalent to 1 person. Average per person is calculated using population ratio procedure.

<sup>2</sup>Excludes roomers, boarders, and employees.

<sup>3</sup>Mixtures and soups included with group totals of main ingredients.

<sup>4</sup>Includes value of food used by household members and guests that was bought, home produced, or received as gift or pay. Value of food received without direct expense by a household is based on average price per pound paid for that food by survey households in the same region.

<sup>5</sup>Includes plate dinners with main ingredients mostly meat, poultry, and fish.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

TABLE 5.--Share of home food dollar by number of household members<sup>1</sup>

Food group <sup>2</sup>	All households	Participants in Food Stamp Program by members							Nonparticipants in Food Stamp Program by members						
		6							6						
		All	1	2	3	4	5	or more	All	1	2	3	4	5	or more
-----Cents-----															
Milk, cream, cheese.....	12.0	11.8	10.0	11.3	12.1	12.4	12.3	12.2	12.0	12.4	9.8	11.4	12.3	13.0	12.6
Meat, poultry, fish.....	36.0	38.2	38.5	38.1	37.5	38.1	35.8	40.4	34.4	31.8	34.4	37.4	37.0	31.0	33.5
Eggs, dry legumes, nuts <sup>3</sup> ...	5.5	5.2	4.8	5.5	4.7	5.0	5.3	5.7	5.6	6.0	5.3	4.8	4.6	7.5	6.0
Vegetables.....	11.2	10.5	12.1	10.8	10.9	11.1	8.9	9.6	11.7	13.4	15.2	9.4	10.0	10.1	12.6
Fruit.....	6.5	6.7	9.3	6.6	7.2	5.9	7.4	5.1	6.4	8.9	7.6	5.5	6.6	6.9	5.0
Grain products.....	13.8	13.3	11.9	12.1	13.2	14.0	14.3	13.7	14.2	11.8	12.6	13.0	13.4	17.2	15.4
Fats, oils.....	3.2	3.2	3.2	3.4	3.1	2.8	4.0	3.0	3.1	3.2	3.5	2.9	3.1	3.5	2.8
Sugar, sirup, jelly, candy.	2.5	2.5	2.6	2.2	2.5	2.4	2.5	2.7	2.6	2.1	2.6	2.5	2.2	2.6	3.0
Soft drinks, punches, prepared desserts.....	3.7	4.0	2.5	3.3	4.1	4.2	5.1	4.4	3.5	2.4	2.7	4.2	4.3	3.8	3.2
Alcoholic beverages.....	1.8	1.4	1.4	2.1	1.5	1.6	1.5	.4	2.0	3.6	1.5	5.2	1.4	.9	1.6
Other foods.....	3.8	3.2	3.7	4.6	3.2	2.5	2.9	2.8	4.5	4.4	4.8	3.7	5.1	3.5	4.3
Total.....	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

<sup>1</sup> Excludes roomers, boarders, and employees.

<sup>3</sup> Includes plate dinners with main ingredients mostly meat, poultry, and fish.

<sup>2</sup> Mixtures and soups included with group totals of main ingredients.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

TABLE 6.--Nutrients per dollar's worth of food<sup>1</sup> used by households

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A	Thiamin	Riboflavin	Pre-formed niacin	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Ascorbic acid
	Cal	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
All households.....	1,187	40.6	428	8.5	158	707	3,245	0.83	1.04	11.1	0.87	2.32	52
Participants in FSP.....	1,216	41.4	425	8.7	157	718	3,383	.86	1.06	11.1	.89	2.45	53
Nonparticipants in FSP.....	1,168	40.1	429	8.3	159	700	3,152	.81	1.03	11.0	.86	2.23	51
People living in household: <sup>2</sup>													
Participants in FSP:													
1 member.....	1,083	38.5	372	8.0	148	649	4,000	.74	.92	9.8	.82	2.29	61
Head under 65 years....	1,056	38.0	345	8.2	145	630	3,981	.76	.90	9.5	.81	2.40	66
Head 65 years and over..	1,120	39.1	407	7.7	153	676	4,026	.72	.93	10.1	.83	2.14	54
2 members.....	1,178	41.4	405	8.3	160	717	3,557	.83	1.04	11.1	.89	2.62	50
Head under 65 years....	1,171	41.3	398	8.1	153	698	3,426	.84	1.04	11.0	.89	2.69	49
Head 65 years and over..	1,192	41.7	419	8.7	173	759	3,835	.81	1.02	11.2	.88	2.45	52
3 members.....	1,141	39.0	418	8.2	147	688	3,092	.80	1.02	10.4	.85	2.29	51
4 members.....	1,212	40.8	425	8.8	154	694	3,095	.87	1.05	10.9	.90	2.20	54
5 members.....	1,269	40.8	428	8.8	160	710	3,265	.89	1.09	11.4	.92	2.24	53
6 or more members.....	1,369	46.4	476	10.0	171	812	3,587	1.00	1.20	12.5	.97	2.95	53
Nonparticipants in FSP:													
1 member.....	1,012	35.5	394	7.1	146	618	3,820	.68	.87	9.2	.77	1.80	55
Head under 65 years....	1,007	36.2	433	6.8	148	646	3,595	.66	.91	9.1	.75	2.02	48
Head 65 years and over..	1,016	35.0	364	7.4	145	597	3,985	.69	.84	9.2	.79	1.64	60
2 members.....	1,077	37.0	373	7.9	158	650	3,583	.74	.91	10.2	.85	2.17	59
Head under 65 years....	1,070	35.4	349	7.5	150	617	3,211	.70	.85	9.5	.77	2.31	54
Head 65 years and over..	1,088	39.7	411	8.7	172	701	4,168	.81	1.01	11.4	.98	1.95	67
3 members.....	1,119	37.2	379	7.5	143	647	2,983	.71	.92	9.8	.80	2.31	43
4 members.....	1,099	38.2	402	7.7	143	661	2,414	.76	.99	10.6	.81	2.22	50
5 members.....	1,298	43.3	489	8.9	170	769	2,827	.93	1.11	11.5	.89	2.21	57
6 or more members.....	1,281	44.5	485	9.3	180	776	3,619	.93	1.19	12.7	.96	2.38	47
Region:													
Participants in FSP:													
Northeast.....	1,044	37.7	369	7.2	139	615	2,970	.73	.94	9.9	.82	2.24	50
North Central.....	1,148	40.4	408	8.6	154	675	3,306	.85	1.05	10.9	.87	2.37	54
South.....	1,342	44.1	458	9.5	166	796	3,701	.94	1.13	11.9	.95	2.62	54
West.....	1,206	40.0	455	9.2	169	705	3,026	.85	1.08	10.8	.87	2.33	55
Nonparticipants in FSP:													
Northeast.....	1,029	37.8	382	7.7	155	629	3,209	.72	.97	11.2	.84	2.10	55
North Central.....	1,082	39.0	418	7.8	147	666	2,892	.77	.99	10.3	.84	2.13	48
South.....	1,290	42.0	461	8.8	166	759	3,153	.89	1.09	11.4	.89	2.30	49
West.....	1,137	39.5	427	8.1	162	686	3,409	.81	1.02	10.2	.84	2.38	55
Urbanization:													
Participants in FSP:													
Central city.....	1,170	41.2	391	8.6	149	683	3,574	.83	1.02	10.8	.89	2.51	57
Suburban.....	1,151	39.4	429	8.2	150	695	3,149	.83	1.04	10.3	.86	2.48	50
Nonmetropolitan.....	1,341	43.1	483	9.4	175	794	3,203	.95	1.15	12.0	.92	2.32	48
Nonparticipants in FSP:													
Central city.....	1,077	37.6	374	7.9	148	632	3,432	.74	.94	10.2	.83	2.09	56
Suburban.....	1,159	40.2	441	8.3	164	702	3,012	.82	1.06	11.4	.86	2.26	50
Nonmetropolitan.....	1,269	42.4	469	8.6	165	765	3,059	.88	1.10	11.4	.89	2.32	47

<sup>1</sup>Includes value of food used by household members and guests that was bought, home produced, or received as gift or pay.

<sup>2</sup>Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Patterns for nutrient returns were similar for both participants and nonparticipants by region and by urbanization. By region, nutrient yields per dollar generally were greatest for residents of the South, and by urbanization generally were greatest for residents in nonmetropolitan areas.

Participants, as compared with nonparticipants, received nutrients in greater amounts for their food dollar in each region except the Northeast. When grouped according to urbanization, participants in central cities and nonmetropolitan areas surpassed the nutrient returns of nonparticipants residing in these areas.

#### Quantity of Food Used

Average quantities of food used per equivalent person in a week varied by FSP status and by household size (table 7). FSP participants generally used larger quantities of food per person than nonparticipants did. Participants used 5 pounds of meat, poultry, and fish; nonparticipants used 4 pounds. The additional pound of meat, poultry, and fish used by participants included 8 ounces of pork, 3 ounces of poultry, and 1 ounce each of bacon, luncheon meat, and fish. Participants used more grain products (the flour equivalent of four slices of bread more), eggs, dry legumes, dark-green vegetables, citrus fruit, and fats and oils; but less potatoes, tomatoes, and alcoholic beverages than nonparticipants did. Participants and nonparticipants used similar amounts of milk and milk products.

As expected, small households--with one or two members--used larger quantities of food per person than large households did. Small adult households, for example, usually need more food per member than larger ones that include small children. Furthermore, small households tend to use food less efficiently than large ones do, and this inefficiency is reflected in additional quantities of food reported in this survey that treats food discarded or spoiled as food used. Small households used less dry legumes but substantially more meat, poultry, and fish; dark-green vegetables; and fruit than large households did.

#### Nutritive Value of Food Used

Foods used were evaluated for food energy and 11 nutrients--protein, calcium, iron, magnesium, phosphorus, vitamin A, thiamin, riboflavin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, and ascorbic acid. Low-income households used food providing, on the average, values above the RDA for each nutrient studied (table 8). The average for calcium exceeded the RDA by a small margin, while values for protein, vitamin B<sub>12</sub>, and ascorbic acid averaged at least two times the 1974 RDA. Values for each assessed nutrient were higher for participants than for nonparticipants.

One-member households obtained similar or higher values for food energy and each nutrient studied than did larger households, probably because they used generally larger quantities of food per person in a week. Participant households of each size used food with higher nutritive values relative to the RDA than did nonparticipant households of the same size. Average nutrient levels generally were higher for FSP participating than for nonparticipating households in each of the four regions and in each urbanization.

