

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 2002¹

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 year	16.70	20.50	24.10	29.10	72.40	88.80	104.40	126.10
2 years	16.70	20.50	24.10	29.10	72.40	88.80	104.40	126.10
3-5 years	18.20	22.50	27.80	33.30	78.90	97.50	120.50	144.30
6-8 years	22.70	29.90	37.30	43.40	98.40	129.60	161.60	188.10
9-11 years	26.80	34.00	43.50	50.20	116.10	147.30	188.50	217.50
MALE:								
12-14 years	27.80	38.40	47.60	56.00	120.50	166.40	206.30	242.60
15-19 years	28.80	39.70	49.40	57.00	124.80	172.00	214.10	247.00
20-50 years	30.70	39.60	49.30	59.70	133.00	171.60	213.60	258.70
51 years and over	27.80	37.70	46.30	55.60	120.50	163.40	200.60	240.90
FEMALE:								
12-19 years	27.80	33.10	40.20	48.60	120.50	143.40	174.20	210.60
20-50 years	27.70	34.60	42.20	54.20	120.00	149.90	182.90	234.80
51 years and over	27.20	33.70	41.70	49.80	117.90	146.00	180.70	215.80
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.20	81.60	100.70	125.30	278.30	353.70	436.20	542.90
51 years and over	60.50	78.50	96.80	115.90	262.20	340.30	419.40	502.40
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	93.30	117.20	143.40	176.30	404.30	507.80	621.40	763.90
6-8 and 9-11 years	107.90	138.10	172.30	207.50	467.50	598.40	746.60	899.10

¹Basis 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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans are 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.