

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 2001¹

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	16.40	20.20	23.80	28.90	71.10	87.50	103.10	125.20
2 years	16.40	20.20	23.80	28.90	71.10	87.50	103.10	125.20
3-5 years	17.80	22.20	27.50	32.90	77.10	96.20	119.20	142.60
6-8 years	22.10	29.60	36.80	42.80	95.80	128.30	159.50	185.50
9-11 years	26.10	33.50	42.90	49.70	113.10	145.20	185.90	215.40
MALE:								
12-14 years	27.10	37.90	47.00	55.30	117.40	164.20	203.70	239.60
15-19 years	27.90	39.10	48.70	56.20	120.90	169.40	211.00	243.50
20-50 years	29.80	38.90	48.40	58.60	129.10	168.60	209.70	253.90
51 years and over	27.10	37.00	45.50	54.60	117.40	160.30	197.20	236.60
FEMALE:								
12-19 years	27.10	32.70	39.60	47.90	117.40	141.70	171.60	207.60
20-50 years	27.10	34.00	41.30	53.00	117.40	147.30	179.00	229.60
51 years and over	26.60	33.10	41.00	49.00	115.30	143.40	177.70	212.30
FAMILIES:								
FAMILY OF 2³:								
20-50 years	62.60	80.20	98.70	122.80	271.20	347.50	427.60	531.90
51 years and over	59.10	77.10	95.20	114.00	256.00	334.10	412.40	493.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	91.10	115.30	141.00	173.40	394.70	499.60	611.00	751.30
6-8 and 9-11 years	105.10	136.00	169.40	204.10	455.40	589.40	734.10	884.40

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 *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.