TABLE 7.--Quantity of food used per person<sup>1</sup> in a week by number of household members<sup>2</sup>

Food group <sup>3</sup>	All households	Participants in Food Stamp Program by members							Nonparticipants in Food Stamp Program by members						
		All	1	2	3	4	5	6 or more	All	1	2	3	4	5	6 or more
-----Pounds-----															
Milk, cream, cheese (calcium equivalent).....	6.96	6.94	6.98	7.49	8.43	7.17	6.33	5.64	6.97	7.80	5.68	6.21	7.51	7.40	6.96
Meat, poultry, fish, and other protein food.....	5.70	6.31	7.75	7.11	6.93	5.88	5.37	5.76	5.29	5.64	5.61	5.64	5.50	5.24	4.86
Meat, poultry, fish.....	4.39	4.98	6.20	5.61	5.54	4.67	4.15	4.50	4.01	4.26	4.32	4.45	4.42	3.52	3.63
Eggs (fresh equivalent).....	.65	.70	.88	.82	.71	.57	.70	.65	.62	.72	.80	.60	.57	.76	.49
Dry legumes (dry weight).....	.22	.25	.22	.27	.22	.24	.17	.31	.20	.15	.19	.18	.14	.23	.24
Nuts (shelled weight).....	.13	.12	.08	.17	.13	.10	.13	.10	.13	.14	.15	.10	.14	.12	.13
Vegetables.....	4.88	4.77	6.46	5.47	5.07	5.13	3.77	3.87	4.95	6.22	6.69	4.25	4.63	4.41	4.67
Potatoes (fresh equivalent).....	1.73	1.62	1.39	1.82	1.66	1.89	1.54	1.38	1.80	1.30	1.53	1.88	1.84	2.06	1.85
Dark green.....	.38	.48	1.03	.48	.42	.32	.54	.42	.32	.66	.76	.36	.20	.20	.19
Deep yellow.....	.30	.31	.55	.41	.31	.33	.18	.21	.29	.74	.44	.29	.16	.19	.27
Tomatoes.....	.67	.52	.66	.65	.60	.55	.36	.40	.76	.80	1.03	.42	.61	.54	.98
Fruit.....	2.74	2.81	5.29	3.21	3.21	2.61	2.39	1.87	2.70	4.14	3.65	2.37	2.93	2.72	1.91
Citrus (single-strength juice equivalent).....	1.31	1.40	2.72	1.57	1.71	1.18	1.09	.96	1.25	2.20	1.41	1.17	1.09	1.93	.77
Other ascorbic acid rich.....	.02	.01	( <sup>4</sup> )	( <sup>4</sup> )	( <sup>4</sup> )	.02	( <sup>4</sup> )	0	.03	.08	.07	.01	( <sup>4</sup> )	( <sup>4</sup> )	.03
Grain products (flour equivalent)....	2.42	2.51	2.82	2.71	2.61	2.30	2.30	2.48	2.36	2.31	2.64	1.98	2.24	2.53	2.39
Enriched or whole grain (flour equivalent).....	2.33	2.42	2.73	2.56	2.50	2.25	2.23	2.42	2.27	2.26	2.60	1.90	2.14	2.34	2.33
Fats, oils.....	.68	.72	.78	.84	.80	.63	.79	.59	.65	.75	.76	.66	.68	.70	.54
Sugar, sirup, jelly, candy.....	.86	.88	.91	.87	.99	.92	.77	.82	.84	.73	.95	.78	.70	.89	.92
Beverage powders, ades, drinks with ascorbic acid added (sugar equivalent).....	.08	.10	.06	.04	.12	.09	.14	.12	.06	.05	.05	.07	.09	.04	.05
Soft drinks, dessert mixes, prepared desserts, coffee, tea, cocoa (sugar equivalent).....	.18	.18	.13	.20	.21	.18	.21	.15	.18	.15	.13	.25	.23	.20	.14
Alcoholic beverages.....	.45	.34	.37	.36	.51	.43	.39	.09	.52	.81	.42	1.36	.40	.25	.41

<sup>1</sup>21 meals from household food supplies equivalent to 1 person. Average quantity per person is calculated using population ratio procedure.

<sup>2</sup>Excludes roomers, boarders, and employees.

<sup>3</sup>Mixtures and soups included with group totals of main ingredients.

<sup>4</sup>Less than 0.005 pound but more than 0.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

TABLE 8.--Nutritive value of food<sup>1</sup> used as percentage of Recommended Dietary Allowances (1974) for persons eating in households

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Average value per nutrition unit <sup>2</sup> per day as percentage of RDA											
	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A	Thiamin	Riboflavin	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Ascorbic acid
All households.....	128	214	114	142	127	190	191	176	189	121	208	274
Participants in FSP.....	139	232	119	151	134	202	213	194	204	132	235	290
Nonparticipants in FSP.....	121	203	111	137	123	183	178	165	180	114	191	264
People living in household: <sup>3</sup>												
Participants in FSP:												
1 member.....	163	242	138	225	143	241	286	211	227	125	231	405
Head under 65 years....	169	258	138	242	151	251	307	230	238	135	263	472
Head 65 years and over..	156	223	139	203	135	230	262	188	213	114	196	330
2 members.....	151	237	130	168	141	230	232	206	218	129	251	298
Head under 65 years....	153	245	127	153	141	224	234	214	224	135	268	294
Head 65 years and over..	146	221	134	208	142	243	230	191	206	118	218	308
3 members.....	156	264	142	166	153	236	236	215	232	152	268	329
4 members.....	137	237	117	143	136	194	200	195	201	141	223	293
5 members.....	129	208	105	131	124	175	187	178	187	124	196	258
6 or more members.....	120	210	99	129	117	171	181	173	179	119	231	232
Nonparticipants in FSP:												
1 member.....	135	201	134	178	128	210	246	171	190	106	165	334
Head under 65 years....	134	221	163	169	140	244	246	171	199	116	207	325
Head 65 years and over..	135	188	115	185	120	189	245	170	184	100	140	339
2 members.....	127	189	117	175	126	204	208	168	176	110	187	333
Head under 65 years....	129	188	113	159	125	200	195	162	168	105	208	317
Head 65 years and over..	125	191	123	202	128	210	227	176	189	118	157	356
3 members.....	123	196	108	130	116	185	176	153	169	110	209	229
4 members.....	131	219	117	137	127	195	156	178	197	123	219	284
5 members.....	119	198	111	130	118	176	144	167	171	108	175	273
6 or more members.....	111	201	102	124	121	164	180	158	177	116	184	211
Region:												
Participants in FSP:												
Northeast.....	143	250	124	149	141	209	223	195	216	142	253	320
North Central.....	125	219	106	137	127	178	201	182	192	126	222	276
South.....	144	230	120	156	132	210	217	198	203	130	233	280
West.....	142	233	132	164	151	206	200	197	214	136	236	317
Nonparticipants in FSP:												
Northeast.....	120	211	111	144	133	183	202	163	190	122	199	313
North Central.....	118	207	114	138	119	182	173	164	182	117	191	261
South.....	124	198	110	134	119	183	165	168	177	110	185	237
West.....	116	195	113	136	123	183	189	160	174	110	202	277
Urbanization:												
Participants in FSP:												
Central city.....	138	240	112	150	133	197	235	192	202	138	252	322
Suburban.....	135	227	119	139	132	195	204	190	205	131	244	273
Nonmetropolitan.....	144	222	129	160	137	214	184	198	206	124	204	249
Nonparticipants in FSP:												
Central city.....	121	199	106	144	120	181	204	162	175	114	188	308
Suburban.....	117	200	109	131	124	174	167	161	180	113	192	253
Nonmetropolitan.....	128	208	119	140	123	195	168	173	185	115	194	237

<sup>1</sup>Average nutritive value calculated using population ratio procedure.

<sup>2</sup>Nutrition unit is adult male equivalent of persons eating in household in terms of RDA for a nutrient.

<sup>3</sup>Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

## Households Using Food That Met the Recommended Dietary Allowances (1974)

Although household food supplies, on the average, provided nutritive values exceeding the RDA, not all households met the RDA for each nutrient (table 9). At least 90 percent of the low-income households used food that supplied the recommendations for protein, phosphorus, riboflavin, and ascorbic acid but fewer than 75 percent did for food energy, calcium, magnesium, and vitamin B<sub>6</sub>. The allowance most frequently met was protein (97 percent), and the one least often met was calcium (59 percent). Of the households, 39 percent used food providing allowances for all 11 nutrients—one measure of diet quality. The remaining households used food short of the RDA in one or more nutrients. Caution: Failure to meet the RDA for one or more nutrients does not necessarily indicate either poor food practices or malnutrition.

Equal or higher percentages of participant than of nonparticipant households used food that supplied the RDA for food energy and each nutrient studied (fig. 8). They differed little in meeting the RDA for protein, iron, phosphorus, thiamin, riboflavin, and ascorbic acid, but participants were more likely than nonparticipants to meet the recommendations for food energy, calcium, magnesium, vitamin A, vitamin B<sub>6</sub>, and vitamin B<sub>12</sub>.

The allowances for all 11 evaluated nutrients were more often furnished by the food supplies of participants (46 percent) than of nonparticipants (34 percent). Conversely, diets of approximately one-half of the participants and two-thirds of the nonparticipants failed to meet the allowances for at least one nutrient. Comparisons by household size showed that more participant than nonparticipant households, in all but the largest size category, met the RDA for all 11 nutrients studied (fig. 9).

When households were classified by region and by urbanization, proportionately more participants than nonparticipants met the RDA for all 11 nutrients studied. Participants were more likely than nonparticipants to meet these criteria in the Northeast (52 and 41 percent, respectively), the North Central region (46 and 32 percent), the South (42 and 33 percent), and the West (51 and 28 percent). In each urbanization, more participants than nonparticipants met the RDA for all 11 nutrients. Across all urbanizations, approximately 40 to 50 percent of the participants and 30 to 40 percent of the nonparticipants met the recommended allowances.

### Nutrient Levels and Money Value of Food Used

As the money value of food used per equivalent person increased, so did average nutrient values and the proportions of households meeting allowances for each nutrient (tables 10 and 11). In general, the use of a few additional dollars apparently was more effective for households at lower than at higher money value levels in meeting the RDA. Few participant households using food worth under \$8 met the RDA for food energy and the nutrients studied. This group met more frequently the allowances for protein and ascorbic acid (58 and 52 percent) than the allowances for other nutrients. At the money value level of \$12-\$16 per person, one-half to one-third of household diets were short in calcium, magnesium, and vitamin B<sub>6</sub>. Households using food worth over \$20 per person often met the allowances—100 percent did for food energy and five nutrients; 90 percent or more did for the other six nutrients.

