

Nationwide Food Consumption Survey 1977-78
Preliminary Report No. 8

FOOD CONSUMPTION AND
DIETARY LEVELS
OF LOW-INCOME HOUSEHOLDS,
NOVEMBER 1977-MARCH 1978

U.S. Department of Agriculture
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ABSTRACT

This report presents findings on the money value, quantity, and nutritive value of food used at home for about 4,400 low-income households. Some households received food stamps; others did not. These households were surveyed in the 48 conterminous States from November 1977 through March 1978. 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.

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

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FOOD CONSUMPTION AND DIETARY LEVELS
OF LOW-INCOME HOUSEHOLDS,
NOVEMBER 1977-MARCH 1978¹

I. SUMMARY

A food consumption survey was made of about 4,400 low-income housekeeping households, those eligible for the Food Stamp Program (FSP), in the 48 conterminous States from November 1977 through March 1978. The findings indicated that--

- o Participants generally were located in the South or the Northeast and in central cities, whereas nonparticipants generally were in the South and evenly distributed among the three urbanizations. Participants were less likely to have an elderly household head and more apt to be headed by a female only than were nonparticipants.
- o Households eligible for food stamps averaged 3.3 members and used food with a money value of \$48 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 88 percent and food bought and eaten away accounted for 12 percent.
- o Over 38 percent of households surveyed were receiving food stamps at the time of the survey. They averaged 3.5 household members and used food at home and away valued at \$51 a week--\$14.50 per member. Households eligible but not participating in the FSP were smaller (3.2 members) and used food with a slightly lower value (\$47) but a slightly higher value per member (\$14.80).
- o Money value of food at home per household member averaged slightly higher for households receiving food stamps (\$13.15) than for those not receiving food stamps (\$12.75). Such differences, though small, were found for households classified by the number of household members, age of household head, region, and urbanization.
- o Many food stamp households used food at home with a money value above the full food stamp allotment level. For example, the three-member household in January 1978 received food stamps worth \$10.60 per member for each week; however, over two-thirds of the three-member households surveyed reported using food at home worth \$12 or more per person during the survey week.
- o Food stamp households used one-half pound per person per week more meat, poultry, and fish and 1 cup less milk than eligible households not participating in the FSP. They used slightly more dry legumes,

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dark-green vegetables, and beverages but less potatoes and sugar and sweets than the nonparticipating households.

- o Food used both by households participating in the FSP and by those not participating was sufficient, on the average, to provide the 1974 Recommended Dietary Allowances (RDA) for food energy and 11 nutrients studied. Averages for participants were higher in most nutrients than for nonparticipants.
- o Ninety percent or more of the low-income households used food that provided the RDA for protein, phosphorus, and riboflavin, whereas fewer than 75 percent met the allowances for food energy, calcium, magnesium, and vitamin B₆. Forty-two percent of the households used food that met the RDA for all 11 nutrients studied.
- o As many or more FSP participating as nonparticipating households used food that met the RDA for food energy and each of the nutrients studied. Forty-eight percent of the participating and 38 percent of the nonparticipating households used food that provided the RDA for all 11 nutrients. Larger proportions of participants than of nonparticipants met the RDA for all 11 nutrients when households were classified by number of household members, age of household head, region, and urbanization.

II. INTRODUCTION

The Nationwide Food Consumption Survey 1977-78 (NFCS) (4-10)² included a supplemental survey of low-income households in the 48 conterminous States. This supplemental survey was designed to help appraise the dietary levels of subgroups in the low-income population and to evaluate the effectiveness of certain food and nutrition programs aimed at improving dietary levels among these groups. Data from low-income households were collected from November 1977 through March 1978, the last 5 months of the year-long NFCS collection period. Information was obtained from about 4,700 households, of which more than 4,500 were housekeeping households.

A. SELECTION OF HOUSEHOLDS

The low-income population under study was U.S. households receiving food stamps or public welfare assistance or those meeting asset and income eligibility standards for participation in the Food Stamp Program (FSP). Not all sample housing units qualified for the interview; therefore, a short screening questionnaire was used to determine the eligibility of the household. For the purposes of the survey, the FSP eligibility requirements were met if cash and readily negotiable assets of the household members did not exceed \$1,500 or, in elderly

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

³Housekeeping households are those with at least 1 person having 10 or more meals from the household food supply during 7 days preceding the interview. Over 97 percent of all reporting households (weighted) met this criterion in the USDA Survey of Food Consumption in Low-Income Households 1977-78.

households of two or more members, \$3,000. The 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 FSP income cutoffs by household size, for example, were as follows:

<u>Household members</u>	<u>Income cutoff</u>
1.....	\$250
2.....	325
3.....	450
4.....	570
5.....	680
6.....	810
7.....	900
8.....	1,020

Some households identified as FSP-eligible using these procedures may not have qualified for participation under a full-scale program review.⁴

The sample design may be 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, were 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--30 percent or more households below the poverty line, 20-29 percent, and under 20 percent. They were further subsampled and 1,134 area segments were selected for interviewing purposes. Onsite listings of current residences were made in each sample segment, and specific housing units were chosen for interview in a manner such that probabilities were known.

B. SCOPE OF SURVEY

This survey provides detailed information on the food consumption of households at home and food intake of individuals at home and away from home, from which the nutritional quality of household food supplies and individual intakes can be appraised. It includes information on household characteristics believed to be related to food consumption of individuals and their households. The effect of the FSP on diets is of special interest. The survey also provides information on food production and preservation, 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.

The Nationwide Food Consumption Survey 1977-78 covered several population segments other than the low-income households for which information is reported here. It includes approximately 15,000 households in the 48 conterminous States, about 5,000 households in which at least 1 member was over 64 years of age, 1,250

⁴Later in 1978 the Food Stamp Program underwent a major reorganization, including changes in income and asset standards and termination of food stamp purchase requirements. A second low-income food consumption survey was conducted from November 1979 through March 1980.

households in Hawaii, 1,100 urban households in Alaska, and 3,100 households in Puerto Rico. Preliminary reports 1-7 (4-10) give partial information on food consumption in the 48 States (spring 1977 only), Hawaii, and Alaska.

C. DATA COLLECTION

Information on the food used in each household was obtained through an interview with the person identified as most responsible for food planning and preparation. Trained interviewers used an aided-recall schedule to obtain the kind (such as ground beef and skim milk), the form (as fresh, canned, or frozen), the quantity, and the cost, if purchased, of each food or beverage used in the household during 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 food prices, to assist them in recalling the food used during the 7-day period.

D. 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.

1. Nature of Data

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

2. 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 affecting food consumption other than program participation status differ across groups. Differences in these other 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. A multivariate analysis of these data is currently being conducted that is expected to lead to a better assessment of the effects of the FSP participation than is possible using the summary statistics reported here.

3. 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 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 content is part of 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 (14), its revised supplements (1-3), and "Pantothenic Acid, Vitamin B₆, and Vitamin B₁₂ in Foods" (13). Some values from these sources were updated to reflect nutritive values of foods available to the household at the time of the survey. The updating was done by the Nutrient Data Research Group, Consumer Nutrition Center (CNC) of the Department's Science and Education Administration. 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 B₆, and vitamin B₁₂, 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.

4. Use of the Recommended Dietary Allowances

The nutritive value of household diets is compared with recommended amounts of nutrients for persons eating in each household. The Recommended Dietary Allowances (RDA), published in 1974⁵ by the Food and Nutrition Board (12), are 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 (12, p. 3) stated:

"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."

⁵Use 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, a nutrient for which the average value was nearly three times the 1974 RDA.

A special procedure was used to compare dietary levels of households and groups of households with different household composition and varying number of meals from household supplies. Nutrient levels 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 meets the RDA. Unless the household food is divided according to nutritional need, some members may not have diets with levels as high as household food use indicates. On the other hand, if the household food does not meet the RDA, some of the household members, if not all of them, have diets that do not meet the RDA.

III. 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 38 percent were FSP participants and 62 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 respondent; ethnic origin; food shopping practices; and age and education level of male and female heads of the household. 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 used here were 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.

A. PEOPLE LIVING IN HOUSEHOLD AND AGE OF HEAD

The number of people living in the household refers to those regularly living in the household but excludes roomers, boarders, and employees. Many low-income households were small; nearly a half consisted of either one or two members. Although similar proportions of FSP participants and nonparticipants lived alone, households with five or more members were more prevalent among the participants than among the nonparticipants (fig. 1).

Age of head refers to age of the male head in households with both male and female heads and age of the head in single-headed households. Many survey households, particularly one- and two-member households, were headed by persons 65 years and over. FSP-nonparticipant households with one or two members were more often headed by an older person than were FSP-participant households (fig. 2). Over two-thirds of the nonparticipants but two-fifths of the participants residing alone were 65 and over.

B. REGION, URBANIZATION, AND TENANCY

Proportionately more survey households were located in the South (43 percent) than in any other region⁶--23 percent in the Northeast, 21 percent in the North Central region, and 13 percent in the West. More low-income residences were in central cities (38 percent) than in suburban (32 percent) or nonmetropolitan areas (30 percent).⁷

Just over one-third (35 percent) of FSP participants resided in the South, but about one-half (48 percent) of all nonparticipants lived there. Urbanizational locations also differed. About one-half of FSP participants resided in central cities and one-fourth each in suburban and nonmetropolitan areas. Households not participating in the FSP were more evenly distributed across all urbanizations. Location by urbanization within a region was not the same--northeastern central cities provided the greatest share of the participants, 21 percent, but only 6 percent of the nonparticipants. On the other hand, southern nonmetropolitan areas supplied the largest proportion of the nonparticipants, 19 percent, and 12 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 low-income sample rented their residence. Participants were most likely to rent and nonparticipants to own their residence (fig. 3). About three-fourths of the participants and two-fifths of the nonparticipants rented their residence; in contrast, about one-fourth of the participants and one-half of the nonparticipants owned their residence.

C. 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, 61 percent were noted to be white, 35 percent black, and 4 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.

⁶Northeast--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.

⁷Central 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.

