

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

ACE-CENDER GROUPS Thrifty plan Low-cost plan Moderate- cost plan Liberal plan Thrifty plan Low-cost plan Moderate- cost plan Liberal plan INDIVIDUALS CHILD: 1 year 17.00 21.00 24.70 29.90 73.70 91.00 107.00 129.60 2 years 17.00 20.90 24.60 30.00 73.70 90.60 106.60 130.00 3-5 years 18.50 23.00 28.50 34.10 80.20 99.70 123.50 147.80 6-8 years 23.10 30.80 38.10 44.30 100.10 133.50 165.10 192.00 9-11 years 27.30 34.80 44.40 51.50 118.30 150.80 192.40 223.10 MALE: 12-14 years 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 12-19 years 29.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 21 years and over 28.3		WEEKLY COST				MONTHLY COST			
IDDIVIDUALS ² prant prat prant prant	AGE-GENDER	Thrifty	Low-cost	Moderate-	Liberal	Thrifty	Low-cost	Moderate-	Liberal
$\begin{array}{ c c c c c c c c c c c c c c c c c c c$		plan	plan	cost plan	plan	plan	plan	cost plan	plan
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$									
2 years 17.00 20.90 24.60 30.00 73.70 90.60 106.60 130.00 3-5 years 18.50 23.00 28.50 34.10 80.20 99.70 123.50 147.80 6-8 years 23.10 30.80 38.10 44.30 100.10 133.50 165.10 192.00 9-11 years 27.30 34.80 44.40 51.50 118.30 150.80 192.40 223.10 MALE:	CHILD:								
3-5 years 18.50 23.00 28.50 34.10 80.20 99.70 123.50 147.80 6-8 years 23.10 30.80 38.10 44.30 100.10 133.50 165.10 192.00 9-11 years 27.30 34.80 44.40 51.50 118.30 150.80 192.40 223.10 MALE: 12-14 years 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 286.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILY OF 2 ³ :	1 year	17.00	21.00	24.70	29.90	73.70	91.00	107.00	129.60
6-8 years 23.10 30.80 38.10 44.30 100.10 133.50 165.10 192.00 9-11 years 27.30 34.80 44.40 51.50 118.30 150.80 192.40 223.10 MALE: 12-14 years 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 217.90 264.70 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILY OF 2 ³ :	2 years	17.00	20.90	24.60	30.00	73.70	90.60	106.60	130.00
9-11 years 27.30 34.80 44.40 51.50 118.30 150.80 192.40 223.10 MALE: 12-14 years 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 513.30 FAM	3-5 years	18.50	23.00	28.50	34.10	80.20	99.70	123.50	147.80
MALE: 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 26.53 83.40 102.60 50.90 120.00 148.20 186.30 239.20 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 65.30	6-8 years	23.10	30.80	38.10	44.30	100.10	133.50	165.10	192.00
12-14 years 28.30 39.40 48.60 57.20 122.60 170.70 210.60 247.80 15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 12-19 years 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILY OF 2 ³ : 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 4444.60 554.30 513	9-11 years	27.30	34.80	44.40	51.50	118.30	150.80	192.40	223.10
15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 12-19 years 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILY OF 2³: 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 <	MALE:								
15-19 years 29.20 40.50 50.50 58.40 126.50 175.50 218.80 253.00 20-50 years 31.20 40.50 50.30 61.10 135.20 175.50 217.90 264.70 51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 12-19 years 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILIES: FAMILY OF 2³: 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.9	12-14 years	28.30	39.40	48.60	57.20	122.60	170.70	210.60	247.80
51 years and over 28.30 38.50 47.30 56.80 122.60 166.80 205.00 246.10 FEMALE: 12-19 years 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILES: FAMILY OF 2 ³ : 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 2 146.40 180.40 411.30 518.80 634.30 781.70	•	29.20	40.50	50.50	58.40	126.50	175.50	218.80	253.00
FEMALE: 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 146.50 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILIES: FAMILY OF 2 ³ : 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 2 and 3-5 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	20-50 years	31.20	40.50	50.30	61.10	135.20	175.50	217.90	264.70
12-19 years 28.20 33.80 41.00 49.50 122.20 146.50 177.70 214.50 20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILIES: FAMILY OF 2 ³ : 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 43.00 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	51 years and over	28.30	38.50	47.30	56.80	122.60	166.80	205.00	246.10
20-50 years 28.20 35.30 43.00 55.20 122.20 153.00 186.30 239.20 51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILES: FAMILY OF 2 ³ : 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	FEMALE:								
51 years and over 27.70 34.20 42.60 50.90 120.00 148.20 184.60 220.50 FAMILIES: FAMILY OF 2 ³ : 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	12-19 years	28.20	33.80	41.00	49.50	122.20	146.50	177.70	214.50
FAMILIES: FAMILY OF 2 ³ : 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	20-50 years	28.20	35.30	43.00	55.20	122.20	153.00	186.30	239.20
FAMILY OF 2 ³ : 20-50 years 65.30 83.40 102.60 127.90 283.10 361.40 444.60 554.30 51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 119.70 146.40 180.40 411.30 518.80 634.30 781.70	51 years and over	27.70	34.20	42.60	50.90	120.00	148.20	184.60	220.50
51 years and over 61.60 80.00 98.90 118.50 266.90 346.50 428.60 513.30 FAMILY OF 4: Couple, 20-50 years and children— 2 and 3-5 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70									
FAMILY OF 4: Couple, 20-50 years and children— 2 and 3-5 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	20-50 years	65.30	83.40	102.60	127.90	283.10	361.40	444.60	554.30
Couple, 20-50 years and children— 2 and 3-5 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	51 years and over	61.60	80.00	98.90	118.50	266.90	346.50	428.60	513.30
and children— 2 and 3-5 years 94.90 119.70 146.40 180.40 411.30 518.80 634.30 781.70	FAMILY OF 4:								
	and children—								
6-8 and 9-11 years 109.80 141.40 175.80 212.10 475.80 612.80 761.70 919.00									
	6-8 and 9-11 years	109.80	141.40	175.80	212.10	475.80	612.80	761.70	919.00

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.

This file may be accessed on CNPP's home page at: <u>http://www.cnpp.usda.gov</u>