TABLE 9.--Households using food that met Recommended Dietary Allowances (1974)

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A	Thiamin	Riboflavin	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Ascorbic acid	All 11 nutrients <sup>1</sup>
All households.....	73	97	59	80	71	93	78	89	91	62	79	90	39
Participants in FSP.....	77	97	62	80	75	93	82	89	93	70	84	90	46
Nonparticipants in FSP.....	70	96	57	80	68	93	75	89	90	56	75	90	34
People living in household: <sup>2</sup>													
Participants in FSP:													
1 member.....	85	94	76	93	78	96	87	89	94	71	80	91	55
Head under 65 years....	90	93	84	92	86	97	86	92	96	81	82	95	68
Head 65 years and over..	79	94	69	94	69	95	88	86	92	61	77	88	42
2 members.....	82	98	61	80	82	95	82	90	93	64	82	93	40
Head under 65 years....	86	99	58	73	82	94	82	91	92	68	83	95	37
Head 65 years and over..	74	96	67	96	82	97	82	87	94	57	81	89	47
3 members.....	82	99	70	83	81	97	90	90	98	75	91	93	57
4 members.....	70	99	52	75	69	90	78	91	92	74	82	87	44
5 members.....	72	98	49	67	72	92	74	91	91	68	78	88	31
6 or more members.....	60	94	46	65	58	84	73	82	89	65	87	79	34
Nonparticipants in FSP:													
1 member.....	62	94	58	79	59	94	76	81	87	44	67	84	31
Head under 65 years....	67	94	65	73	69	96	79	84	92	52	75	77	37
Head 65 years and over..	60	94	55	83	53	93	75	79	84	39	62	88	28
2 members.....	73	96	59	85	69	96	83	90	88	52	68	95	31
Head under 65 years....	76	99	58	80	71	97	83	90	87	55	63	95	25
Head 65 years and over..	69	91	61	93	66	93	82	90	90	48	76	94	41
3 members.....	65	91	54	66	64	81	58	78	78	56	69	77	32
4 members.....	77	99	59	83	75	95	85	96	95	67	88	94	43
5 members.....	72	99	62	78	71	91	54	96	98	45	82	96	27
6 or more members.....	69	99	46	85	71	94	78	91	95	71	81	93	36
Region:													
Participants in FSP:													
Northeast.....	78	99	66	76	78	95	88	88	93	71	89	97	52
North Central.....	69	96	61	74	74	89	83	84	93	66	87	88	46
South.....	81	96	61	84	74	95	79	92	94	70	79	87	42
West.....	78	96	55	86	79	92	86	88	92	73	90	87	51
Nonparticipants in FSP:													
Northeast.....	81	98	60	86	83	96	90	93	95	64	84	97	41
North Central.....	63	97	61	80	60	95	72	91	93	53	71	92	32
South.....	71	95	55	80	67	88	67	89	88	57	75	88	33
West.....	59	98	54	71	60	97	80	78	84	43	70	83	26
Urbanization:													
Participants in FSP:													
Central city.....	77	98	59	80	73	92	86	87	93	74	87	92	50
Suburban.....	75	95	59	71	75	92	78	89	94	65	85	87	37
Nonmetropolitan.....	80	95	68	85	78	95	79	92	93	66	79	88	46
Nonparticipants in FSP:													
Central city.....	71	97	57	80	72	94	84	89	88	58	74	93	37
Suburban.....	72	97	55	82	67	93	73	90	94	57	84	93	29
Nonmetropolitan.....	66	94	58	78	65	91	67	86	88	52	68	83	35

<sup>1</sup>Excludes food energy.

<sup>2</sup>Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

TABLE 10.--Households using food that met Recommended Dietary Allowances (1974) by money value of food at home

Status in the Food Stamp Program (FSP) by money value of food used per person <sup>1</sup>	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A	Thiamin	Riboflavin	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Ascorbic acid	All 11 nutrients <sup>2</sup>
All households.....	73	97	59	80	71	93	78	89	91	62	79	90	39
Participants in FSP.....	77	97	62	80	75	93	82	89	93	70	84	90	46
Nonparticipants in FSP.....	70	96	57	80	68	93	75	89	90	56	75	90	34
Participants in FSP using food with a per person <sup>1</sup> money value of:													
Under \$8.00.....	7	58	15	13	6	35	38	30	43	6	40	52	0
\$8.00-\$11.99.....	34	96	21	45	42	88	61	76	89	37	70	75	5
\$12.00-\$15.99.....	77	100	50	79	66	96	80	92	94	59	76	90	20
\$16.00-\$19.99.....	94	100	73	96	94	100	91	95	99	83	92	98	59
\$20.00 or more.....	100	100	91	100	98	100	96	100	100	97	99	98	85
Nonparticipants in FSP using food with a per person <sup>1</sup> money value of:													
Under \$8.00.....	2	48	4	18	4	34	20	40	35	0	10	49	0
\$8.00-\$11.99.....	36	95	27	62	34	79	60	75	79	28	52	79	13
\$12.00-\$15.99.....	67	100	48	82	64	100	75	91	94	46	78	94	17
\$16.00-\$19.99.....	86	100	65	87	85	100	82	97	97	68	92	93	42
\$20.00 or more.....	98	100	92	97	97	100	90	99	99	89	91	98	68

<sup>1</sup>21 meals from household food supplies equivalent to 1 person.

<sup>2</sup>Excludes food energy.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

TABLE 11.--Nutritive value of food<sup>1</sup> used as percentage of Recommended Dietary Allowances (1974)  
for persons eating in households by money value of food at home

Status in the Food Stamp Program (FSP) by money value of food used per person <sup>a</sup>	Average value per nutrition unit <sup>2</sup> per day as percentage of RDA											
	Food energy	Pro- tein	Cal- cium	Iron	Magne- sium	Phos- pho- rus	Vita- min A	Thia- min	Ribo- fla- vin	Vita- min B <sub>6</sub>	Vita- min B <sub>12</sub>	Ascor- bic acid
All households.....	128	214	114	142	127	190	191	176	189	121	208	274
Participants in FSP.....	139	232	119	151	134	202	213	194	204	132	235	290
Nonparticipants in FSP.....	121	203	111	137	123	183	178	165	180	114	191	264
Participants in FSP using food with a per person <sup>a</sup> money value of:												
Under \$8.00.....	60	110	49	68	60	89	103	94	94	61	201	121
\$8.00-\$11.99.....	96	159	82	102	92	139	133	137	141	93	151	190
\$12.00-\$15.99.....	121	205	108	129	116	177	195	168	183	118	205	239
\$16.00-\$19.99.....	156	250	140	174	147	230	220	223	234	142	235	324
\$20.00 or more.....	206	339	167	225	197	297	323	275	289	189	339	454
Nonparticipants in FSP using food with a per person <sup>a</sup> money value of:												
Under \$8.00.....	68	104	58	75	61	99	84	96	92	57	73	113
\$8.00-\$11.99.....	91	157	87	101	94	136	143	133	141	89	145	185
\$12.00-\$15.99.....	111	190	104	130	118	169	168	153	171	107	187	248
\$16.00-\$19.99.....	142	224	122	154	135	210	207	187	197	123	223	300
\$20.00 or more.....	167	274	156	194	165	258	231	220	245	155	250	381

<sup>1</sup> Average nutritive value calculated using population ratio procedure.

<sup>2</sup> Nutrition unit is adult male equivalent of persons eating in household in terms of RDA for a nutrient. This allows comparison

to be made among households and groups of households of different sex-age compositions that eat different number of meals at home.

<sup>3</sup> 21 meals from household food supplies equivalent to 1 person.

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Like participants, nonparticipants also were more likely to meet the allowances as the money value of food increased. In general, they were somewhat less likely to achieve the RDA than were the participants at corresponding money value levels.

Meeting the RDA for all 11 nutrients, one measure of diet quality, also appeared to be affected by the money value of food used per person. No participants or nonparticipants using food worth less than \$8 met the RDA for all 11 nutrients (fig. 10). Twenty percent of the participants and 17 percent of the nonparticipants using \$12-\$16 per person met these criteria as compared with 85 and 68 percent, respectively, of those using food valued at \$20 or more per person in a week.

### **COMPARISON OF LOW-INCOME HOUSEHOLDS, 1977-78 and 1979-80**

The objective of the Survey of Food Consumption in Low-Income Households 1979-80 was to determine the extent to which food consumption and dietary adequacy of low-income households had changed since a comparable survey was undertaken in 1977-78. Changes might be associated with escalating food prices, changes in the Food Stamp Program, and sampling variation between the two samples. Also, the survey provides for divergent uses in formulating agricultural, economic, welfare, and regulatory program alternatives.

Findings reported in this section describe the differences in average money value, quantity, and nutritive value of food used by household groups from the two low-income surveys. Inferences about possible causes of the reported differences must be made with caution. In comparisons of the results from these surveys, it must be considered that many factors, other than changes in the FSP, affect food consumption and dietary levels. Household averages were not grouped to isolate the effect of a single factor.

#### **Characteristics of Households**

In the 1977-78 survey, data were collected from 4,386 housekeeping households, of which 38 percent were FSP participants and 62 percent were nonparticipants (table 12). In the 1979-80 survey, data were collected from 2,944 housekeeping households, of which 42 percent were FSP participants and 58 percent were nonparticipants.

The distribution of low-income households by region differed little for the two surveys. The proportions of participant households, however, increased 12 percentage points in the South and decreased 10 percentage points in the Northeast. The greatest change for nonparticipants was a 5-percentage-point increase in the Northeast.

The urbanizational location of low-income households changed little in the two surveys. Of the FSP participants, however, proportionately more households in 1979-80 than in 1977-78 resided in nonmetropolitan areas (32 and 23 percent, respectively), and fewer in central city and suburban areas. For nonparticipants, proportions of households increased in central cities in 1979-80 and decreased slightly in the other urbanizations.

TABLE 12.--Selected household<sup>1</sup> characteristics of low-income households by Food Stamp Program (FSP) status, 1977-78 and 1979-80

Household characteristics	Low-income households		Participants in FSP		Nonparticipants in FSP	
	1977-78	1979-80	1977-78	1979-80	1977-78	1979-80
	-----Number <sup>2</sup> -----					
Total households <sup>2</sup> .....	4,386	2,944	1,684	1,224	2,702	1,720
Number living in household.....	3.30	3.36	3.53	3.19	3.15	3.49
	-----Percent <sup>2</sup> -----					
People living in household:						
1 member.....	24	22	22	22	25	22
Head under 65 years.....	10	9	13	11	8	8
Head 65 years and over.....	14	13	9	11	17	14
2 members.....	20	20	16	21	23	20
Head under 65 years.....	11	13	12	15	11	12
Head 65 years and over.....	9	7	5	7	12	7
3 members.....	15	16	15	20	15	12
4 members.....	14	18	13	16	14	20
5 members.....	13	10	17	9	10	11
6 or more members.....	14	14	17	12	13	15
Region:						
Northeast.....	23	22	33	23	17	22
North Central.....	22	20	23	23	21	18
South.....	43	46	35	47	48	46
West.....	13	11	10	7	15	14
Urbanization:						
Central city.....	38	40	54	50	28	34
Suburban.....	32	28	22	19	38	35
Nonmetropolitan.....	30	32	23	32	34	31
Region by urbanization:						
Northeast:						
Central city.....	12	14	21	14	6	13
Suburban.....	7	5	7	5	7	5
Nonmetropolitan.....	4	4	5	4	4	4
North Central:						
Central city.....	8	8	12	13	5	5
Suburban.....	7	4	6	3	8	5
Nonmetropolitan.....	7	8	5	7	8	8
South:						
Central city.....	14	14	17	20	13	9
Suburban.....	12	15	6	9	17	19
Nonmetropolitan.....	16	18	12	18	19	17
West:						
Central city.....	4	5	4	3	5	6
Suburban.....	6	4	4	2	7	5
Nonmetropolitan.....	3	2	2	2	3	3

Continued--

TABLE 12.--Selected household<sup>1</sup> characteristics of low-income households by Food Stamp Program (FSP) status, 1977-78 and 1979-80--Continued

Household characteristics	Low-income households		Participants in FSP		Nonparticipants in FSP	
	1977-78	1979-80	1977-78	1979-80	1977-78	1979-80
-----Percent <sup>2</sup> -----						
Tenancy:						
Owned.....	42	42	23	23	53	56
Rented for cash.....	54	55	72	74	43	41
Occupied without rent.....	4	3	5	3	4	3
Race of respondent:						
White.....	61	63	48	49	69	73
Black.....	35	34	47	48	28	24
Other.....	4	3	5	2	3	3
Major shopping frequency:						
More than weekly.....	15	17	12	14	17	20
Weekly.....	44	41	32	26	52	51
Every other week.....	26	20	33	21	21	19
Monthly.....	14	22	22	39	10	10
Never.....	1	( <sup>3</sup> )	( <sup>3</sup> )	( <sup>3</sup> )	1	1
Self-evaluation of food:						
Enough, kind wanted.....	38	31	37	26	38	34
Enough, not kind wanted.....	50	55	48	50	51	58
Sometimes not enough.....	10	12	11	20	9	6
Often not enough.....	3	3	4	4	2	2
Head of household:						
Male and female heads.....	49	48	35	32	58	60
Female head only.....	45	45	60	62	35	32
Male head only.....	6	7	6	6	7	8
Female head age:						
Under 35 years.....	35	39	42	43	31	37
35 to 64 years.....	43	42	46	41	42	43
65 years and over.....	21	18	13	16	27	20
Male head age:						
Under 35 years.....	34	34	38	35	32	34
35 to 64 years.....	45	49	49	41	49	53
65 years and over.....	21	16	13	24	13	13

<sup>1</sup> Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview.

