

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 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	17.40	21.70	25.50	31.20	75.60	94.20	110.30	135.10
2 years	17.40	21.40	25.40	30.80	75.20	92.70	109.90	133.40
3-5 years	19.00	23.50	29.10	35.20	82.30	102.00	126.20	152.40
6-8 years	23.80	31.60	39.10	45.50	103.00	137.10	169.30	197.30
9-11 years	27.80	35.60	45.40	52.90	120.70	154.30	196.90	229.20
MALE:								
12-14 years	28.90	40.20	49.70	58.50	125.40	174.00	215.50	253.60
15-19 years	29.80	41.30	51.70	60.00	129.10	179.10	224.10	260.10
20-50 years	32.00	41.40	51.60	62.90	138.40	179.30	223.50	272.50
51 years and over	29.10	39.50	48.60	58.40	126.10	171.00	210.70	253.00
FEMALE:								
12-19 years	28.90	34.70	42.20	50.90	125.40	150.30	182.90	220.30
20-50 years	29.00	36.10	44.20	56.90	125.70	156.50	191.30	246.50
51 years and over	28.50	35.10	43.70	52.40	123.50	152.00	189.50	226.90
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	67.10	85.30	105.30	131.70	290.50	369.40	456.30	570.90
51 years and over	63.40	82.00	101.60	121.80	274.60	355.20	440.20	527.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	97.30	122.40	150.20	185.70	421.70	530.50	650.90	804.70
6-8 and 9-11 years	112.60	144.80	180.20	218.20	487.70	627.30	781.00	945.50

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.