

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 1999¹

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:								
1-2 years	15.50	19.10	22.40	27.30	67.20	82.80	97.10	118.30
3-5 years	16.80	20.90	25.90	31.10	72.80	90.60	112.20	134.80
6-8 years	20.70	27.80	34.60	40.20	89.70	120.50	149.90	174.20
9-11 years	24.60	31.50	40.10	46.60	106.60	136.50	173.80	201.90
MALE:								
12-14 years	25.40	35.50	44.00	51.60	110.10	153.80	190.70	223.60
15-19 years	26.10	36.40	45.50	52.50	113.10	157.70	197.20	227.50
20-50 years	28.10	36.20	45.10	54.70	121.80	156.90	195.40	237.00
51 years and over	25.30	34.60	42.60	51.10	109.60	149.90	184.60	221.40
FEMALE:								
12-19 years	25.40	30.50	37.00	44.80	110.10	132.20	160.30	194.10
20-50 years	25.40	31.60	38.60	49.40	110.10	136.90	167.30	214.10
51 years and over	24.90	30.80	38.30	45.90	107.90	133.50	166.00	198.90
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.90	74.60	92.10	114.50	255.10	323.20	399.00	496.20
51 years and over	55.20	71.90	89.00	106.70	239.30	311.70	385.70	462.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.80	107.80	132.00	162.50	371.90	467.20	572.00	704.20
6-8 and 9-11 years	98.80	127.10	158.40	190.90	428.20	550.80	686.40	827.20

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983); for specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey data 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.