TABLE 1.--Selected household¹ 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 ²	4,386	1,684	2,702	100	100	Tenancy:					
People living in household:						Owned.....	1,837	393	1,444	23	53
1 member.....	1,047	376	671	22	25	Rented for cash.....	2,357	1,209	1,149	72	43
Head under 65 years.....	429	215	214	13	8	Occupied without rent...	191	82	109	5	4
Head 65 years and over..	616	159	457	9	17	Race of respondent ³	4,378	---	---	---	---
2 members.....	896	277	619	16	23	White.....	2,677	809	1,868	48	69
Head under 65 years.....	499	201	298	12	11	Black.....	1,535	785	750	47	28
Head 65 years and over..	399	77	322	5	12	Other.....	165	85	80	5	3
3 members.....	667	255	412	15	15	Ethnic origin:					
4 members.....	599	214	385	13	14	Spanish.....	272	133	139	8	5
5 members.....	554	281	273	17	10	Not Spanish.....	4,113	1,550	2,563	92	95
6 or more members.....	623	281	342	17	13	Major shopping frequency:					
Region:						More than weekly.....	653	206	446	12	17
Northeast.....	1,000	551	449	33	17	Weekly.....	1,943	543	1,400	32	52
North Central.....	943	386	557	23	21	Every other week.....	1,132	560	572	33	21
South.....	1,873	584	1,289	35	48	Monthly.....	635	373	262	22	10
West.....	570	162	407	10	15	Never.....	23	2	21	(⁴)	1
Urbanization:						Kind of store ³	4,362	---	---	---	---
Central city.....	1,672	914	758	54	28	Supermarket.....	4,107	1,587	2,520	94	94
Suburban.....	1,414	376	1,038	22	38	Small store.....	196	80	116	5	4
Nonmetropolitan.....	1,299	394	905	23	34	Other.....	59	15	44	1	2
Region by urbanization:						Self-evaluation of food ³ ..	4,365	---	---	---	---
Northeast:						Enough, kind wanted.....	1,653	626	1,028	37	38
Central city.....	511	360	151	21	6	Enough, not kind wanted..	2,166	810	1,356	48	51
Suburban.....	304	109	195	7	7	Sometimes not enough....	430	177	253	11	9
Nonmetropolitan.....	184	81	103	5	4	Often not enough.....	116	67	49	4	2
North Central:						Head of household:					
Central city.....	344	209	135	12	5	Male and female heads...	2,154	585	1,569	35	58
Suburban.....	309	98	211	6	8	Female head only.....	1,955	1,005	950	60	35
Nonmetropolitan.....	289	79	210	5	8	Male head only.....	277	93	184	5	7
South:											
Central city.....	622	284	338	17	13						
Suburban.....	544	97	447	6	17						
Nonmetropolitan.....	707	203	504	12	19						
West:											
Central city.....	195	61	134	4	5						
Suburban.....	255	70	185	4	7						
Nonmetropolitan.....	118	31	87	2	3						

TABLE 1.--Selected household¹ 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 ³	4,103	---	---	---	---	Male head education ³	2,425	---	---	---	---
None.....	51	23	28	1	1	None.....	36	9	27	1	2
Elementary.....	1,262	534	728	34	29	Elementary.....	836	214	622	31	36
Some high school.....	1,136	524	612	33	24	Some high school.....	560	161	399	24	23
Finished high school.....	1,079	381	698	24	28	Finished high school....	594	184	410	27	24
Some college.....	335	99	236	6	9	Some college.....	257	92	165	14	9
College graduate.....	240	26	214	2	9	College graduate.....	142	18	124	3	7
Female head age ³	4,107	---	---	---	---	Male head age ³	2,432	---	---	---	---
Under 35 years.....	1,451	662	789	42	31	Under 35 years.....	821	261	560	38	32
35 to 64 years.....	1,786	727	1,059	46	42	35 to 64 years.....	1,092	331	761	49	43
65 years and over.....	870	200	670	13	27	65 years and over.....	519	87	432	13	25
People living in household by female head age: ³						People living in household by male head age: ³					
1 member.....	795	---	---	---	---	1 member.....	253	---	---	---	---
Under 35 years.....	25	13	12	4	2	Under 35 years.....	77	33	44	40	26
35 to 64 years.....	263	138	125	47	25	35 to 64 years.....	68	34	34	42	20
65 years and over.....	507	144	363	49	73	65 years and over....	108	15	93	18	54
2 members.....	878	---	---	---	---	2 members.....	563	---	---	---	---
Under 35 years.....	246	102	144	38	24	Under 35 years.....	98	27	71	24	16
35 to 64 years.....	327	121	206	46	34	35 to 64 years.....	142	30	112	26	25
65 years and over.....	305	43	262	16	43	65 years and over....	323	58	265	50	59
3 members.....	666	---	---	---	---	3 members.....	360	---	---	---	---
Under 35 years.....	360	174	186	68	45	Under 35 years.....	202	69	133	78	49
35 to 64 years.....	270	73	197	29	48	35 to 64 years.....	113	13	100	15	37
65 years and over.....	36	8	28	3	7	65 years and over....	45	6	39	6	14
4 members.....	599	---	---	---	---	4 members.....	390	---	---	---	---
Under 35 years.....	333	144	189	67	49	Under 35 years.....	171	37	134	56	41
35 to 64 years.....	254	67	187	32	49	35 to 64 years.....	192	25	167	38	52
65 years and over.....	12	3	9	1	2	65 years and over....	27	4	23	6	7
5 members.....	552	---	---	---	---	5 members.....	414	---	---	---	---
Under 35 years.....	275	122	153	44	56	Under 35 years.....	171	57	114	34	46
35 to 64 years.....	270	157	113	56	42	35 to 64 years.....	236	108	128	64	52
65 years and over.....	7	1	6	(⁴)	2	65 years and over....	7	3	4	2	2
6 or more members.....	620	---	---	---	---	6 or more members.....	451	---	---	---	---
Under 35 years.....	215	109	106	39	31	Under 35 years.....	101	38	63	23	22
35 to 64 years.....	402	170	232	61	68	35 to 64 years.....	340	120	220	75	76
65 years and over.....	3	1	2	(⁴)	1	65 years and over....	10	3	7	2	2

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

²Number 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. Total count for this table excludes 22 households not providing information on Food Stamp Program participation.

³Some households did not answer the specific question, or the question was not applicable to that household; therefore, number differs from total number of households (4,386).

⁴Less than 0.5 percent but more than 0.

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

D. SHOPPING PRACTICES AND SELF-EVALUATION OF FOOD

About 95 percent of the low-income households shopped at supermarkets. About 15 percent did major food shopping more than once a week, 44 percent weekly, and 40 percent less than weekly. As a group, FSP participants shopped less often than nonparticipants. Monthly or bimonthly shopping practices were reported by more than one-half of the participants--perhaps a reflection of the monthly issuance of food stamps--as compared with one-third of the nonparticipants. Weekly or more frequent shopping was reported by 44 percent of the participants and 69 percent of the nonparticipants.

In an evaluation of their food, nearly two-fifths of the low-income households believed they had enough and the kind of food wanted; one-half thought they had enough food but not the kind wanted; and more than a tenth said they sometimes or often did not have enough food. Participants and nonparticipants gave similar evaluations of their food. Most participants and nonparticipants assessed their food as enough (85 and 89 percent, respectively), and over half considered it not to be the kind wanted (48 and 51 percent, respectively). Slightly more participants than nonparticipants rated their food as sometimes or often not enough.

E. 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 6 percent of all households.

FSP-participant households were more often headed by a female only (60 percent) than by a male and female together (35 percent) (fig. 4). The reverse situation existed for nonparticipants as households were less often headed by a female only (35 percent) than by a male and female together (58 percent).

F. CHARACTERISTICS OF HEADS OF HOUSEHOLDS

Information was obtained on selected characteristics of males and females who were heads of households, including age, level of educational attainment, and number of household members. Data are summarized in table 1. Of the females heading surveyed households, 35 percent were young (under 35 years of age), 44 percent were middle aged (35 to 64 years old), and 21 percent were older (65 years and over). Most food stamp households had middle-aged or younger female heads, with only 13 percent headed by a female 65 years or older. Most of these older women lived in one- or two-member households. Older females living alone comprised about one-half of the one-member households receiving food stamps.

Most FSP-nonparticipant households also were headed by females middle aged or younger, but a sizable proportion (27 percent) had a female head 65 years or older. Again, most of the older female heads resided in small households with one or two persons. Older women comprised three-fourths of the one-member households not receiving food stamps.

Similar patterns of educational attainment were observed 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), over one-half (54 percent) had attended high school (9 to 12 years), and over one-tenth reported more than 12 years of education.

Only 55 percent of the survey households had a male head. Male heads were found less frequently among FSP households (41 percent) than among those not receiving food stamps (65 percent).

IV. DISCUSSION OF PRELIMINARY RESULTS

The following sections of the report are for 4,408 low-income housekeeping households. Data were weighted to account for differential eligibility and nonresponse rates of households in the survey sample.

A. 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 (value of food at home plus expense for food eaten away from home) (table 2). Of this value, food used at home accounted for \$43 and the expense for meals and snacks bought and eaten away from home averaged \$6, of which more than \$2 was for snacks. 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.

About three out of eight households surveyed were participating in the FSP at the time of the interview. They averaged 3.5 members and used food with a total value of \$51 a week--\$14.50 per household member. Households eligible but not receiving food stamps were smaller, 3.2 members, and used food with a lower total value (\$47) but a slightly higher value per household member (\$14.80).

Food used at home accounted for a larger share of the total money value of food used by FSP participants (91 percent) than by nonparticipants (86 percent). The value of food at home per household member averaged slightly higher for FSP participants (\$13.15) than for nonparticipants (\$12.75). However, the nonparticipating households spent more money on meals bought and eaten away from home (\$2.05 per member) than the participating households (\$1.35 per member). Such differences, though small, were found for households classified by the number of household members, age of household head, region, and urbanization.

1. Differences by Number of People Living in Household and Age of Head

As would be expected, money value of food used at home and expense for food eaten away from home were generally highest in households with most members. Total food at home and away used by one-member households participating in the FSP was valued at \$22, of which \$21 was for food at home; whereas households of six or more members used total food valued at \$81, of which \$75 was for food at home. In contrast, those households not participating in the FSP reported average money value of \$19 for one-member households, of which \$17 was for food at home. Households of six or more members not receiving food stamps used total food worth

