

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 2005<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	17.80	22.40	26.20	31.30	77.10	97.00	113.50	135.60
2 years	17.80	22.10	26.30	31.90	77.20	96.00	114.10	138.10
3-5 years	19.70	24.50	30.20	36.20	85.40	106.00	130.90	156.90
6-8 years	24.80	32.90	40.60	47.40	107.40	142.70	175.90	205.50
9-11 years	29.10	37.10	47.40	55.10	125.90	160.70	205.60	238.50
<b>MALE:</b>								
12-14 years	30.30	42.00	52.00	61.10	131.40	181.80	225.40	264.80
15-19 years	31.40	43.30	54.10	62.70	135.80	187.40	234.40	271.80
20-50 years	33.50	43.20	53.80	65.70	145.00	187.10	233.30	284.60
51 years and over	30.40	41.00	50.70	60.80	131.70	177.80	219.50	263.40
<b>FEMALE:</b>								
12-19 years	30.30	36.20	44.10	53.00	131.30	157.00	191.00	229.80
20-50 years	30.30	37.60	46.00	59.20	131.30	162.80	199.30	256.40
51 years and over	29.70	36.50	45.50	54.60	128.80	158.20	197.30	236.40
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	70.10	88.80	109.80	137.40	303.90	384.90	475.80	595.20
51 years and over	66.10	85.30	105.80	126.90	286.50	369.60	458.60	549.80
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	101.30	127.40	156.40	193.00	439.00	551.80	677.50	836.10
6-8 and 9-11 years	117.60	150.80	187.90	227.30	509.60	653.30	814.00	985.10

<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.