<sup>2</sup> Number and percent weighted to compensate for different sample rates used in various segments of population. Parts may not total 100 percent because of rounding. Total count

for low-income households in 1977-78 excludes 22 households not providing information on Food Stamp Program status. Some households did not answer each question, or the question was not applicable to that household; those households were not included in percentages.

<sup>3</sup> Less than 0.5 percent but more than 0.

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

Many household characteristics, including race, tenancy, and type of household head, changed little in the two surveys. With respect to race, about one-half of the participant and one-fourth of the nonparticipant respondents were reported to be black in both surveys. Most of the participants rented their residence and most of the nonparticipants owned their residence. In each survey, about 60 percent of the participants and about 35 percent of the nonparticipant households were headed by a female head only.

Among household characteristics that differed in the surveys were the age of the head, the self-evaluation of food supplies, and the frequency of major food shopping. Heads 65 and over in one- and two-member households increased among participants in 1979-80 but decreased among nonparticipants (fig. 11). Participants evaluated their food supplies less favorably in 1979-80 than in 1977-78. Nonparticipants gave similar evaluations in each survey. Major food shopping frequencies changed more for participants, as the proportion of those generally shopping once a month nearly doubled in 1979-80.

### Money Value of Food

Low-income housekeeping households surveyed averaged 3.3 members and used food with a money value of \$48 in a week during the 1977-78 survey (table 13). They averaged 3.4 members and used food valued at \$57 during the 1979-80 survey. Households participating in the FSP averaged 3.5 members in the first survey and 3.2 in the second survey; but for nonparticipating households, the size increased from 3.2 to 3.5 members.

The average money value of food per member for low-income households was \$14.67 in 1977-78 and \$16.97 in 1979-80, an increase of 16 percent. During the same period, prices of food and beverages rose 22 percent, as measured by the Consumer Price Index (CPI), Bureau of Labor Statistics, U.S. Department of Labor.

Food at home in a week was valued per member at \$12.91 in 1977-78 and at \$14.71 in 1979-80, an increase of 14 percent. For FSP participants, average money value per member increased at a faster rate than that for nonparticipants (15 and 13 percent, respectively), but their value per 21-meal person increased at a slower rate (13 and 15 percent, respectively).

Of the money value for all food used by low-income households, 12 percent in the first survey and 13 percent in the second survey was for food bought and eaten away from home. Although the CPI for food away from home rose 23 percent between the two surveys, the value per household member for food away from home rose from \$1.35 to \$1.48--an increase of 10 percent--for FSP participants, and from \$2.05 to \$2.76--an increase of 35 percent--for nonparticipants. These values may reflect the higher average incomes of nonparticipants compared with those of participants. During the 2-year period, the average incomes of FSP participants lagged well behind those of nonparticipants.

### Quantity of Food Used

Low-income households in 1979-80 generally used similar or smaller quantities of the major food groups, including the equivalent of nearly 1 cup less

TABLE 13.--Money value of food used in a week by low-income households,<sup>1</sup> 1977-78 and 1979-80

Status in Food Stamp Program (FSP) by survey	People in household <sup>2</sup>	Money value per household <sup>3</sup>			Money value per member <sup>3</sup>			Household size in 21-meal persons <sup>4</sup>	Money value per 21-meal person	Income before taxes last year <sup>5</sup>
		Total	At home <sup>6</sup>	Away from home	Total	At home <sup>6</sup>	Away from home			
	Number	-----Dollars-----						Number	-----Dollars-----	
All households:										
1977-78.....	3.30	48.33	42.53	5.80	14.67	12.91	1.76	3.02	14.09	5,736
1979-80.....	3.36	57.06	49.47	7.58	16.97	14.71	2.26	3.07	16.12	6,417
Change.....(percent)...	(2)	(18)	(16)	(31)	(16)	(14)	(28)	(2)	(14)	(12)
Participants in FSP:										
1977-78.....	3.53	51.20	46.45	4.76	14.49	13.15	1.35	3.18	14.62	5,222
1979-80.....	3.19	52.97	48.26	4.71	16.61	15.13	1.48	2.91	16.57	4,842
Change.....(percent)...	(-10)	(3)	(4)	(-1)	(15)	(15)	(10)	(-8)	(13)	(-7)
Nonparticipants in FSP:										
1977-78.....	3.15	46.62	40.17	6.45	14.80	12.75	2.05	2.92	13.75	6,062
1979-80.....	3.49	59.97	50.34	9.62	17.20	14.44	2.76	3.18	15.82	7,591
Change.....(percent)...	(11)	(29)	(25)	(49)	(16)	(13)	(35)	(9)	(15)	(25)

<sup>1</sup>Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview. Average values per household member and per 21-meal person were calculated using population ratio procedure--aggregate value for all households divided by aggregate number of household members or 21-meal equivalent persons in all households.

<sup>2</sup>Excludes roomers, boarders, and employees.

<sup>3</sup>Parts may not total to the whole because of rounding. The Consumer Price Index (CPI) for all food and beverages increased 22 percent, food at home increased 22 percent, and food away from home increased 23 percent between January 1978 and January 1980.

<sup>4</sup>21 meals from household food supplies equivalent to 1 person.

<sup>5</sup>Includes only households providing income information for the previous year. The CPI for all goods and services increased 25 percent between January 1978 and January 1980.

<sup>6</sup>Includes value of food used by household members and guests that was bought, home produced, or received as gift or pay. Value of food received without direct expense by a household is based on average price per pound paid for that food by survey households in the same region.

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

milk; one-third pound less meat, poultry, and fish; and 2-1/2 ounces less grain products per person in a week than low-income households used in 1977-78 (table 14). Less eggs and alcoholic beverages but more vegetables, particularly potatoes and tomatoes, were used in 1979-80 than in 1977-78.

Participants used more fruit, potatoes, and dark-green vegetables but less milk and milk products and alcoholic beverages in 1979-80 than in 1977-78 (fig. 12). For nonparticipants, average quantities of most foods decreased. Decreases were the equivalent of 1-1/4 cups milk; one-half pound meat, poultry, and fish; and 3 ounces grain products per person in a week. Increases for nonparticipants, however, were 3 ounces of potatoes and 4 ounces of tomatoes per person in a week.

### Nutrient Quality of Diets

Proportions of low-income households meeting the RDA for each nutrient studied differed little in the two surveys (table 15). More participants in 1979-80 than in 1977-78 met the RDA for magnesium, vitamin A, and riboflavin, but fewer met the allowances for calcium, vitamin B<sub>6</sub>, and ascorbic acid. Nonparticipants in 1979-80 were more likely to meet the standards for thiamin and ascorbic acid than in 1977-78 but somewhat less likely to do so for calcium, vitamin B<sub>6</sub>, and vitamin B<sub>12</sub>. Forty-two percent of the low-income households in 1977-78 and 39 percent of those in 1979-80 used food supplies that provided the RDA for all 11 studied nutrients (table 16). Low-income households in all regions, except the Northeast, were less likely to meet the 11 allowances in the second than in the first survey. Fewer participant and nonparticipant households met the RDA for all 11 nutrients in the second than in the first survey—a situation that parallels slight reductions in the average per person money values of food at home, when measured in constant dollars, between the two surveys (fig. 13).

Participant households meeting the RDA for all 11 nutrients decreased from 1977-78 to 1979-80 in the North Central region (52 to 46 percent, respectively), in the South (50 to 42 percent), and in the West (52 to 51 percent), but increased in the Northeast (43 to 52 percent) (fig. 14). Similarly, nonparticipant households meeting these criteria decreased in the North Central region (45 to 32 percent, respectively), in the South (36 to 33 percent), and in the West (36 to 28 percent), but increased in the Northeast (36 to 41 percent).

TABLE 14.--Quantity of food used per person<sup>1</sup> in a week in low-income households by Food Stamp Program (FSP) status, 1977-78 and 1979-80

Food group <sup>2</sup>	Low-income households		Participants in FSP		Nonparticipants in FSP	
	1977-78	1979-80	1977-78	1979-80	1977-78	1979-80
-----Pounds-----						
Milk, cream, cheese (calcium equivalent).....	7.41	6.96	7.07	6.94	7.66	6.97
Meat, poultry, fish, and other protein food.....	5.99	5.70	6.33	6.31	5.76	5.29
Meat, poultry, fish.....	4.70	4.39	5.02	4.98	4.49	4.01
Eggs (fresh equivalent).....	.70	.65	.67	.70	.72	.62
Dry legumes (dry weight).....	.21	.22	.23	.25	.19	.20
Nuts (shelled weight).....	.12	.13	.11	.12	.12	.13
Vegetables.....	4.55	4.88	4.50	4.77	4.58	4.95
Potatoes (fresh equivalent).....	1.58	1.73	1.52	1.62	1.63	1.80
Dark green.....	.34	.38	.37	.48	.32	.32
Deep yellow.....	.33	.30	.34	.31	.32	.29
Tomatoes.....	.52	.67	.53	.52	.51	.76
Fruit.....	2.73	2.74	2.72	2.81	2.74	2.70
Citrus (single-strength juice equivalent).....	1.30	1.31	1.40	1.40	1.23	1.25
Other ascorbic acid rich.....	.02	.02	.03	.01	.01	.03
Grain products (flour equivalent).....	2.57	2.42	2.60	2.51	2.55	2.36
Enriched or whole grain (flour equivalent).....	2.48	2.33	2.51	2.42	2.45	2.27
Fats, oils.....	.65	.68	.66	.72	.64	.65
Sugar, sirup, jelly, candy.....	.85	.86	.83	.88	.87	.84
Beverage powders, ades, drinks with ascorbic acid added (sugar eq.).....	.09	.08	.13	.10	.07	.06
Soft drinks, dessert mixes, prepared desserts, coffee, tea, cocoa (sugar equivalent).....	.17	.18	.17	.18	.17	.18
Alcoholic beverages.....	.53	.45	.60	.34	.48	.52
Household size in number of 21-meal persons <sup>1</sup> .....	(3.02)	(3.07)	(3.18)	(2.91)	(2.92)	(3.18)

<sup>1</sup> 21 meals from household food supplies equivalent to 1 person. Average quantity per person is calculated using population ratio procedure.