TABLE 2.--Money value of food used in a week by households¹

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	People living in household ²	Money value per household ³					Money value per household member ³				
		Total	At home ⁴	Bought away from home			Total	At home ⁴	Bought away from home		
				Total	Snacks	Meals			Total	Snacks	Meals
		-----Dollars-----									
All households ⁵	3.30	48.33	42.53	5.80	2.31	3.48	14.67	12.91	1.76	0.70	1.06
Participants in FSP.....	3.53	51.20	46.45	4.76	2.68	2.08	14.49	13.15	1.35	.76	.59
Nonparticipants in FSP.....	3.15	46.62	40.17	6.45	2.09	4.37	14.80	12.75	2.05	.66	1.39
People living in household: ²											
Participants in FSP:											
1 member.....	1.00	21.86	21.04	.82	.41	.41	21.86	21.04	.82	.41	.41
Head under 65 years....	1.00	23.58	22.44	1.14	.59	.55	23.58	22.44	1.14	.59	.55
Head 65 years and over.	1.00	19.63	19.24	.40	.17	.22	19.63	19.24	.40	.17	.22
2 members.....	2.00	32.80	30.03	2.77	1.37	1.40	16.40	15.02	1.38	.68	.70
Head under 65 years....	2.00	34.50	30.88	3.62	1.80	1.82	17.25	15.44	1.81	.90	.91
Head 65 years and over.	2.00	28.34	27.83	.52	.22	.30	14.17	13.91	.26	.11	.15
3 members.....	3.00	44.77	41.22	3.55	1.61	1.94	14.92	13.74	1.18	.54	.65
4 members.....	4.00	59.57	53.11	6.46	3.87	2.59	14.89	13.28	1.61	.97	.65
5 members.....	5.00	78.45	68.19	10.25	6.36	3.89	15.69	13.64	2.05	1.27	.78
6 or more members.....	7.10	80.89	74.60	6.29	3.38	2.92	11.40	10.51	.89	.48	.41
Nonparticipants in FSP:											
1 member.....	1.00	18.65	17.13	1.52	.40	1.12	18.65	17.13	1.52	.40	1.12
Head under 65 years....	1.00	22.33	20.18	2.15	.93	1.21	22.33	20.18	2.15	.93	1.21
Head 65 years and over.	1.00	16.93	15.70	1.23	.15	1.08	16.93	15.70	1.23	.15	1.08
2 members.....	2.00	31.63	28.39	3.25	1.46	1.79	15.82	14.20	1.62	.73	.90
Head under 65 years....	2.00	34.59	29.18	5.41	2.73	2.68	17.29	14.59	2.70	1.36	1.34
Head 65 years and over.	2.00	28.90	27.65	1.25	.28	.97	14.45	13.82	.63	.14	.48
3 members.....	3.00	47.72	39.83	7.90	2.10	5.79	15.91	13.27	2.63	.70	1.93
4 members.....	4.00	58.43	50.56	7.86	2.22	5.64	14.61	12.64	1.97	.55	1.41
5 members.....	5.00	68.56	56.07	12.49	3.06	9.43	13.71	11.21	2.50	.61	1.89
6 or more members.....	7.19	96.46	82.68	13.79	5.59	8.20	13.41	11.50	1.92	.78	1.14
Region:											
Participants in FSP:											
Northeast.....	3.80	56.81	49.58	7.23	4.19	3.04	14.96	13.06	1.90	1.10	.80
North Central.....	3.15	46.59	43.85	2.75	1.44	1.31	14.80	13.93	.87	.46	.42
South.....	3.72	51.57	47.28	4.29	2.34	1.95	13.87	12.72	1.15	.63	.52
West.....	2.89	41.85	39.01	2.83	1.68	1.15	14.49	13.51	.98	.58	.40
Nonparticipants in FSP:											
Northeast.....	3.82	58.16	50.82	7.34	2.46	4.88	15.23	13.31	1.92	.64	1.28
North Central.....	3.10	48.51	41.53	6.98	2.26	4.71	15.63	13.38	2.25	.73	1.52
South.....	3.07	43.08	37.14	5.94	1.87	4.07	14.04	12.10	1.94	.61	1.33
West.....	2.73	42.53	36.14	6.39	2.13	4.26	15.57	13.23	2.34	.78	1.56
Urbanization:											
Participants in FSP:											
Central city.....	3.54	54.30	48.15	6.15	3.52	2.64	15.32	13.59	1.74	.99	.74
Suburban.....	3.32	46.60	43.40	3.19	1.89	1.30	14.03	13.06	.96	.57	.39
Nonmetropolitan.....	3.71	48.42	45.41	3.01	1.48	1.53	13.06	12.25	.81	.40	.41
Nonparticipants in FSP:											
Central city.....	3.19	46.36	40.51	5.86	2.26	3.59	14.54	12.70	1.84	.71	1.13
Suburban.....	2.94	44.23	37.12	7.11	1.70	5.41	15.04	12.62	2.42	.58	1.84
Nonmetropolitan.....	3.36	49.59	43.38	6.21	2.38	3.83	14.77	12.92	1.85	.71	1.14

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

²Excludes 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.

³Parts may not total to the whole because of rounding.

⁴Includes 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.

⁵Includes 22 households not providing information on Food Stamp Program participation.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

\$96, of which \$83 was for food at home. With the exception of households with six or more members, households receiving food stamps averaged higher value of food at home than the nonrecipients (fig. 5).

As in previous food consumption studies, the money value of food per household member generally decreased as the number of people living in the household increased. The money value of all food per member for FSP participants of six or more members was \$11--about one-half the \$22 value for one-member households. Nonparticipating households of six or more members averaged \$13 per member and only \$19 for one-member households (fig. 5). Nonparticipants spent more money for food away from home than participants did, regardless of the number of people living in the household, possibly because of their higher incomes (table 3).

Money value of food used at home and expense of food eaten away from home were less for one- and two-member households with heads 65 years and over than with younger heads (table 2). These values may reflect somewhat the relatively lower incomes of those households with older heads.

Food used at home in a week was valued at \$22.44 for FSP households of one member under 65 years and \$19.24 for households of one member 65 years and over. Also, two-member households with younger heads used food at home costing more than did those with older heads. For food away from home, younger one-member households spent more than older ones, \$1.14 and \$0.40, a difference of \$0.74. The difference was more apparent between two-member households headed by persons under 65 years and those 65 years and over; the expense per member was \$1.81 and \$0.26, a difference of \$1.55.

As with FSP households, money value of food at home was greater for households with younger than older heads among FSP-nonparticipant households. Also, younger nonparticipants spent more money on food away from home than did their older counterparts--\$2.15 and \$1.23 for one-member households and \$2.70 and \$0.63 per member for two-member households.

2. Differences by Region and Urbanization

Average money value of food per household was highest in the Northeast for both FSP participants (\$57 in a week) and nonparticipants (\$58 in a week)--and lowest in the West for participants (\$42) and nonparticipants (\$43). These regions also reported the highest and lowest average money value of food at home.

On a per-member basis, however, the North Central region had slightly higher average values of food at home among both FSP participants (\$14) and nonparticipants (\$13) than other regions. However, FSP participants in the North Central region spent a lower amount (\$0.87 per member) for food away from home than their counterparts in the Northeast (\$1.90 per member). Although the values of food at home per member in all regions were similar for FSP participants and for nonparticipants, the average expenses for food away from home were consistently higher for the nonparticipants in all regions, except the Northeast, where they were the same.

For food stamp households, the value of food at home and expense of food away from home--per member and per household--were larger in the central cities than in other urbanization areas. Among the FSP nonparticipants, the highest

TABLE 3.--Households¹ by money value of food used at home² per person³ 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 ⁴	Bonus food stamps last month ⁵	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.....	3.02	5,736	---	14.09	10	26	27	17	20
Participants in FSP.....	3.18	5,222	78.70	14.62	9	21	24	21	25
Nonparticipants in FSP.....	2.92	6,062	---	13.75	10	29	28	15	17
People living in household: ⁶									
Participants in FSP:									
1 member.....	1.00	2,374	28.70	20.94	7	9	14	13	57
Head under 65 years.....	1.00	2,416	32.94	22.36	7	7	12	7	67
Head 65 years and over.....	1.01	2,308	22.97	19.12	6	13	16	21	44
2 members.....	1.94	3,720	46.99	15.46	6	29	20	23	22
Head under 65 years.....	1.90	3,324	52.89	16.25	6	25	17	27	25
Head 65 years and over.....	2.06	4,532	33.87	13.53	5	40	30	12	13
3 members.....	2.74	5,450	73.08	15.04	8	23	23	30	15
4 members.....	3.53	5,376	96.77	15.03	6	22	38	14	20
5 members.....	4.42	8,886	98.27	15.43	10	15	21	38	16
6 or more members.....	6.18	6,244	152.25	12.06	18	31	34	11	6
Nonparticipants in FSP:									
1 member.....	1.03	2,843	---	16.70	8	25	22	17	29
Head under 65 years.....	1.01	3,196	---	19.95	5	17	15	23	40
Head 65 years and over.....	1.03	2,680	---	15.21	9	29	25	14	23
2 members.....	1.98	4,357	---	14.31	10	32	26	16	16
Head under 65 years.....	1.91	5,062	---	15.25	14	15	35	14	23
Head 65 years and over.....	2.05	3,892	---	13.50	7	48	17	18	11
3 members.....	2.78	6,043	---	14.32	7	25	36	16	16
4 members.....	3.67	8,114	---	13.77	10	29	34	12	14
5 members.....	4.45	9,826	---	12.60	15	25	46	7	7
6 or more members.....	6.44	10,340	---	12.85	17	40	16	15	12
Region:									
Participants in FSP:									
Northeast.....	3.46	7,462	72.18	14.33	10	19	28	25	18
North Central.....	2.86	4,364	71.87	15.35	7	16	19	22	36
South.....	3.29	4,063	92.97	14.37	10	24	27	19	21
West.....	2.57	4,053	64.39	15.16	9	25	14	16	35
Nonparticipants in FSP:									
Northeast.....	3.62	7,506	---	14.05	10	22	35	13	20
North Central.....	2.88	6,142	---	14.41	9	25	27	19	19
South.....	2.82	5,480	---	13.18	12	34	27	14	13
West.....	2.53	6,206	---	14.29	6	28	27	13	26
Urbanization:									
Participants in FSP:									
Central city.....	3.13	5,196	73.26	15.37	8	18	20	24	30
Suburban.....	3.06	6,351	81.06	14.19	10	16	34	21	20
Nonmetropolitan.....	3.39	4,137	88.86	13.40	10	32	24	16	17
Nonparticipants in FSP:									
Central city.....	2.90	6,060	---	13.99	12	25	30	15	18
Suburban.....	2.76	5,923	---	13.43	8	33	29	13	17
Nonmetropolitan.....	3.12	6,228	---	13.90	13	28	27	16	17

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

²Includes 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.

³21 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.

⁴Includes only households providing income information for the previous year.

⁵Includes only households providing information concerning bonus food stamps for the previous month.

⁶Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

average money value of food at home--per member and per household--was reported by those households in the nonmetropolitan areas, and the highest food expense away from home was in the suburban areas.

B. 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 but 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 to 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 as follows: Total the number of (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; and (3) meal equivalents of refreshments served to guests (one or two foods equal one-fourth meal; over two foods equal one-half meal). Then divide the total meals by 21 to calculate the household size in 21-meal-at-home-equivalent persons.

The value of food used in a week at home by households surveyed varied from less than \$8 to more than \$20 per equivalent person (fig. 6). Many households, both FSP participants and nonparticipants, used food with a money value per equivalent person above the average weekly full food stamp allotment level for households of their size at the time of the survey. FSP participants were less likely than nonparticipants to use food below allotment levels, 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</u> <u>or more</u>
Food stamp allotment ¹ per member, January-June 1978... dollars...	12.00	11.10	10.60	10.00	9.50	9.00
Participants in FSP using food per person worth--						
Under \$8.00.....percent...	7	6	8	6	10	18
\$8.00-\$11.99.....do.....	9	29	23	22	15	31
\$12.00 or more.....do.....	84	65	69	72	75	51
Nonparticipants in FSP using food per person worth--						
Under \$8.00.....do.....	8	10	7	10	15	17
\$8.00-\$11.99.....do.....	25	32	25	29	25	40
\$12.00 or more.....do.....	67	58	68	61	60	43

¹Household of 7 persons.

