

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 1998¹

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	15.10	18.60	21.80	26.40	65.40	80.60	94.50	114.40
3-5 years	16.40	20.30	25.20	30.20	71.10	88.00	109.20	130.90
6-8 years	20.20	27.10	33.70	39.20	87.50	117.40	146.00	169.90
9-11 years	24.00	30.70	39.20	45.40	104.00	133.00	169.90	196.70
MALE:								
12-14 years	24.90	34.70	43.00	50.50	107.90	150.40	186.30	218.80
15-19 years	25.70	35.70	44.40	51.30	111.40	154.70	192.40	222.30
20-50 years	27.60	35.50	44.20	53.60	119.60	153.80	191.50	232.20
51 years and over	24.90	33.80	41.60	49.90	107.90	146.50	180.30	216.20
FEMALE:								
12-19 years	24.80	29.80	36.20	43.70	107.50	129.10	156.90	189.40
20-50 years	24.80	31.00	37.70	48.30	107.50	134.30	163.40	209.30
51 years and over	24.40	30.10	37.40	44.70	105.70	130.40	162.10	193.70
FAMILIES:								
FAMILY of 2³:								
20-50 years	57.60	73.20	90.10	112.10	249.80	316.90	390.40	485.70
51 years and over	54.20	70.30	86.90	104.10	235.00	304.60	376.60	450.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	83.90	105.40	128.90	158.50	363.60	456.70	558.60	686.80
6-8 and 9-11 years	96.60	124.30	154.80	186.50	418.60	538.50	670.80	808.10

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.