<sup>2</sup> Mixtures and soups included with group totals of main ingredient.

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

TABLE 15.--Households using food that met Recommended Dietary Allowances (1974) in low-income households by Food Stamp Program (FSP) status, 1977-78 and 1979-80

Nutrient	Low-income households		Participants in FSP		Nonparticipants in FSP	
	1977-78	1979-80	1977-78	1979-80	1977-78	1979-80
-----Percent of households-----						
Food energy.....	70	73	75	77	68	70
Protein.....	95	97	97	97	94	96
Calcium.....	61	59	64	62	60	57
Iron.....	80	80	80	80	80	80
Magnesium.....	70	71	72	75	68	68
Phosphorus.....	93	93	94	93	93	93
Vitamin A.....	76	78	80	82	74	75
Thiamin.....	86	89	90	89	84	89
Riboflavin.....	91	91	91	93	90	90
Vitamin B <sub>6</sub> .....	64	62	74	70	59	56
Vitamin B <sub>12</sub> .....	80	79	85	84	78	75
Ascorbic acid.....	89	90	93	90	87	90

TABLE 16.--Households using food that met Recommended Dietary Allowances (1974) for all 11 nutrients<sup>1</sup> in low-income households by Food Stamp Program (FSP) status, 1977-78 and 1979-80

Number of people in household, age of head, region, and urbanization	Low-income households		Participants in FSP		Nonparticipants in FSP	
	1977-78	1979-80	1977-78	1979-80	1977-78	1979-80
-----Percent of households-----						
All households.....	42	39	48	46	38	34
People living in household: <sup>2</sup>						
1 member.....	42	41	56	55	34	31
Head under 65 years.....	43	52	55	68	31	37
Head 65 years and over.....	41	33	57	42	35	28
2 members.....	37	35	41	40	35	31
Head under 65 years.....	43	30	46	37	41	25
Head 65 years and over.....	30	43	29	47	30	41
3 members.....	46	45	52	57	43	32
4 members.....	46	44	53	44	42	43
5 members.....	41	29	48	31	35	27
6 or more members.....	40	35	39	34	41	36
Region:						
Northeast.....	40	46	43	52	36	41
North Central.....	48	38	52	46	45	32
South.....	40	37	50	42	36	33
West.....	40	34	52	51	36	28
Urbanization:						
Central city.....	45	43	51	50	39	37
Suburban.....	39	32	50	37	35	29
Nonmetropolitan.....	40	40	41	46	40	35

<sup>1</sup>Protein, calcium, iron, magnesium, phosphorus, vitamin A, thiamin, riboflavin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, ascorbic acid.

<sup>2</sup>Excludes roomers, boarders, and employees.

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

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## People Living in the Household by Food Stamp Program Status