C. FOOD AT HOME

Detailed information regarding the quantity of food used at home, its money value, and its nutritive value is vital in evaluating the cost and adequacy of diets among low-income households in the United States. Consumption, cost, and nutritional differences may be related to participation status in the FSP, number of people living in the household, region, degree of urbanization, and other socioeconomic factors.

1. Share of Home Food Dollar

The average money value of food used at home for 11 food groups and the percentage of total money value for each group are shown in tables 4 and 5, respectively. Low-income households allocated the largest share of their home food dollars to meat, poultry, and fish; next to grain products, followed by milk and milk products, vegetables, and fruit. One- and two-member low-income households used less of the food dollar on milk and milk products than did households with more members--reflecting the presence of children in larger households. With increasing numbers of household members, generally more of the food dollar was allocated to milk and milk products; grain products; sugar, sirup, jelly, and candy; soft drinks, punches, and prepared desserts; and less to vegetables and to fruit.

The FSP participants and nonparticipants used their money in a similar pattern, although the participants used slightly more of the dollar than nonparticipants for meat, poultry, and fish (37 and 35 cents, respectively) and grain products (14 and 13 cents, respectively). Compared with FSP participants, the nonparticipants used more of the food dollar for milk and milk products, vegetables, and fruit.

The distribution of home food dollars for these low-income households is shown with the distribution for about 3,500 housekeeping households, not screened for income, surveyed in the spring of 1977 (11).

<u>Food group</u>	<u>Low-income,</u> <u>1977-78</u>	<u>All incomes,</u> <u>spring 1977</u>
	-----Cents-----	
Milk, cream, cheese.....	12.2	12.3
Meat, poultry, fish.....	36.1	34.3
Eggs, dry legumes, nuts.....	5.4	4.3
Vegetables.....	10.9	11.9
Fruit.....	6.0	7.7
Grain products.....	13.7	11.9
Fats, oils.....	3.1	2.9
Sugar, sirup, jelly, candy...	2.7	2.6
Soft drinks, punches, prepared desserts.....	3.7	3.8
Alcoholic beverages.....	1.9	3.7
Other foods.....	4.3	4.6
Total	100.0	100.0

TABLE 4.--Money value of food used at home per person¹ in a week by number of household members²

Food group ³	All households ⁴	Participants in Food Stamp Program by members ⁶							Nonparticipants in Food Stamp Program by members ⁶						
		All	1	2	3	4	5	or more	All	1	2	3	4	5	or more
-----Dollars-----															
All food ⁵	14.09	14.62	20.94	15.46	15.04	15.03	15.43	12.06	13.75	16.70	14.31	14.32	13.77	12.60	12.85
Milk, cream, cheese.....	1.72	1.71	2.05	1.59	2.01	1.61	1.88	1.46	1.73	1.73	1.66	1.72	2.04	1.61	1.65
Meat, poultry, fish.....	5.09	5.43	8.50	5.77	5.24	6.12	5.28	4.55	4.87	5.68	4.78	5.51	4.71	4.55	4.59
Eggs, dry legumes, nuts ⁶76	.78	.86	.92	.68	.76	.80	.75	.75	1.14	.78	.78	.65	.67	.71
Vegetables.....	1.54	1.55	2.73	1.77	1.74	1.42	1.42	1.31	1.53	2.10	1.89	1.55	1.52	1.27	1.28
Fruit.....	.85	.82	1.56	1.05	.97	.75	.70	.63	.88	1.25	.89	.85	.83	.83	.82
Grain products.....	1.92	2.06	2.25	2.03	2.10	2.19	2.36	1.73	1.84	2.04	1.75	1.86	1.91	1.80	1.80
Fats, oils.....	.43	.44	.66	.50	.51	.50	.43	.33	.42	.46	.46	.41	.40	.44	.41
Sugar, sirup, jelly, candy.	.39	.37	.43	.32	.39	.32	.48	.32	.39	.34	.40	.40	.38	.39	.41
Soft drinks, punches, prepared desserts.....	.52	.57	.40	.62	.65	.72	.58	.50	.49	.37	.56	.48	.50	.49	.48
Alcoholic beverages.....	.27	.33	.28	.23	.26	.15	.87	.10	.22	.64	.33	.18	.23	.08	.13
Other foods.....	.60	.56	1.22	.66	.49	.49	.63	.38	.63	.95	.81	.58	.60	.47	.57
Household size in number of 21-meal persons.....	(3.02)	(3.18)	(1.00)	(1.94)	(2.74)	(3.53)	(4.42)	(6.18)	(2.92)	(1.03)	(1.98)	(2.78)	(3.67)	(4.45)	(6.44)

¹21 meals from household food supplies equivalent to 1 person. Average per person is calculated using population ratio procedure.

²Excludes roomers, boarders, and employees.

³Mixtures and soups included with group totals of main ingredients.

⁴Includes households not providing information on Food Stamp Program participation.

⁵Includes 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.

⁶Includes plate dinners with main ingredients mostly meat, poultry, and fish.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

TABLE 5.--Share of home food dollar by number of household members¹

Food group ²	All households ³	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
-----Cents-----															
Milk, cream, cheese.....	12.2	11.7	9.8	10.3	13.4	10.7	12.2	12.1	12.6	10.4	11.6	12.0	14.8	12.8	12.8
Meat, poultry, fish.....	36.1	37.2	40.6	37.4	34.8	40.7	34.2	37.7	35.4	34.0	33.4	38.5	34.2	36.1	35.8
Eggs, dry legumes, nuts ⁴ ...	5.4	5.3	4.1	6.0	4.5	5.0	5.2	6.2	5.5	6.8	5.4	5.5	4.8	5.3	5.5
Vegetables.....	10.9	10.6	13.1	11.4	11.6	9.5	9.2	10.8	11.1	12.6	13.2	10.9	11.1	10.1	10.0
Fruit.....	6.0	5.6	7.5	6.8	6.4	5.0	4.5	5.2	6.4	7.5	6.2	5.9	6.0	6.6	6.4
Grain products.....	13.7	14.1	10.7	13.1	13.9	14.6	15.3	14.3	13.4	12.2	12.2	13.0	13.8	14.2	14.0
Fats, oils.....	3.1	3.0	3.2	3.2	3.4	3.3	2.8	2.8	3.1	2.8	3.2	2.8	2.9	3.5	3.2
Sugar, sirup, jelly, candy.	2.7	2.6	2.0	2.1	2.6	2.1	3.1	2.7	2.9	2.0	2.8	2.8	2.8	3.1	3.2
Soft drinks, punches, prepared desserts.....	3.7	3.9	1.9	4.0	4.3	4.8	3.8	4.1	3.6	2.2	3.9	3.3	3.6	3.9	3.8
Alcoholic beverages.....	1.9	2.3	1.4	1.5	1.8	1.0	5.6	.8	1.6	3.9	2.3	1.3	1.7	.6	1.0
Other foods.....	4.3	3.7	5.7	4.2	3.3	3.3	4.1	3.3	4.4	5.6	5.8	4.0	4.3	3.8	4.3
Total.....	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

¹Excludes roomers, boarders, and employees.

²Mixtures and soups included with group totals of main ingredients.

³Includes households not providing information on Food Stamp Program participation.

⁴Includes plate dinners with main ingredients mostly meat, poultry, and fish.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

The low-income households devoted about 25 percent more of each dollar to eggs, dry legumes, and nuts, 15 percent more to grain products, and 5 percent more to meat, poultry, and fish than the households at all incomes surveyed a few months earlier. They allocated about 15 percent less to vegetables and fruit and 50 percent less to alcoholic beverages.

2. Quantity of Food Used

Average quantities of food used per equivalent person in a week varied for households of different sizes and for participants and nonparticipants in the FSP (table 6). Participants used 7.1 pounds of milk and milk products and nonparticipants used 7.7 pounds--an average difference of 1 cup of milk or its equivalent in milk products (in terms of calcium content). Participants used 5 pounds of meat, poultry, and fish and nonparticipants used 4.5 pounds. Further breakdown of this food group showed that the higher consumption of poultry, pork, fish, and luncheon meat by participants accounted for this difference. Participants used slightly more citrus fruit, dry legumes, grain products, dark-green vegetables, and beverages but less potatoes, eggs, and sugar and sweets than the nonparticipants.

One-member households receiving food stamps used larger quantities per equivalent person than did larger households, particularly of meat, poultry, and fish, milk and milk products, grain products, vegetables, and fruit. However, larger households used more dry legumes, nuts, and potatoes. Nonparticipant one-member households used more meat, poultry, and fish, vegetables, and fruit but less milk and milk products, potatoes, grain products, and sugar and sweets than larger households.

3. 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 generally receive greater returns per dollar than those with higher money values. Varying food prices as well as food selection and consumption practices also may affect the quantity of nutrients acquired from a dollar's worth of food.

Per food dollar, households receiving food stamps had diets furnishing about the same or less food energy, minerals, and vitamins than did those households not receiving food stamps (table 7). Exceptions were vitamin A and ascorbic acid, for which participant households, with their slightly higher consumption of certain vegetables and fruit, received higher returns. On the other hand, levels per dollar of calcium--a nutrient associated with the consumption of milk and milk products--were higher for nonparticipants.

Generally, large households used food contributing greater nutrient returns per dollar than small households. Not only did the large households have lower money values per person than small households, but also they consumed sizable amounts of such inexpensive, nutritious foods as enriched grain products, potatoes, and dry legumes.

Greater returns for more nutrients were received by participants and nonparticipants in southern or nonmetropolitan areas than by residents in other regions or urbanizations. However, this pattern was more pronounced for participants.

