

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 2003¹

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	20.60	24.20	29.30	72.40	89.30	104.90	127.00
2 years	16.70	20.60	24.20	29.40	72.40	89.30	104.90	127.40
3-5 years	18.20	22.60	28.00	33.50	78.90	97.90	121.30	145.20
6-8 years	22.70	30.10	37.40	43.40	98.40	130.40	162.10	188.10
9-11 years	26.70	34.10	43.60	50.40	115.70	147.80	188.90	218.40
MALE:								
12-14 years	27.70	38.50	47.70	56.00	120.00	166.80	206.70	242.60
15-19 years	28.60	39.70	49.60	57.20	123.90	172.00	214.90	247.80
20-50 years	30.60	39.70	49.50	60.00	132.60	172.00	214.50	260.00
51 years and over	27.80	37.80	46.50	55.80	120.50	163.80	201.50	241.80
FEMALE:								
12-19 years	27.70	33.20	40.30	48.60	120.00	143.90	174.60	210.60
20-50 years	27.70	34.70	42.30	54.30	120.00	150.40	183.30	235.30
51 years and over	27.20	33.70	41.90	49.90	117.90	146.00	181.60	216.20
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.10	81.80	101.00	125.70	277.90	354.60	437.60	544.80
51 years and over	60.50	78.70	97.20	116.30	262.20	340.80	421.40	503.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	93.20	117.60	144.00	177.20	403.90	509.60	624.00	767.90
6-8 and 9-11 years	107.70	138.60	172.80	208.10	466.70	600.60	748.80	901.80

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; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

³Ten percent added for family size adjustment.