

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 1999<sup>1</sup>

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
<b>INDIVIDUALS<sup>2</sup></b>								
<b>CHILD:</b>								
1-2 years	15.60	19.20	22.50	27.30	67.60	83.20	97.50	118.30
3-5 years	16.90	21.00	25.90	31.10	73.20	91.00	112.20	134.80
6-8 years	20.90	27.90	34.60	40.30	90.60	120.90	149.90	174.60
9-11 years	24.80	31.60	40.30	46.70	107.50	136.90	174.60	202.40
<b>MALE:</b>								
12-14 years	25.60	35.60	44.10	51.80	110.90	154.30	191.10	224.40
15-19 years	26.30	36.60	45.60	52.60	114.00	158.60	197.60	227.90
20-50 years	28.30	36.40	45.30	54.90	122.60	157.70	196.30	237.90
51 years and over	25.40	34.70	42.80	51.30	110.10	150.40	185.50	222.30
<b>FEMALE:</b>								
12-19 years	25.50	30.70	37.30	45.00	110.50	133.00	161.60	195.00
20-50 years	25.60	31.80	38.80	49.70	110.90	137.80	168.10	215.40
51 years and over	25.10	31.00	38.50	46.10	108.80	134.30	166.80	199.80
<b>FAMILIES:</b>								
<b>FAMILY of 2<sup>3</sup>:</b>								
20-50 years	59.30	75.00	92.50	115.10	256.90	325.10	400.80	498.60
51 years and over	55.60	72.30	89.40	107.10	240.80	313.20	387.50	464.30
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
1-2 and 3-5 years	86.40	108.40	132.50	163.00	374.30	469.70	574.10	706.40
6-8 and 9-11 years	99.60	127.70	159.00	191.60	431.60	553.30	688.90	830.30

<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 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.

<sup>2</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; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

<sup>3</sup>Ten percent added for family size adjustment.