TABLE 6.--Quantity of food used per person¹ in a week by number of household members²

Food group ³	All households ⁴	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).....	7.41	7.07	7.90	6.20	7.47	7.04	7.53	6.67	7.66	6.61	6.47	7.24	9.48	7.63	7.70
Meat, poultry, fish, and other protein food.....	5.99	6.33	8.88	6.79	6.01	6.97	5.64	5.99	5.76	6.71	5.87	6.27	5.31	5.43	5.60
Meat, poultry, fish.....	4.70	5.02	7.46	5.17	4.89	5.66	4.41	4.67	4.49	5.09	4.57	4.95	4.22	4.28	4.32
Eggs (fresh equivalent).....	.70	.67	.92	.94	.55	.72	.54	.66	.72	.90	.74	.79	.57	.64	.76
Dry legumes (dry weight).....	.21	.23	.19	.24	.17	.27	.20	.27	.19	.25	.18	.16	.19	.14	.22
Nuts (shelled weight).....	.12	.11	.05	.07	.09	.10	.17	.11	.12	.15	.12	.13	.11	.12	.11
Vegetables.....	4.55	4.50	7.67	5.16	4.69	4.06	4.10	4.00	4.58	5.83	5.55	4.34	4.46	4.16	4.07
Potatoes (fresh equivalent).....	1.58	1.52	1.20	1.46	1.72	1.56	1.52	1.52	1.63	1.30	1.66	1.58	1.59	1.65	1.74
Dark green.....	.34	.37	1.25	.34	.28	.29	.33	.28	.32	.51	.47	.28	.24	.30	.28
Deep yellow.....	.33	.34	.72	.43	.40	.24	.25	.31	.32	.57	.41	.31	.36	.18	.24
Tomatoes.....	.52	.53	.49	.44	.69	.40	.66	.47	.51	.70	.53	.50	.54	.41	.50
Fruit.....	2.73	2.72	5.31	3.56	2.84	2.36	2.65	2.06	2.74	3.92	2.69	2.44	2.61	2.84	2.57
Citrus (single-strength juice equivalent).....	1.30	1.40	3.33	1.85	1.61	1.17	1.21	.99	1.23	1.94	1.17	1.02	1.13	1.28	1.19
Other ascorbic acid rich.....	.02	.03	.01	.04	.01	.01	.09	.01	.01	.03	.02	.01	.02	(⁵)	.01
Grain products (flour equivalent)....	2.57	2.60	3.25	2.58	2.28	2.78	2.72	2.44	2.55	2.42	2.29	2.44	2.73	2.54	2.66
Enriched or whole grain (flour equivalent).....	2.48	2.51	3.10	2.50	2.21	2.61	2.63	2.38	2.45	2.32	2.20	2.36	2.66	2.46	2.56
Fats, oils.....	.65	.66	.93	.74	.74	.76	.61	.54	.64	.65	.65	.62	.60	.68	.64
Sugar, sirup, jelly, candy.....	.85	.83	.82	.81	.84	.85	.87	.81	.87	.66	.87	.94	.89	.87	.86
Beverage powders, ades, drinks with ascorbic acid added (sugar equivalent).....	.09	.13	.03	.08	.13	.13	.20	.11	.07	.07	.09	.06	.05	.12	.05
Soft drinks, dessert mixes, prepared desserts, coffee, tea, cocoa (sugar equivalent).....	.17	.17	.13	.20	.21	.23	.16	.14	.17	.12	.13	.19	.20	.16	.19
Alcoholic beverages.....	.53	.60	.43	.35	.48	.44	1.43	.23	.48	1.42	.82	.29	.49	.11	.31

¹21 meals from household food supplies equivalent to 1 person. Average quantity per person is calculated using population ratio procedure.

²Excludes roomers, boarders, and employees.

³Mixtures and soups included with group totals of main ingredients.

⁴Includes households not providing information on Food Stamp Program participation.

⁵Less than 0.005 pound but more than 0.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

TABLE 7.--Nutrients per dollar's worth of food¹ used by households

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Food energy	Protein	Cal-cium	Iron	Magne-sium	Phos-phorus	VitamIn A	Thia-min	Ribo-flavin	Pre-formed niacin	Vita-min B ₆	Vita-min B ₁₂	Ascor-bic acid
	Cal	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
All households ²	1,397	49.0	507	10.0	185	870	3,840	0.96	1.26	13.0	1.03	3.12	58
Participants in FSP.....	1,374	48.4	478	9.8	179	851	3,857	.95	1.22	12.9	1.04	2.95	61
Nonparticipants in FSP.....	1,412	49.4	528	10.1	190	885	3,828	.97	1.28	13.0	1.02	3.26	56
People living in household: ³													
Participants in FSP:													
1 member.....	1,163	45.2	416	8.6	166	792	5,068	.78	1.09	11.6	.96	3.76	80
Head under 65 years....	1,162	43.7	405	8.3	158	734	5,358	.76	1.05	11.3	.94	3.89	77
Head 65 years and over.	1,165	47.5	431	9.1	179	886	4,634	.82	1.14	12.2	1.00	3.55	84
2 members.....	1,321	46.3	451	9.7	177	831	4,161	.90	1.18	12.5	1.01	3.13	60
Head under 65 years....	1,297	45.2	435	9.6	170	795	4,187	.89	1.15	12.1	1.01	3.21	63
Head 65 years and over.	1,390	49.4	496	10.3	195	937	4,086	.96	1.24	13.7	1.02	2.89	51
3 members.....	1,320	46.0	459	9.5	173	806	3,751	.90	1.17	12.4	1.01	2.86	62
4 members.....	1,427	50.8	464	10.1	174	857	3,316	.94	1.18	12.9	1.00	2.89	53
5 members.....	1,326	44.8	463	9.2	172	781	3,388	.94	1.19	12.8	1.03	2.51	58
6 or more members.....	1,517	53.7	544	10.9	196	963	4,055	1.09	1.37	14.1	1.13	3.04	61
Nonparticipants in FSP:													
1 member.....	1,182	43.9	426	8.6	175	773	4,282	.80	1.06	11.5	.94	3.23	59
Head under 65 years....	1,126	40.4	365	7.7	165	720	3,938	.71	.97	11.4	.92	2.57	57
Head 65 years and over.	1,216	45.9	463	9.2	181	805	4,489	.85	1.12	11.6	.95	3.63	60
2 members.....	1,314	46.1	466	9.4	186	834	3,782	.85	1.13	12.0	.98	2.96	59
Head under 65 years....	1,285	46.5	474	9.4	196	840	3,608	.85	1.16	12.4	1.01	3.40	58
Head 65 years and over.	1,342	45.8	459	9.3	177	827	3,952	.86	1.10	11.7	.94	2.52	60
3 members.....	1,385	49.1	491	10.3	177	845	4,260	.94	1.29	13.1	1.01	3.96	50
4 members.....	1,451	50.2	591	10.4	194	907	3,725	1.00	1.39	13.4	1.03	3.19	52
5 members.....	1,533	52.1	570	10.6	194	927	3,463	1.07	1.34	13.6	1.06	3.03	64
6 or more members.....	1,491	52.0	564	10.6	201	946	3,692	1.05	1.37	13.7	1.06	3.21	57
Region:													
Participants in FSP:													
Northeast.....	1,249	44.9	448	8.9	167	741	3,271	.84	1.12	12.1	.96	2.61	59
North Central.....	1,363	49.4	475	10.1	181	880	4,473	.98	1.26	13.2	1.06	3.22	63
South.....	1,501	51.2	505	10.5	186	941	4,074	1.05	1.28	13.6	1.10	3.10	59
West.....	1,391	48.6	503	10.1	192	848	3,800	.98	1.26	13.0	1.08	3.02	70
Nonparticipants in FSP:													
Northeast.....	1,341	50.9	546	9.6	180	843	3,668	.95	1.37	13.1	1.00	4.07	55
North Central.....	1,381	48.0	518	10.0	194	853	3,736	.93	1.27	13.1	1.01	2.89	55
South.....	1,494	50.3	537	10.6	192	939	3,956	1.02	1.27	13.3	1.03	3.14	56
West.....	1,305	46.6	490	9.6	193	823	3,810	.92	1.22	12.2	1.04	2.93	63
Urbanization:													
Participants in FSP:													
Central city.....	1,306	47.6	448	9.3	167	807	3,935	.91	1.18	12.4	1.02	3.06	63
Suburban.....	1,367	47.5	475	10.2	184	861	3,528	.95	1.21	13.3	1.05	2.45	57
Nonmetropolitan.....	1,546	51.2	556	10.8	202	948	3,965	1.07	1.34	13.9	1.08	3.13	59
Nonparticipants in FSP:													
Central city.....	1,312	47.8	455	9.8	174	821	4,394	.92	1.23	12.6	1.03	4.01	60
Suburban.....	1,401	50.0	566	9.7	189	894	3,759	.95	1.31	12.8	1.00	3.20	56
Nonmetropolitan.....	1,502	50.1	548	10.7	203	925	3,454	1.03	1.30	13.7	1.03	2.72	54

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

²Includes households not providing information on FSP status.

³Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

4. Nutrients per 1,000 Calories in Food Used

The food households need per person in terms of energy value (Calories) differs depending on such factors as the sex, age, body build, and activity level of household members. Also, some households waste more food than others; the nutritive value of household diets reported here includes the value of edible food that households discard as well as that eaten. The nutritive value per 1,000 Calories of household food (nutrient density) is one basis for assessing the relative nutrient content of diets of groups of households.

Essentially, no difference in nutritive value per 1,000 Calories was found between participants and nonparticipants in the FSP (table 8). Macronutrients--protein, fat, and carbohydrate--per 1,000 Calories were the same; some vitamins and minerals were slightly higher and others slightly lower in food used by FSP participants than by nonparticipants.

Higher nutritive values per person for one-member households than for larger households receiving food stamps (table 9) were not as apparent when expressed on a nutrient density basis. This is because the energy value of diets of one-member FSP participants is notably higher, perhaps partly because of relatively high food discard. Small households generally are believed to discard more food than large households because they have more difficulty in buying and using food efficiently.

5. 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 B₆, vitamin B₁₂, and ascorbic acid. Households used food providing, on the average, values well above the RDA for each nutrient studied (table 9). Averages for protein, phosphorus, vitamin A, riboflavin, vitamin B₁₂, and ascorbic acid were twice the 1974 RDA or more.

Values for each nutrient were similar or higher for FSP participants than for nonparticipants. The diets of participants furnished notably higher values for protein, vitamin A, and ascorbic acid. One-member participant households had higher values for each nutrient, on the average, than larger participant households or nonparticipant households of any size. For nonparticipants, the one-member households used food providing higher averages for food energy and five nutrients than larger households.

Generally, average nutrient levels were as high or higher for participant than nonparticipant households in each of the four regions except the Northeast. Participant households in the central city and suburban areas had higher values for most nutrients than nonparticipant households in these two urbanizations. There was little difference in nonmetropolitan areas between the two groups.

