

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

WEEKLY COST ²				MONTHLY COST ²			
Thrifty	Low-cost	Moderate-	Liberal	Thrifty	Low-cost	Moderate-	Liberal
plan	plan	cost plan	plan	plan	plan	cost plan	plan
							137.80
	21.90	26.20	31.70	76.90	95.10	113.50	137.30
19.50	24.10	29.90	35.90	84.30	104.60	129.40	155.70
24.20	32.30	39.90	46.60	105.00	139.90	172.70	202.10
28.40	36.40	46.50	54.10	123.10	157.70	201.50	234.40
29.70	41.20	51.00	60.00	128.50	178.40	221.10	259.90
30.50	42.30	52.90	61.50	132.30	183.30	229.10	266.30
32.60	42.20	52.50	64.10	141.20	182.60	227.30	277.90
29.70	40.20	49.50	59.40	128.50	174.20	214.70	257.50
29.70	35.50	43.20	52.00	128.50	153.90	187.20	225.50
29.60	36.80	45.00	58.00	128.20	159.40	194.80	251.20
29.10	35.80	44.60	53.30	126.00	155.10	193.20	231.10
68.40	86.80	107.20	134.30	296.30	376.20	464.40	582.00
64.60	83.60	103.50	124.10	280.00	362.20	448.60	537.50
			100 ==	400			
							822.00
114.80	147.60	183.80	222.80	497.40	639.60	796.40	965.60
	17.90 17.80 19.50 24.20 28.40 29.70 30.50 32.60 29.70 29.60 29.10	Thrifty plan Low-cost plan 17.90 22.40 17.80 21.90 19.50 24.10 24.20 32.30 28.40 36.40 29.70 41.20 30.50 42.30 32.60 42.20 29.70 35.50 29.60 36.80 29.10 35.80 68.40 86.80 64.60 83.60	Thrifty plan Low-cost plan Moderate-cost plan 17.90 22.40 26.20 17.80 21.90 26.20 19.50 24.10 29.90 24.20 32.30 39.90 28.40 36.40 46.50 29.70 41.20 51.00 30.50 42.30 52.90 32.60 42.20 52.50 29.70 40.20 49.50 29.70 35.50 43.20 29.60 36.80 45.00 29.10 35.80 44.60 68.40 86.80 107.20 64.60 83.60 103.50	Thrifty plan Low-cost plan Moderate-cost plan Liberal plan 17.90 22.40 26.20 31.80 17.80 21.90 26.20 31.70 19.50 24.10 29.90 35.90 24.20 32.30 39.90 46.60 28.40 36.40 46.50 54.10 29.70 41.20 51.00 60.00 30.50 42.30 52.90 61.50 32.60 42.20 52.50 64.10 29.70 40.20 49.50 59.40 29.70 35.50 43.20 52.00 29.60 36.80 45.00 58.00 29.10 35.80 44.60 53.30 68.40 86.80 107.20 134.30 64.60 83.60 103.50 124.10	Thrifty plan Low-cost plan Moderate cost plan Liberal plan Thrifty plan 17.90 22.40 26.20 31.80 77.60 17.80 21.90 26.20 31.70 76.90 19.50 24.10 29.90 35.90 84.30 24.20 32.30 39.90 46.60 105.00 28.40 36.40 46.50 54.10 123.10 29.70 41.20 51.00 60.00 128.50 30.50 42.30 52.90 61.50 132.30 32.60 42.20 52.50 64.10 141.20 29.70 40.20 49.50 59.40 128.50 29.60 36.80 45.00 58.00 128.20 29.10 35.80 44.60 53.30 126.00 68.40 86.80 107.20 134.30 296.30 64.60 83.60 103.50 124.10 280.00	Thrifty plan Low-cost plan Moderate-cost plan Liberal plan Thrifty plan Low-cost plan 17.90 22.40 26.20 31.80 77.60 97.00 17.80 21.90 26.20 31.70 76.90 95.10 19.50 24.10 29.90 35.90 84.30 104.60 24.20 32.30 39.90 46.60 105.00 139.90 28.40 36.40 46.50 54.10 123.10 157.70 29.70 41.20 51.00 60.00 128.50 178.40 30.50 42.30 52.90 61.50 132.30 183.30 32.60 42.20 52.50 64.10 141.20 182.60 29.70 40.20 49.50 59.40 128.50 174.20 29.60 36.80 45.00 58.00 128.20 159.40 29.10 35.80 44.60 53.30 126.00 155.10 68.40 86.80 107.20 13	Thrifty plan Low-cost plan Moderate plan Liberal plan Thrifty plan Low-cost plan Moderate cost plan 17.90 22.40 26.20 31.80 77.60 97.00 113.40 17.80 21.90 26.20 31.70 76.90 95.10 113.50 19.50 24.10 29.90 35.90 84.30 104.60 129.40 24.20 32.30 39.90 46.60 105.00 139.90 172.70 28.40 36.40 46.50 54.10 123.10 157.70 201.50 29.70 41.20 51.00 60.00 128.50 178.40 221.10 30.50 42.30 52.90 61.50 132.30 183.30 229.10 32.60 42.20 52.50 64.10 141.20 182.60 227.30 29.70 35.50 43.20 52.00 128.50 153.90 187.20 29.60 36.80 45.00 58.00 128.50 159.40 194

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.