

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 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	25.40	30.80	75.40	92.70	110.10	133.50
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	39.10	45.50	103.10	137.40	169.40	197.20
9-11 years	27.90	35.60	45.50	53.00	120.90	154.30	197.20	229.60
MALE:								
12-14 years	29.00	40.20	49.70	58.70	125.70	174.20	215.40	254.30
15-19 years	29.90	41.40	51.70	60.10	129.60	179.40	224.00	260.40
20-50 years	32.00	41.40	51.70	63.00	138.70	179.40	224.00	273.00
51 years and over	29.30	39.60	48.80	58.70	127.00	171.60	211.50	254.30
FEMALE:								
12-19 years	29.00	34.80	42.20	51.00	125.70	150.80	182.90	221.00
20-50 years	29.10	36.20	44.20	57.10	126.10	156.90	191.50	247.40
51 years and over	28.70	35.20	43.80	52.70	124.40	152.50	189.80	228.30
FAMILIES:								
FAMILY OF 2³:								
20-50 years	67.20	85.40	105.50	132.10	291.30	369.90	457.10	572.40
51 years and over	63.80	82.30	101.90	122.50	276.50	356.50	441.40	530.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	97.50	122.50	150.40	186.10	422.50	530.80	651.70	806.40
6-8 and 9-11 years	112.80	144.90	180.50	218.60	488.80	628.00	782.10	947.20

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.