

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 2004<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.90	22.40	26.20	31.50	77.60	96.90	113.60	136.40
2 years	17.80	22.00	26.10	31.70	77.00	95.30	113.20	137.50
3-5 years	19.50	24.20	30.00	35.90	84.60	105.00	129.90	155.60
6-8 years	24.30	32.40	40.00	46.80	105.20	140.40	173.10	202.60
9-11 years	28.60	36.50	46.70	54.20	123.70	158.40	202.20	234.70
<b>MALE:</b>								
12-14 years	29.80	41.40	51.30	60.00	129.10	179.30	222.40	260.00
15-19 years	30.60	42.50	53.20	61.60	132.70	184.10	230.50	266.80
20-50 years	32.70	42.30	52.70	64.30	141.60	183.40	228.20	278.60
51 years and over	29.60	40.20	49.60	59.50	128.20	174.30	215.10	257.60
<b>FEMALE:</b>								
12-19 years	29.80	35.60	43.40	52.10	129.20	154.50	188.10	225.70
20-50 years	29.70	36.80	45.10	58.10	128.80	159.60	195.30	251.60
51 years and over	29.10	35.80	44.60	53.40	126.00	155.10	193.40	231.20
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	68.60	87.10	107.50	134.60	297.40	377.30	465.90	583.30
51 years and over	64.50	83.60	103.70	124.10	279.70	362.40	449.30	537.70
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	99.70	125.40	153.80	190.00	431.90	543.40	666.60	823.30
6-8 and 9-11 years	115.20	148.10	184.40	223.30	499.30	641.80	798.90	967.60

<sup>1</sup>Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2003 Administrative Report (2003)*. All four Food Plans are based on 1989-91 data and are updated to current dollars using the Consumer Price Index for specific food items.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</sup>The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

<sup>4</sup>Ten percent added for family size adjustment.