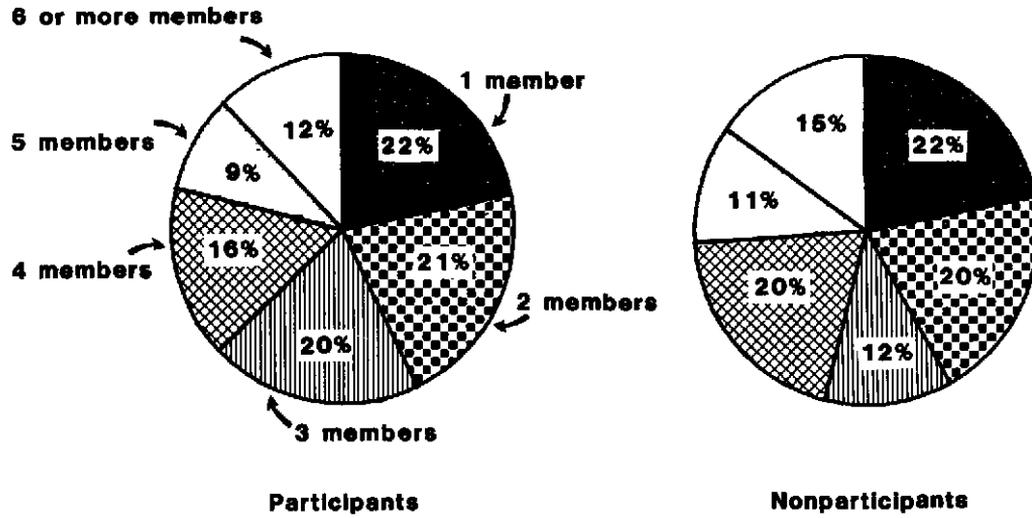


Figure 1

## Tenancy by Food Stamp Program Status

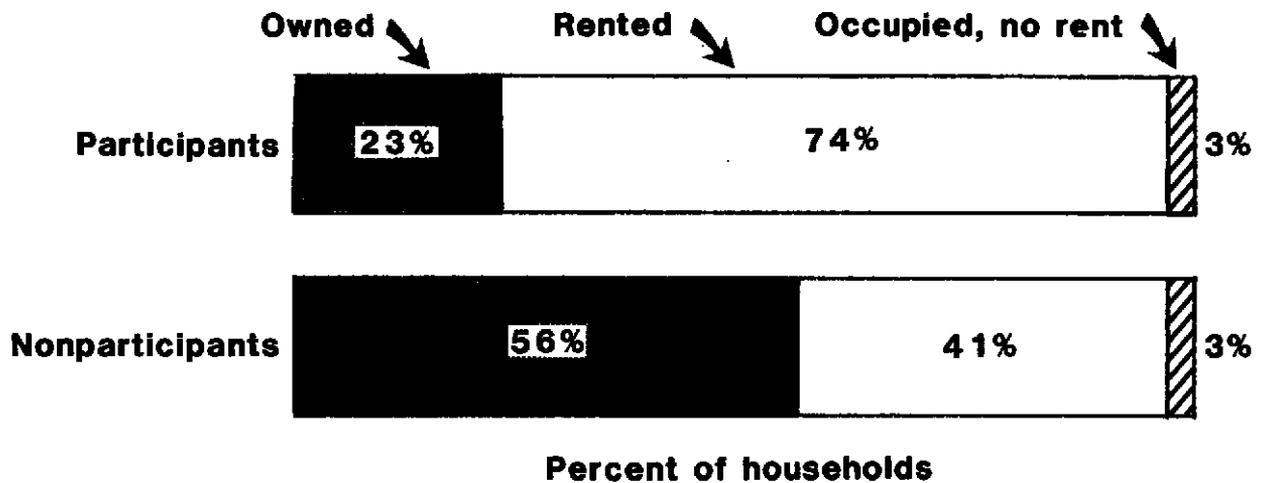


Figure 2

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

## Frequency of Major Food Shopping by Food Stamp Program Status

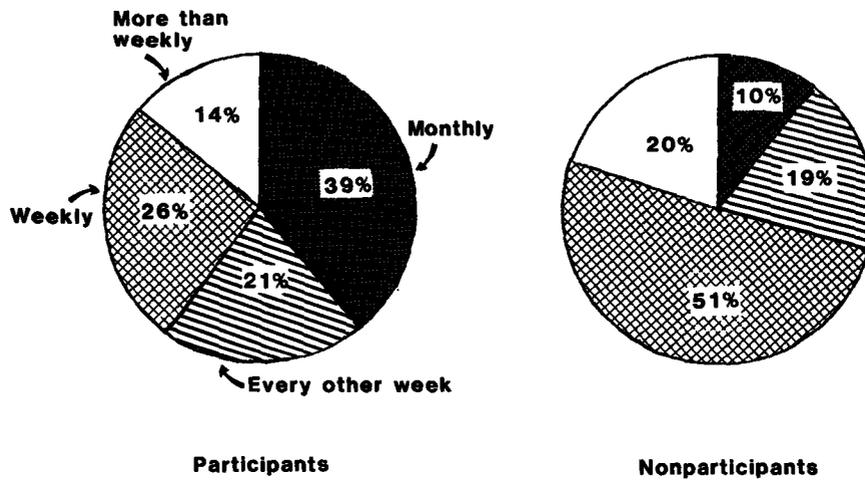


Figure 3

## Head of Household by Food Stamp Program Status

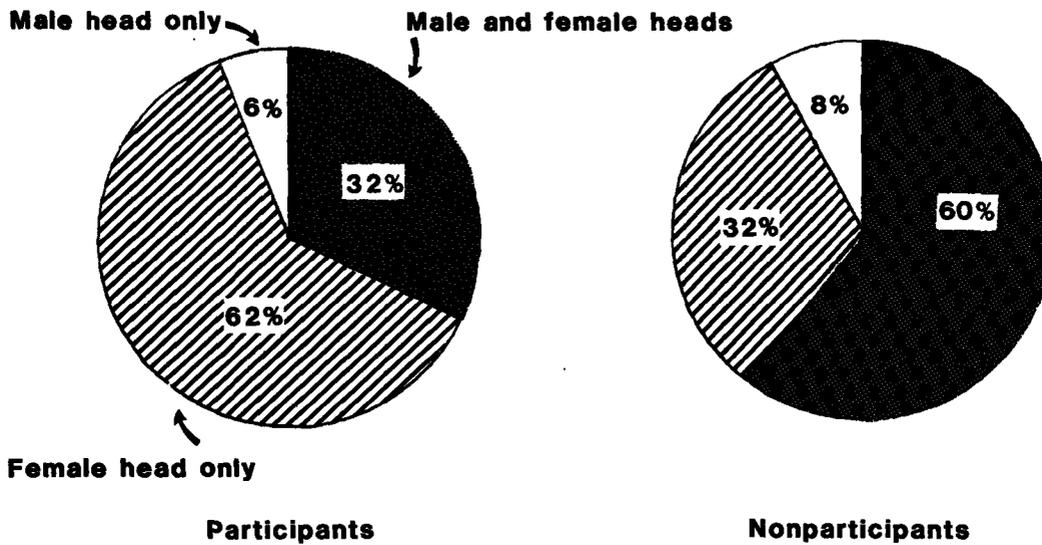


Figure 4

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

## Age of Female Head in 1-Member Households by Food Stamp Program Status

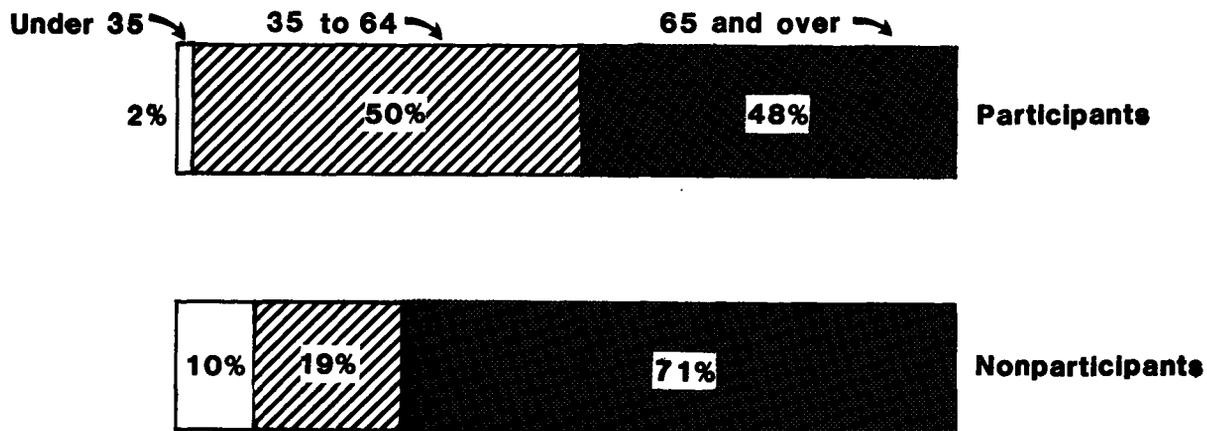


Figure 5

## Share of Home Food Dollar by Food Stamp Program Status

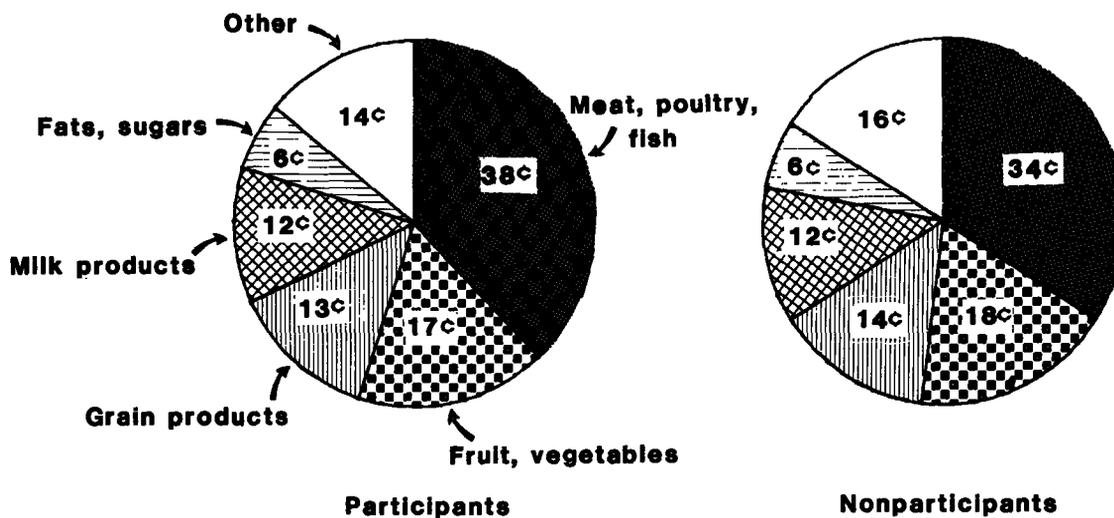
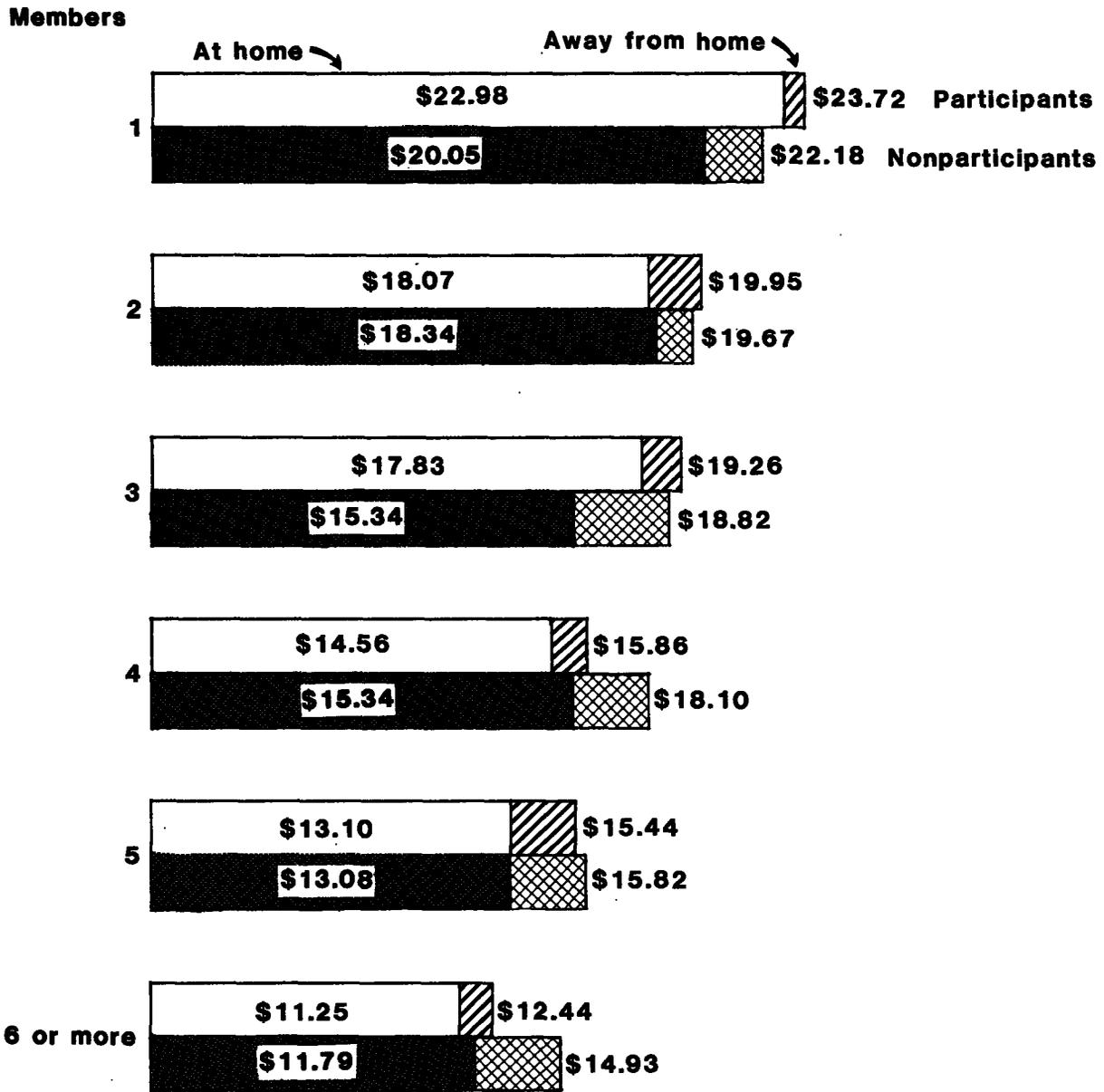


Figure 6

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

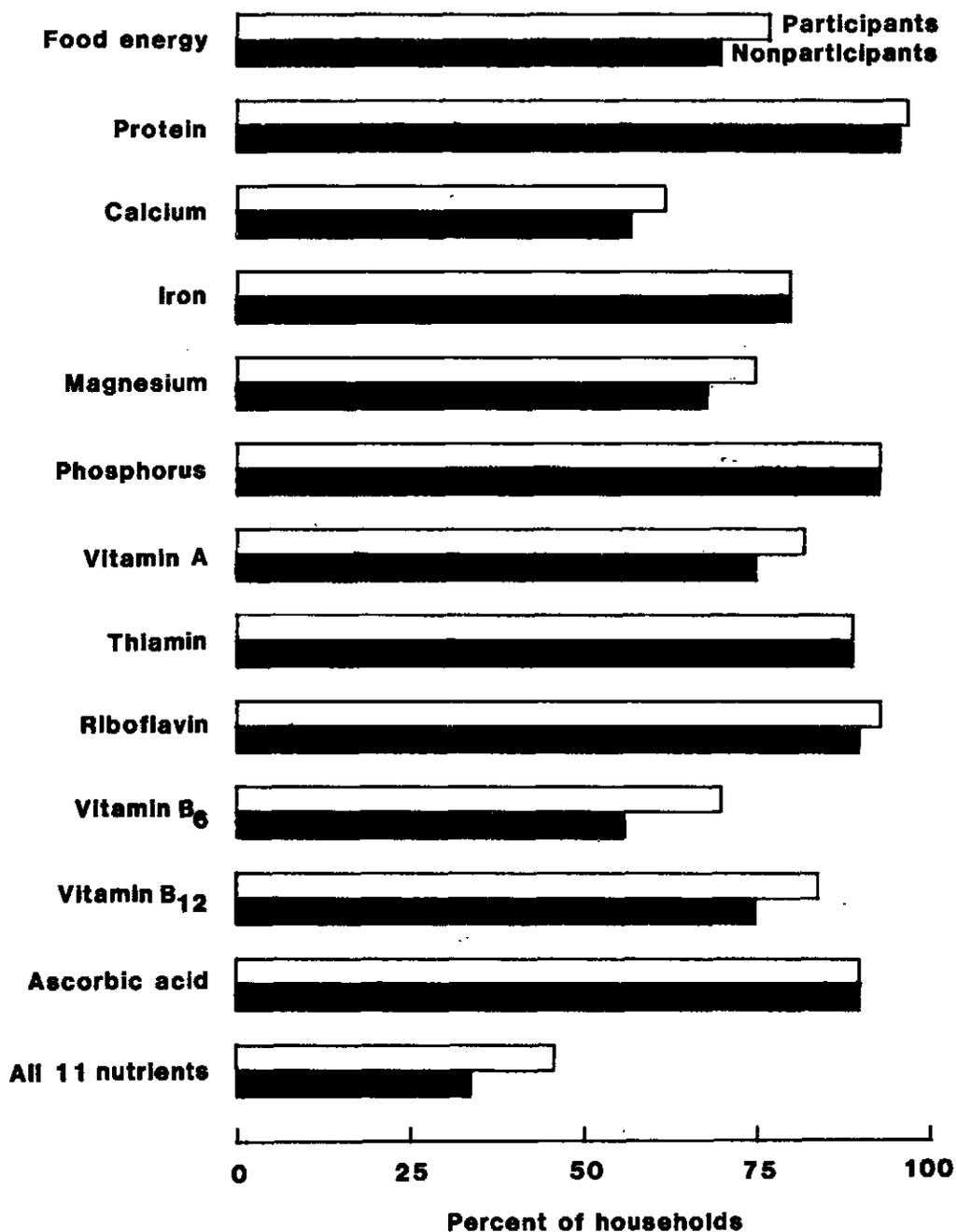
# Value of Food at Home and Away per Member by Number in Household and Food Stamp Program Status



