

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 1998¹

AGE-GENDER GROUPS	WEEKLY COST				MONTHLY COST			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS²								
CHILD:								
1-2 years	14.90	18.40	21.60	26.10	64.60	79.70	93.60	113.10
3-5 years	16.20	20.10	24.90	29.90	70.20	87.10	107.90	129.60
6-8 years	20.00	26.80	33.30	38.80	86.70	116.10	144.30	168.10
9-11 years	23.70	30.30	38.80	45.00	102.70	131.30	168.10	195.00
MALE:								
12-14 years	24.70	34.30	42.50	50.10	107.00	148.60	184.20	217.10
15-19 years	25.40	35.30	44.00	50.90	110.10	153.00	190.70	220.50
20-50 years	27.40	35.20	44.00	53.30	118.70	152.50	190.70	230.90
51 years and over	24.70	33.60	41.40	49.70	107.00	145.60	179.40	215.40
FEMALE:								
12-19 years	24.50	29.60	35.90	43.40	106.20	128.30	155.60	188.10
20-50 years	24.80	30.90	37.60	48.30	107.50	133.90	162.90	209.30
51 years and over	24.30	30.00	37.30	44.60	105.30	130.00	161.60	193.30
FAMILIES:								
FAMILY of 2³:								
20-50 years	57.40	72.70	89.80	111.80	248.80	315.00	389.00	484.20
51 years and over	53.90	70.00	86.60	103.70	233.50	303.20	375.10	449.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	83.30	104.60	128.10	157.60	361.00	453.20	555.10	682.90
6-8 and 9-11 years	95.90	123.20	153.70	185.40	415.60	533.80	666.00	803.30

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983); for specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey data updated to current dollars using the Consumer Price Index for specific food items.

²The 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; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

³Ten percent added for family size adjustment.