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

Although household diets, on the average, provided nutritive values exceeding the RDA, not all households met the RDA for each nutrient (table 10). More than 90 percent of low-income households met the RDA for protein, phosphorus, and riboflavin but fewer than 75 percent did for food energy, calcium, magnesium,

TABLE 8.--Nutrients per 1,000 Calories in food used

Status in Food Stamp Program (FSP) by number of people in household, age of head, region, and urbanization	Food energy per person per day	Nutrients per 1,000 Calories													
		Pro-tein	Fat	Carbo-hydrate	Cal-cium	Iron	Magne-sium	Phos-phorus	Vita-min A	Thia-min	Ribo-flavin	Pre-formed niacin	Vita-min B ₆	Vita-min B ₁₂	Ascor-bic acid
	Cal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mcg	Mg	
All households ¹	2,812	35.1	46.7	110.6	363	7.1	133	623	2,749	0.69	0.90	9.3	0.74	2.24	42
Participants in FSP.....	2,870	35.2	46.7	110.2	348	7.1	130	619	2,807	.69	.89	9.4	.76	2.14	44
Nonparticipants in FSP.....	2,775	35.0	46.7	110.9	374	7.2	135	626	2,711	.69	.91	9.2	.72	2.30	40
People living in household: ²															
Participants in FSP:															
1 member.....	3,480	38.8	48.4	103.2	358	7.4	143	681	4,356	.67	.93	10.0	.82	3.23	69
Head under 65 years.....	3,712	37.6	48.7	103.4	349	7.1	136	631	4,609	.66	.90	9.7	.80	3.35	67
Head 65 years and over.....	3,182	40.8	47.9	102.5	370	7.8	154	760	3,978	.70	.98	10.5	.86	3.05	72
2 members.....	2,916	35.0	47.3	109.5	341	7.4	134	629	3,150	.68	.89	9.4	.77	2.37	46
Head under 65 years.....	3,012	34.9	47.3	109.4	335	7.4	131	613	3,228	.68	.89	9.3	.78	2.48	49
Head 65 years and over.....	2,686	35.5	47.3	109.6	357	7.4	140	674	2,940	.69	.89	9.8	.74	2.08	37
3 members.....	2,836	34.8	47.6	109.0	348	7.2	131	611	2,842	.68	.89	9.4	.76	2.16	47
4 members.....	3,065	35.6	47.4	108.3	325	7.1	122	600	2,323	.66	.83	9.1	.70	2.02	37
5 members.....	2,923	33.8	45.5	113.1	350	7.0	130	589	2,555	.71	.90	9.7	.78	1.89	44
6 or more members.....	2,613	35.4	46.2	111.6	359	7.2	129	635	2,674	.72	.90	9.3	.75	2.00	40
Nonparticipants in FSP:															
1 member.....	2,821	37.1	47.4	106.0	361	7.3	148	654	3,621	.68	.90	9.8	.79	2.73	50
Head under 65 years.....	3,210	35.9	47.4	103.7	324	6.8	146	639	3,497	.63	.86	10.1	.82	2.28	51
Head 65 years and over.....	2,643	37.8	47.3	107.2	381	7.6	149	662	3,691	.70	.92	9.6	.78	2.98	49
2 members.....	2,687	35.1	47.8	108.0	355	7.1	142	634	2,878	.65	.86	9.2	.74	2.25	45
Head under 65 years.....	2,800	36.1	48.1	105.4	368	7.3	152	654	2,807	.66	.90	9.7	.79	2.65	45
Head 65 years and over.....	2,590	34.1	47.6	110.5	342	6.9	132	616	2,944	.64	.82	8.7	.70	1.88	45
3 members.....	2,833	35.4	48.1	107.3	354	7.4	128	610	3,076	.68	.93	9.4	.73	2.86	36
4 members.....	2,854	34.6	45.5	113.9	408	7.1	134	625	2,568	.69	.96	9.2	.71	2.20	36
5 members.....	2,760	34.0	47.5	110.8	372	6.9	127	604	2,259	.70	.87	8.9	.69	1.97	42
6 or more members.....	2,737	34.8	45.5	114.0	378	7.1	135	634	2,476	.71	.92	9.2	.71	2.15	38
Region:															
Participants in FSP:															
Northeast.....	2,557	36.0	45.4	112.7	359	7.1	134	594	2,619	.67	.90	9.7	.77	2.09	48
North Central.....	2,988	36.3	47.4	107.6	349	7.4	133	646	3,283	.72	.93	9.7	.78	2.36	47
South.....	3,081	34.1	47.3	109.5	336	7.0	124	627	2,714	.70	.86	9.1	.73	2.06	39
West.....	3,012	34.9	46.7	110.8	362	7.3	138	609	2,731	.71	.90	9.4	.78	2.17	51
Nonparticipants in FSP:															
Northeast.....	2,693	37.9	46.5	108.9	407	7.1	134	628	2,734	.71	1.02	9.7	.74	3.03	41
North Central.....	2,844	34.8	46.6	111.7	375	7.2	141	618	2,705	.67	.92	9.5	.73	2.09	39
South.....	2,813	33.7	46.9	111.7	359	7.1	128	628	2,647	.68	.85	8.9	.69	2.10	38
West.....	2,664	35.7	46.7	109.5	375	7.3	148	631	2,920	.70	.93	9.4	.80	2.25	48
Urbanization:															
Participants in FSP:															
Central city.....	2,868	36.4	47.1	107.7	343	7.1	128	618	3,012	.69	.90	9.5	.78	2.34	49
Suburban.....	2,771	34.8	47.1	109.9	347	7.4	135	630	2,581	.70	.88	9.7	.77	1.79	42
Nonmetropolitan.....	2,959	33.1	45.5	115.7	359	7.0	131	613	2,564	.69	.87	9.0	.70	2.02	38
Nonparticipants in FSP:															
Central city.....	2,621	36.5	47.4	106.8	347	7.5	133	626	3,350	.70	.94	9.6	.79	3.06	45
Suburban.....	2,688	35.7	47.0	110.0	404	6.9	135	638	2,683	.68	.94	9.1	.72	2.28	40
Nonmetropolitan.....	2,983	33.4	46.1	114.4	365	7.1	135	616	2,299	.68	.87	9.1	.69	1.81	36

¹Includes households not providing information on Food Stamp Program participation.²Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

TABLE 9.--Nutritive value of food¹ 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 ² per day as percentage of RDA											
	Food energy	Protein	Cal- cium	Iron	Magne- sium	Phos- phorus	Vita- min A	Thia- min	Ribo- flavin	Vita- min B ₆	Vita- min B ₁₂	Ascor- bic acid
All households.....	130	224	118	147	128	203	196	176	198	123	242	269
Participants in FSP.....	134	237	113	145	132	202	210	183	203	134	243	293
Nonparticipants in FSP.....	128	216	121	149	126	203	187	171	195	116	242	253
People living in household: ³												
Participants in FSP:												
1 member.....	174	283	156	229	160	296	362	221	267	145	378	532
Head under 65 years....	176	287	162	220	160	293	400	222	263	150	417	551
Head 65 years and over..	170	277	147	245	160	302	309	219	273	137	324	508
2 members.....	139	220	120	163	130	222	225	184	201	122	250	299
Head under 65 years....	143	234	120	154	136	221	247	191	208	133	279	332
Head 65 years and over..	128	190	119	194	117	225	178	168	185	99	187	219
3 members.....	142	243	121	147	139	214	222	190	210	141	261	309
4 members.....	147	268	115	150	139	213	197	192	206	141	262	262
5 members.....	132	229	112	140	132	189	192	183	204	139	214	296
6 or more members.....	119	221	101	127	120	180	184	168	184	124	212	243
Nonparticipants in FSP:												
1 member.....	139	217	126	196	133	229	241	177	205	113	258	313
Head under 65 years....	146	235	128	194	148	253	258	177	208	133	246	361
Head 65 years and over..	136	208	125	197	126	218	232	177	203	104	264	290
2 members.....	126	192	117	164	120	209	178	158	177	103	207	270
Head under 65 years....	128	210	125	155	137	222	186	165	190	116	259	284
Head 65 years and over..	124	177	110	175	106	198	172	151	165	91	163	259
3 members.....	133	225	120	157	125	209	220	177	207	122	311	233
4 members.....	132	224	137	150	132	211	186	179	212	123	248	235
5 members.....	128	220	120	137	125	197	163	175	189	120	221	266
6 or more members.....	120	217	112	133	125	189	170	167	188	118	228	239
Region:												
Participants in FSP:												
Northeast.....	119	215	102	127	121	170	175	156	182	121	209	279
North Central.....	141	254	119	157	141	221	257	199	220	143	281	320
South.....	145	246	118	154	134	221	218	197	210	138	250	280
West.....	141	246	128	155	148	217	215	195	214	147	265	351
Nonparticipants in FSP:												
Northeast.....	121	226	124	134	121	191	182	168	207	115	305	250
North Central.....	132	222	125	155	137	208	193	173	202	123	228	257
South.....	131	210	119	153	122	209	185	173	187	112	223	242
West.....	122	210	116	150	133	196	193	166	191	123	225	290
Urbanization:												
Participants in FSP:												
Central city.....	133	243	110	141	129	198	224	181	205	136	261	319
Suburban.....	132	230	113	151	135	206	191	181	197	135	203	270
Nonmetropolitan.....	139	228	121	150	136	208	197	188	203	127	236	258
Nonparticipants in FSP:												
Central city.....	121	215	105	143	119	190	221	166	191	121	307	272
Suburban.....	124	211	128	143	122	202	178	163	194	111	230	245
Nonmetropolitan.....	137	221	126	160	136	214	170	183	199	118	204	246

¹Average nutritive value calculated using population ratio procedure.

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

³Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

TABLE 10.--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 ₆	Vitamin B ₁₂	Ascorbic acid	All 11 nutrients ¹
All households.....	70	95	61	80	70	93	76	86	91	64	80	89	42
Participants in FSP.....	75	97	64	80	72	94	80	90	91	74	85	93	48
Nonparticipants in FSP.....	68	94	60	80	68	93	74	84	90	59	78	87	38
People living in household: ²													
Participants in FSP:													
1 member.....	84	95	76	85	76	95	88	91	94	68	84	92	56
Head under 65 years....	84	95	78	78	70	94	85	90	92	65	88	91	55
Head 65 years and over..	84	96	74	94	83	96	92	92	96	72	79	93	57
2 members.....	70	98	57	75	65	98	76	82	84	60	77	91	41
Head under 65 years....	74	99	58	76	69	98	75	86	88	66	85	91	46
Head 65 years and over..	59	96	57	73	55	97	79	71	71	46	57	94	29
3 members.....	74	97	63	81	69	94	79	92	93	82	91	94	52
4 members.....	82	98	64	82	72	95	81	90	93	82	90	91	53
5 members.....	72	100	67	84	81	92	76	98	98	84	90	94	48
6 or more members.....	66	94	49	74	66	87	78	87	87	70	78	93	39
Nonparticipants in FSP:													
1 member.....	67	92	60	91	68	93	76	80	91	55	71	84	34
Head under 65 years....	72	93	58	90	68	93	74	74	91	68	66	88	31
Head 65 years and over..	65	92	61	91	67	93	77	83	91	48	72	82	35
2 members.....	55	91	49	75	58	90	66	70	78	51	65	88	35
Head under 65 years....	58	92	52	79	72	89	73	81	86	65	79	83	41
Head 65 years and over..	53	89	47	72	45	90	59	60	70	38	52	93	30
3 members.....	79	95	61	82	72	94	80	87	92	68	86	85	43
4 members.....	71	99	71	71	78	96	79	92	95	58	88	90	42
5 members.....	77	96	68	82	71	96	63	92	97	67	88	92	35
6 or more members.....	66	99	59	72	72	96	79	96	97	64	85	85	41
Region:													
Participants in FSP:													
Northeast.....	67	96	57	75	67	90	75	84	88	74	83	97	43
North Central.....	81	98	70	82	77	95	87	95	94	78	91	92	52
South.....	80	97	64	86	73	95	82	94	94	73	82	90	50
West.....	68	95	69	73	72	96	72	85	88	66	88	88	52
Nonparticipants in FSP:													
Northeast.....	65	90	61	70	73	90	73	87	96	57	86	89	36
North Central.....	70	96	68	87	77	95	81	88	95	67	85	86	45
South.....	70	94	59	78	62	94	68	82	85	53	72	85	36
West.....	61	96	51	87	73	94	82	80	93	70	77	93	36
Urbanization:													
Participants in FSP:													
Central city.....	76	96	64	77	70	92	78	87	89	73	85	93	51
Suburban.....	71	98	63	87	78	96	88	95	96	79	84	94	50
Nonmetropolitan.....	76	97	63	82	70	94	76	93	93	70	85	90	41
Nonparticipants in FSP:													
Central city.....	67	94	51	80	62	93	76	84	90	62	80	87	39
Suburban.....	61	94	62	76	69	93	72	79	87	57	75	88	35
Nonmetropolitan.....	75	95	65	84	73	94	74	89	93	58	79	86	40

¹Excludes food energy.