**Figure 7**

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

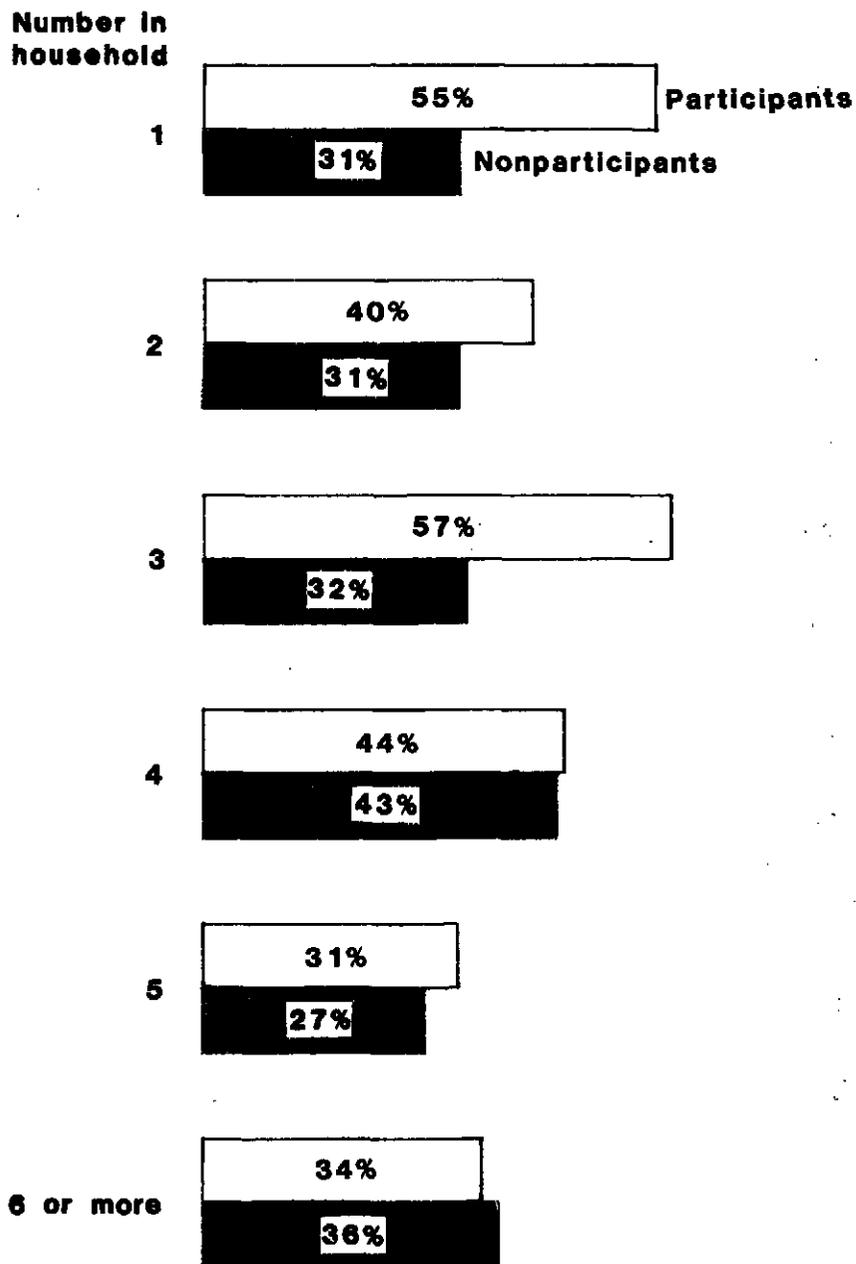
## Household Diets Meeting RDA by Food Stamp Program Status



**Figure 8**

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

# Household Diets Meeting RDA for All 11 Nutrients by Number in Household and Food Stamp Program Status



**Figure 9**

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

# Money Value of Food at Home Per Person and Diet Quality by Food Stamp Program Status

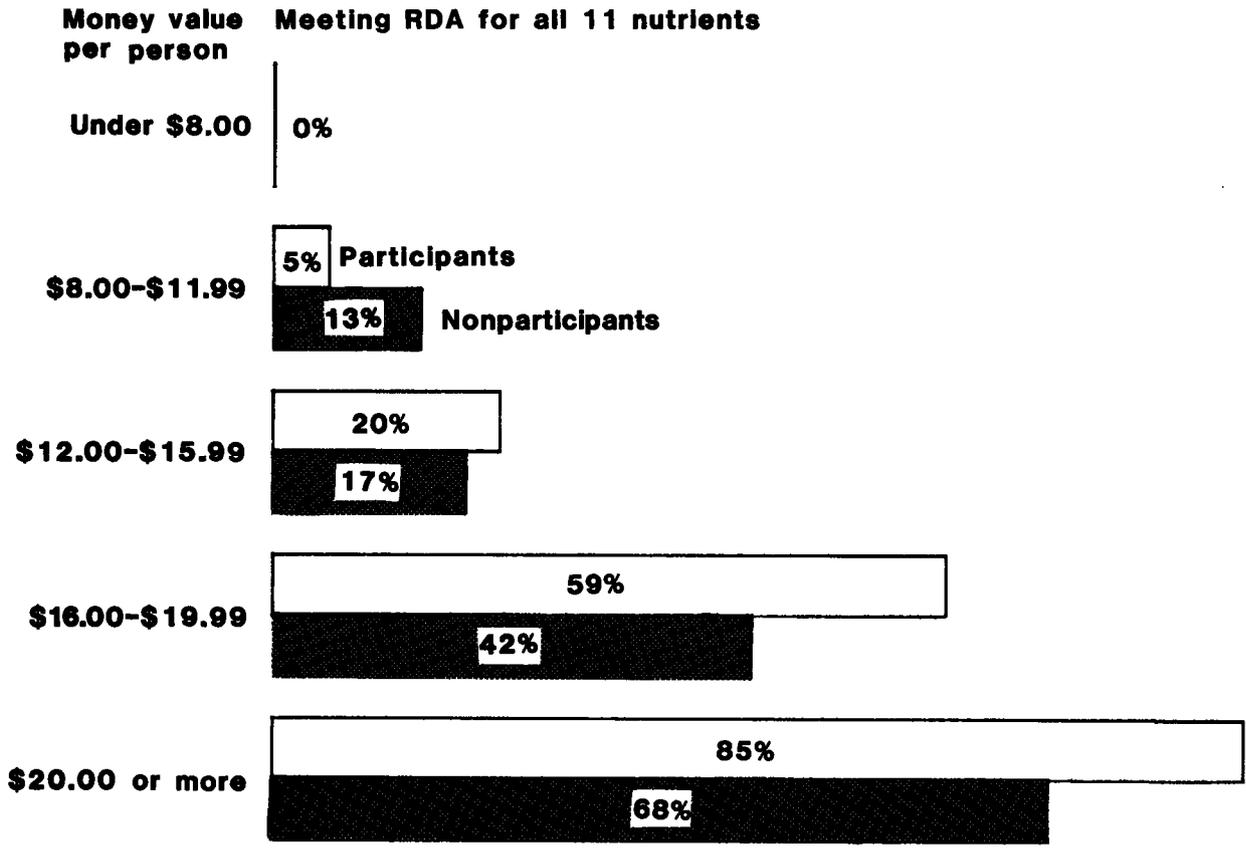


Figure 10

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

## Households with 1 and 2 Members by Age of Head and FSP Status in Low-Income Households, 1977-78 and 1979-80

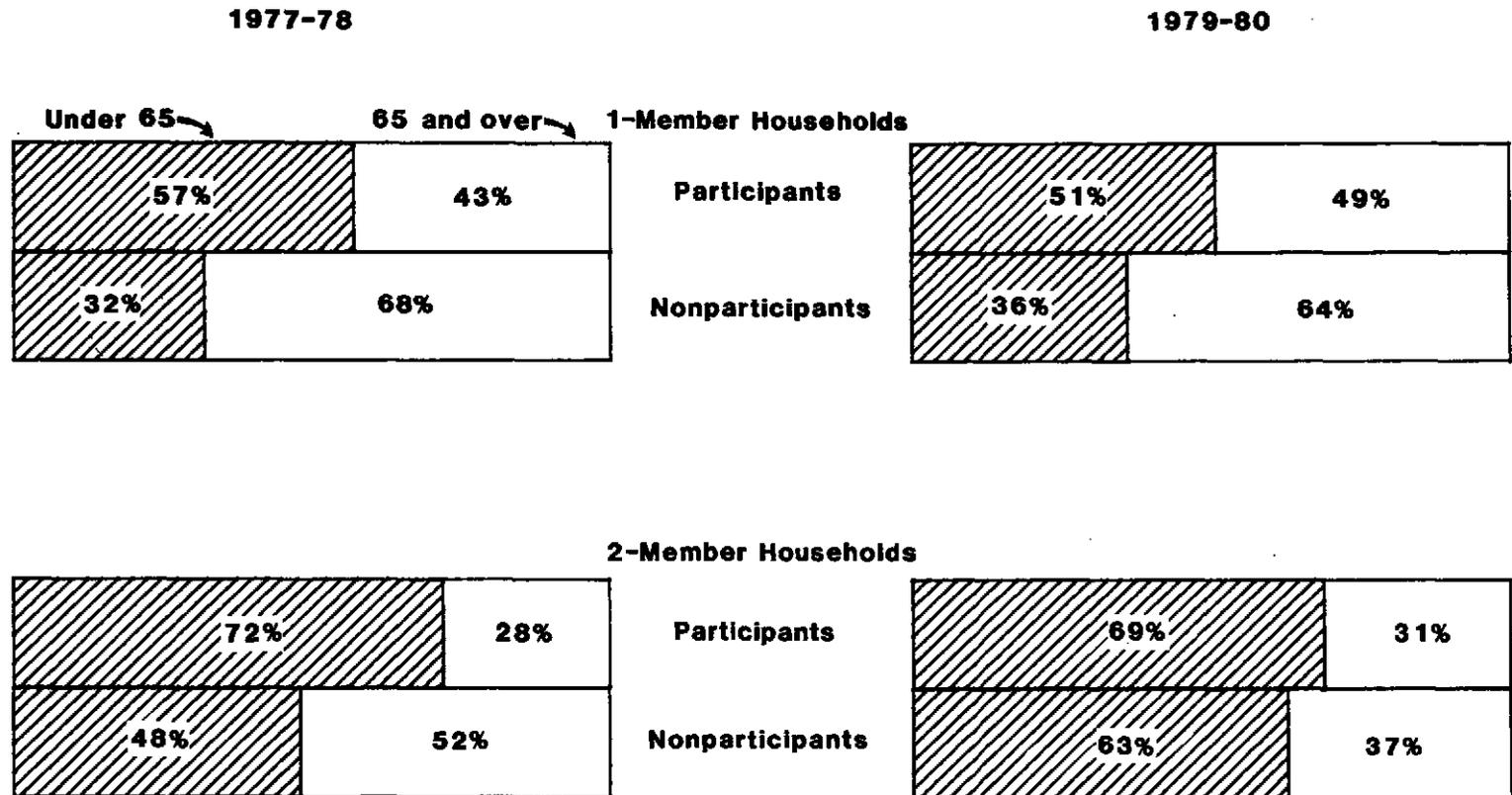
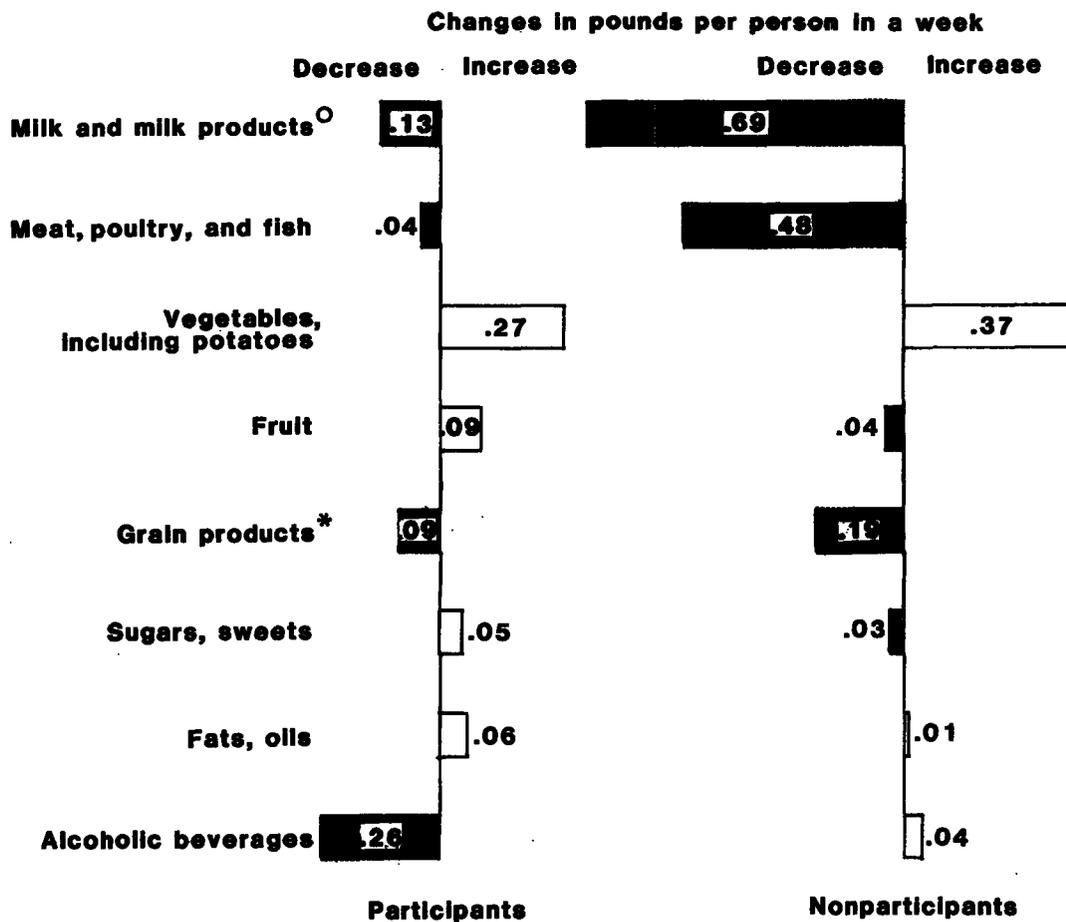


