

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

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.90	22.30	26.30	31.80	77.60	96.80	113.90	137.90
2 years	17.80	22.10	26.50	31.80	77.30	95.80	114.80	138.00
3-5 years	19.70	24.30	30.10	36.20	85.20	105.20	130.40	156.90
6-8 years	24.60	32.70	40.30	47.00	106.80	141.60	174.60	203.80
9-11 years	28.80	36.70	47.20	54.80	124.70	159.10	204.30	237.30
MALE:								
12-14 years	30.10	41.50	51.40	60.80	130.30	179.70	222.70	263.20
15-19 years	31.10	42.70	53.60	62.40	134.80	185.10	232.00	270.30
20-50 years	33.20	42.90	53.60	65.50	144.00	185.70	232.40	283.80
51 years and over	30.50	41.10	50.60	60.90	132.20	178.00	219.20	263.90
FEMALE:								
12-19 years	30.00	36.00	43.80	52.80	130.20	156.00	189.80	228.70
20-50 years	30.10	37.50	45.80	59.10	130.30	162.40	198.60	256.30
51 years and over	29.80	36.50	45.50	54.70	129.20	158.10	197.20	237.10
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	69.60	88.40	109.40	137.10	301.70	382.90	474.10	594.00
51 years and over	66.40	85.30	105.70	127.20	287.50	369.70	458.10	551.00
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	100.80	126.70	156.00	192.70	436.80	549.10	676.20	834.90
6-8 and 9-11 years	116.70	149.70	186.90	226.40	505.80	648.80	809.90	981.20

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.

²All costs are rounded to nearest 10 cents.

³The 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.

⁴Ten percent added for family size adjustment.