²Excludes roomers, boarders, and employees.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

and vitamin B₆. The allowance most frequently met was protein (95 percent), and the one least often met was calcium (61 percent). Two-fifths of the households met the RDA for all 11 nutrients. Caution: Failure to meet the RDA for one or more nutrients does not mean necessarily that food practices are poor or that malnutrition exists. Equal or higher percentages of households participating than not participating in the FSP used food that supplied the RDA for food energy and each of the 11 nutrients studied (fig. 7). Allowances for all 11 nutrients were more often provided by the food of participants (48 percent) than nonparticipants (38 percent). Comparisons by household size showed that participant households of all sizes were more successful in obtaining the RDA for all 11 nutrients than were their counterparts (fig. 8).

Proportionately more participants than nonparticipants met the RDA for all 11 nutrients studied when classified by region and urbanization. More participants in the North Central, South, and West regions were successful in meeting these criteria (50 percent or more) than were residents in the Northeast (43 percent); nonparticipants in the North Central region (45 percent) surpassed residents in the remaining regions (36 percent). Approximately 40 to 50 percent of participants and 35 to 40 percent of nonparticipants across all urbanizations achieved the recommended allowances.

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People Living in the Household by Food Stamp Program Status

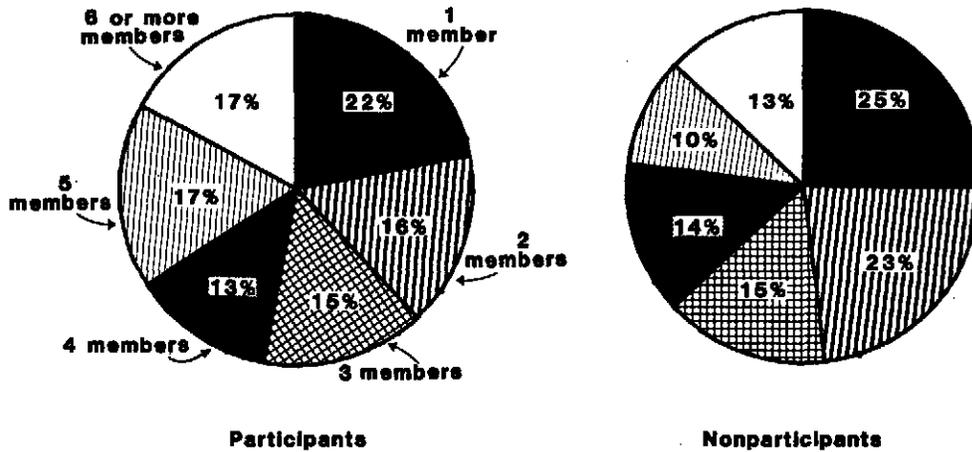


Figure 1

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Households with 1 and 2 Members by Age of Head and Food Stamp Program Status

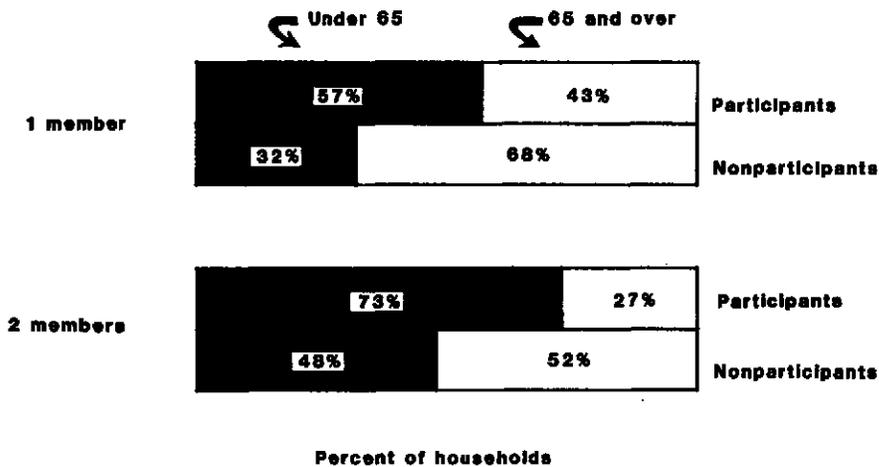


Figure 2

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Tenancy by Food Stamp Program Status

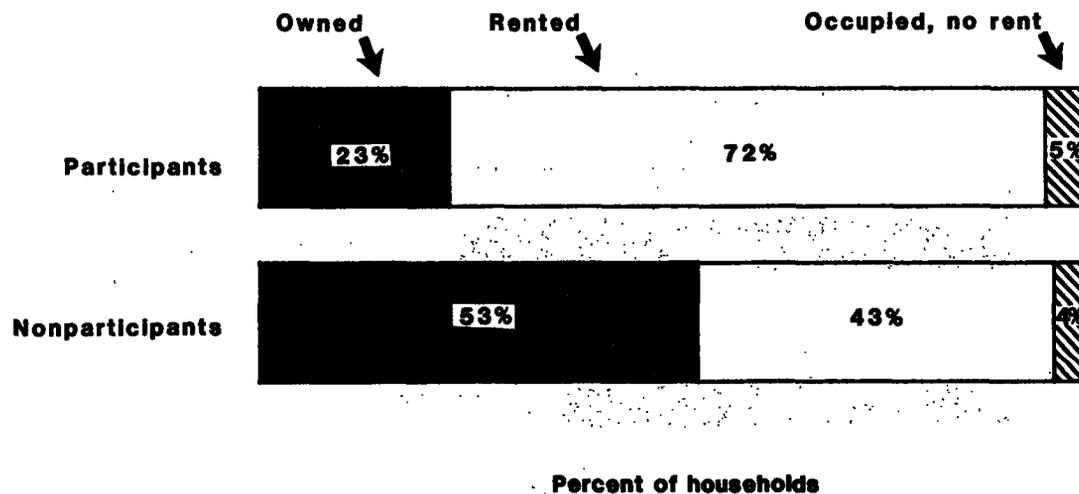


Figure 3

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Head of Households by Food Stamp Program Status

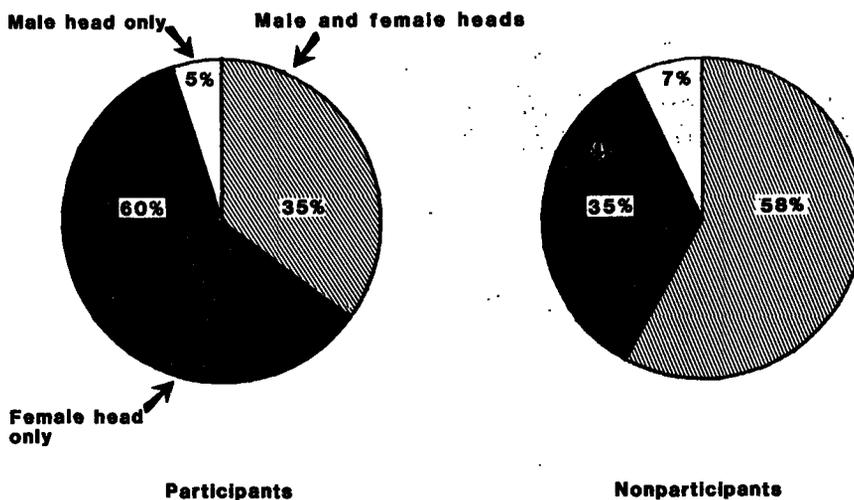


Figure 4

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Household Size and Value of Food at Home and Away per Member by Food Stamp Program Status

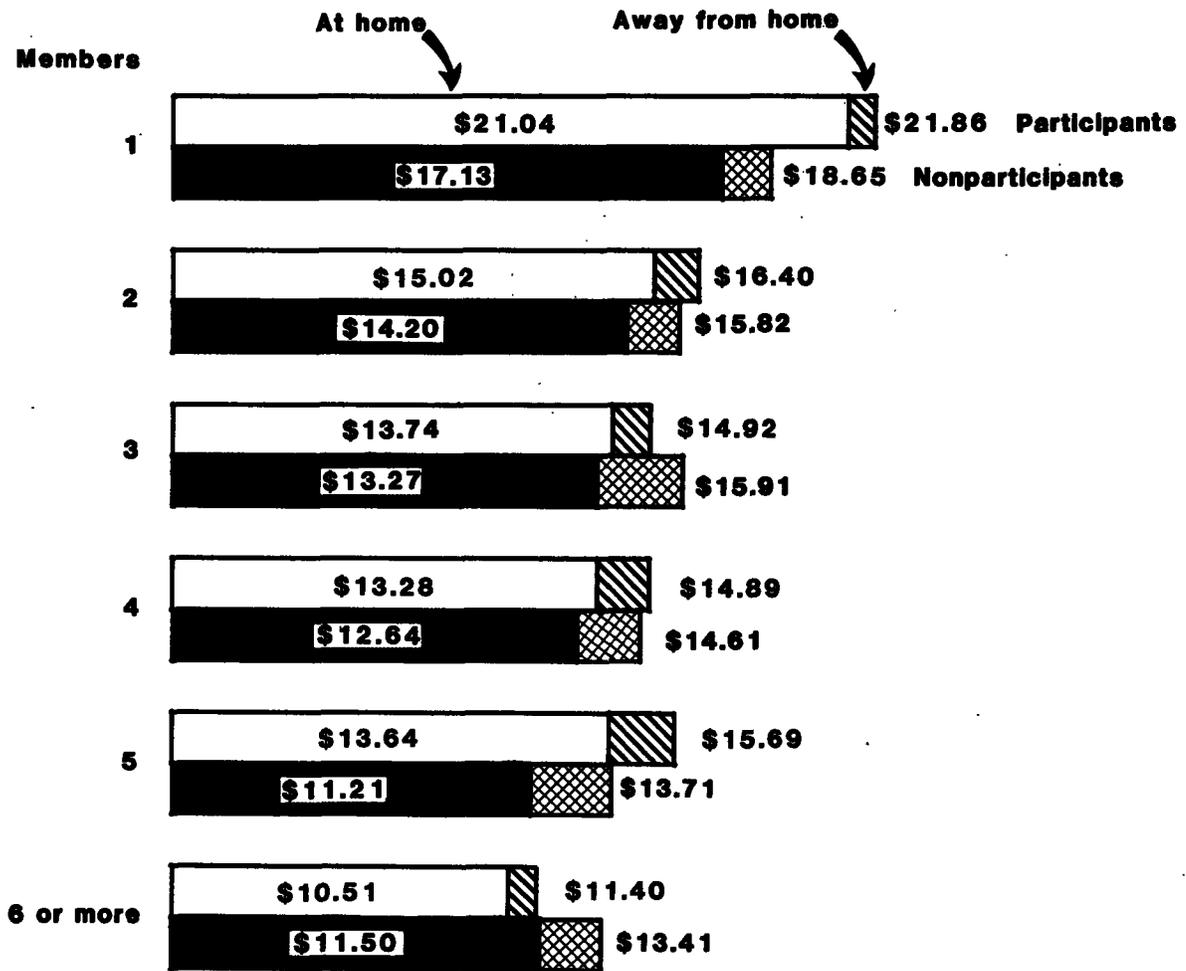


Figure 5

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Household Size and Value of Food at Home per Person by Food Stamp Program Status