Figure 11

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

# Changes in Food Quantities Used in Low-Income Households from 1977-78 to 1979-80



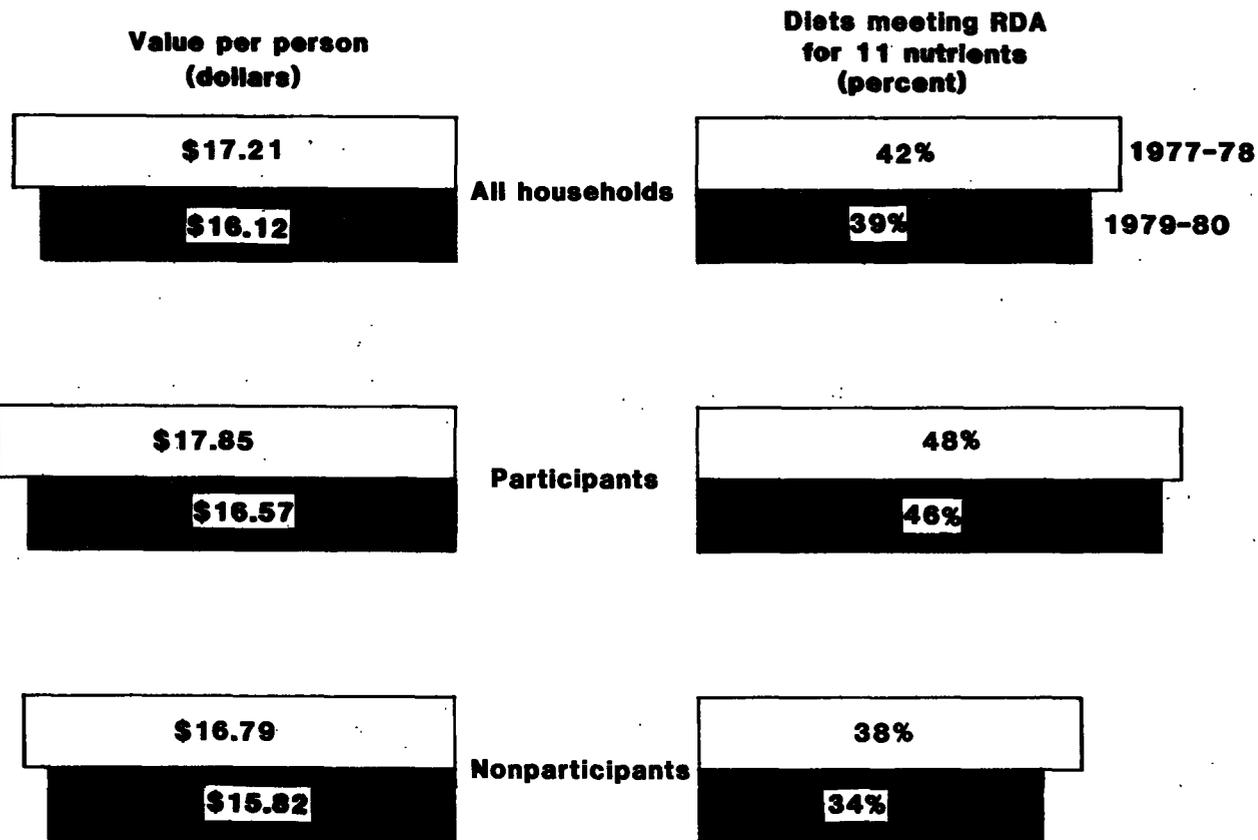
<sup>o</sup>Milk equivalent  
\*Flour equivalent

Figure 12

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

## Value of Food at Home per Person and Diet Quality in Low-Income Households, 1977-78 and 1979-80

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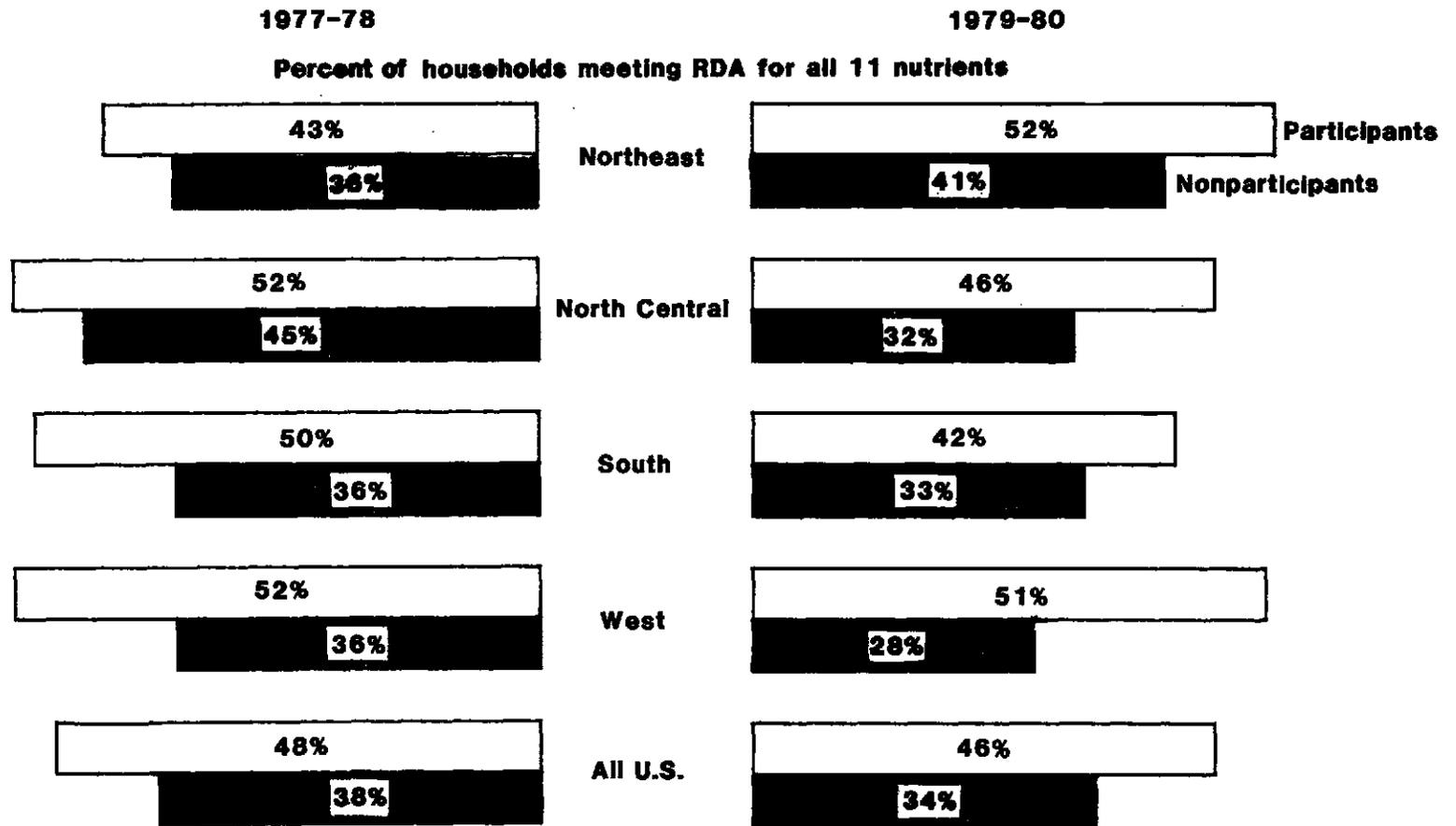
• 1977-78 values adjusted to 1979-80 dollars

Figure 13

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).

## Diet Quality by Region and FSP Status in Low-Income Households, 1977-78 and 1979-80

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**Figure 14**

\*U.S. GOVERNMENT PRINTING OFFICE : 1982 O-522-047/9076

Source: USDA Surveys of Food Consumption in Low-Income Households, 1977-78 and 1979-80 (preliminary).