

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 2004¹

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	17.50	21.70	25.50	31.30	75.80	94.00	110.50	135.60
2 years	17.40	21.40	25.30	30.70	75.40	92.70	109.60	133.00
3-5 years	19.00	23.50	29.10	35.20	82.30	101.80	126.10	152.50
6-8 years	23.80	31.70	39.00	45.40	103.10	137.40	169.00	196.70
9-11 years	27.80	35.50	45.40	52.90	120.50	153.80	196.70	229.20
MALE:								
12-14 years	28.90	40.10	49.60	58.50	125.20	173.80	214.90	253.50
15-19 years	29.90	41.30	51.60	60.00	129.60	179.00	223.60	260.00
20-50 years	31.90	41.30	51.60	62.90	138.20	179.00	223.60	272.50
51 years and over	29.20	39.50	48.60	58.50	126.50	171.20	210.60	253.50
FEMALE:								
12-19 years	28.90	34.70	42.10	50.80	125.20	150.40	182.40	220.10
20-50 years	29.00	36.10	44.10	57.00	125.70	156.40	191.10	247.00
51 years and over	28.60	35.10	43.70	52.60	123.90	152.10	189.40	227.90
FAMILIES:								
FAMILY OF 2³:								
20-50 years	67.00	85.10	105.30	131.90	290.30	368.90	456.20	571.50
51 years and over	63.60	82.10	101.50	122.20	275.40	355.60	440.00	529.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	97.30	122.30	150.10	185.80	421.60	529.90	650.40	805.00
6-8 and 9-11 years	112.50	144.60	180.10	218.20	487.50	626.60	780.40	945.40

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 *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.

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; 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.

³Ten percent added for family size adjustment.