Percent of households

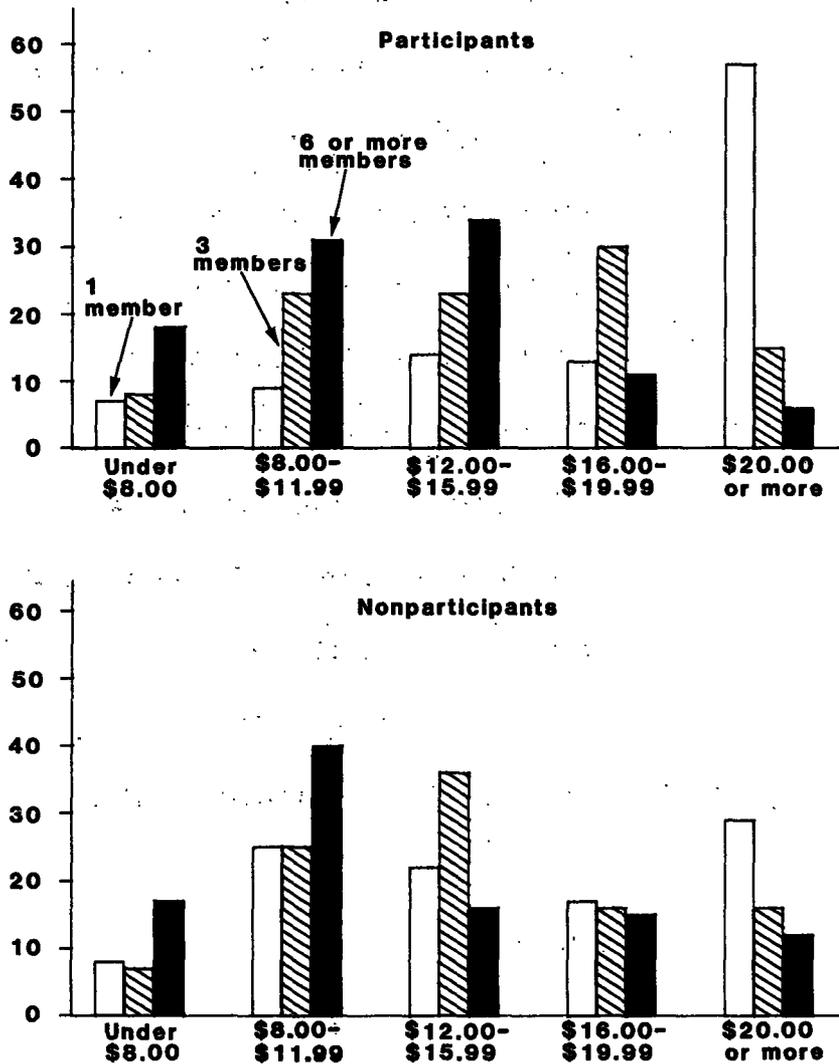


Figure 6

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

Household Diets Meeting RDA by Food Stamp Program Status

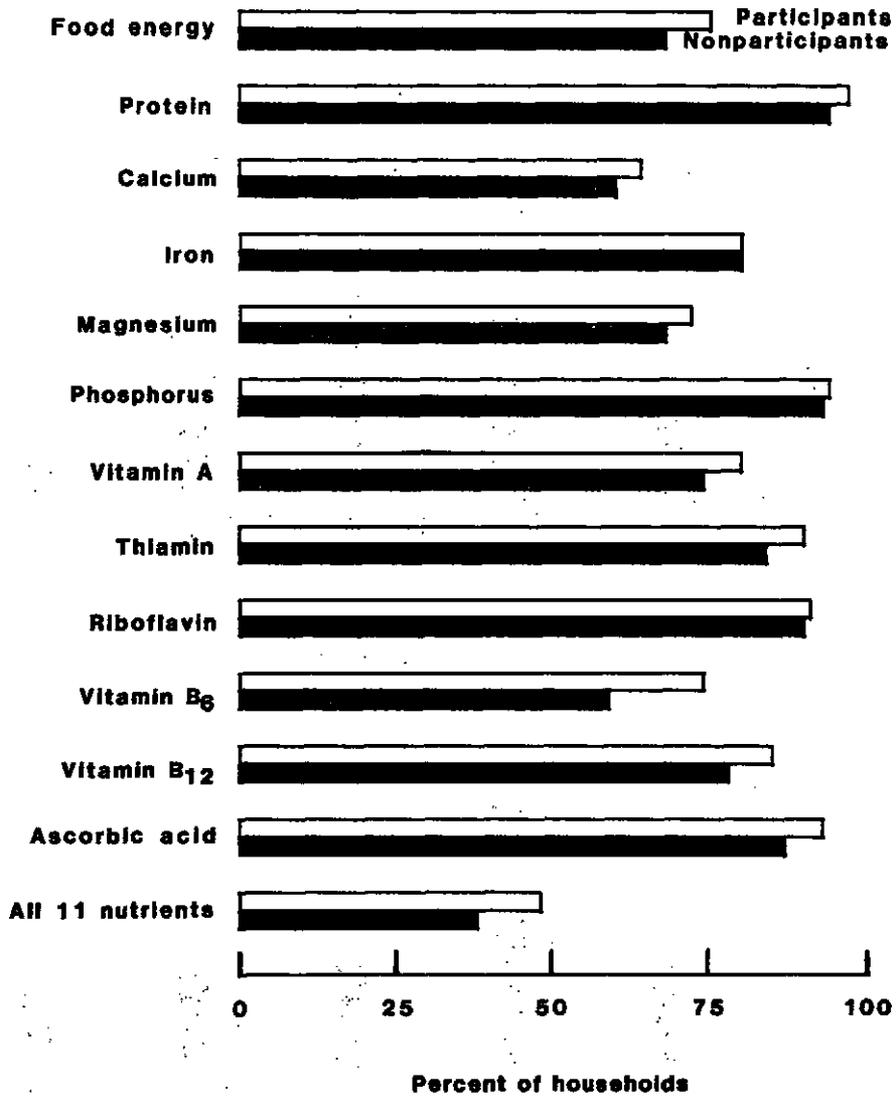


Figure 7

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).

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

Number in household

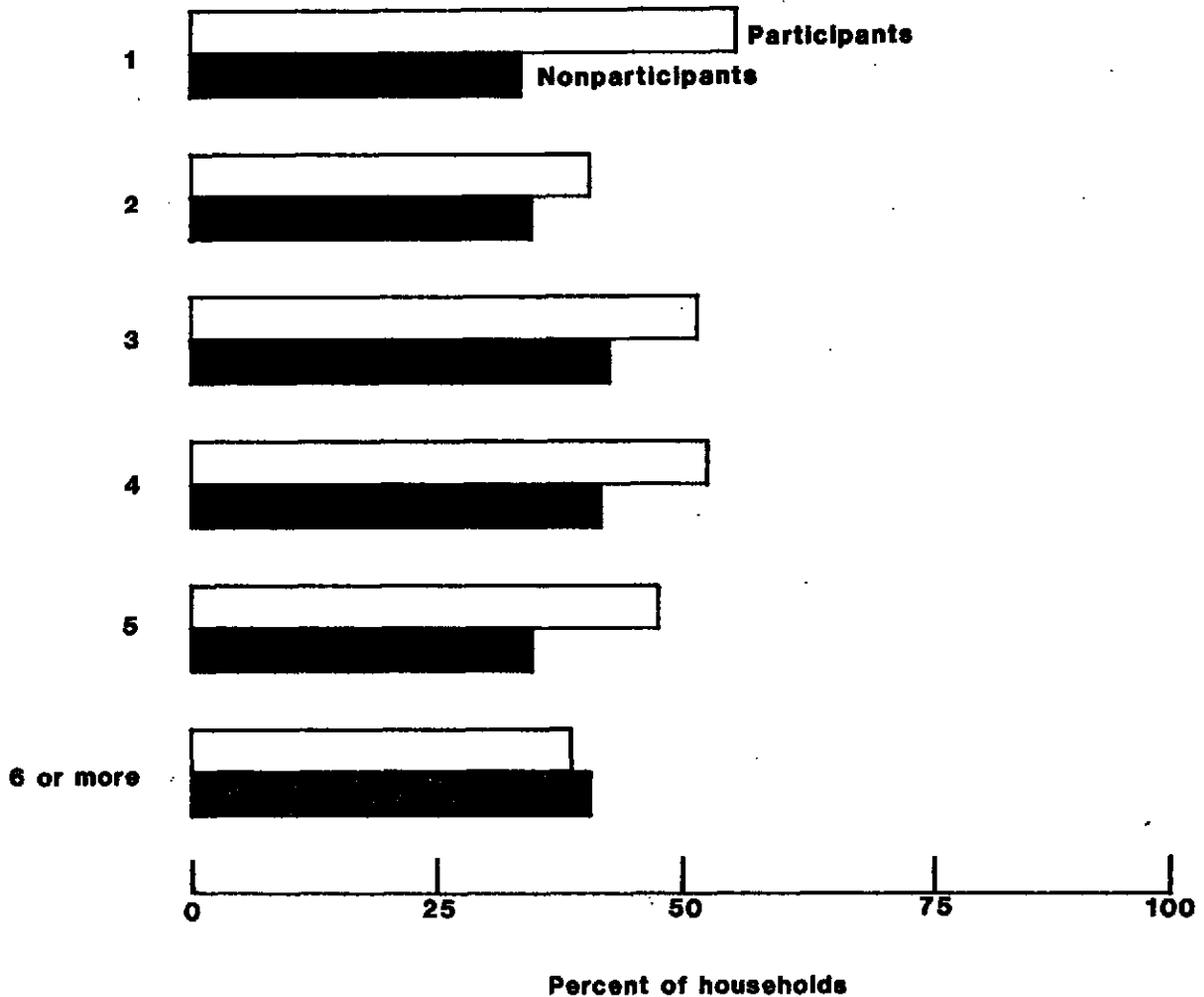


Figure 8

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78, 48 conterminous States, November 1977-March 1978 (preliminary).