

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 2005¹

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	17.80	22.20	26.10	31.20	77.00	96.30	113.30	135.30
2 years	17.70	22.10	26.20	31.70	76.90	95.60	113.60	137.20
3-5 years	19.70	24.30	30.10	36.10	85.20	105.50	130.50	156.20
6-8 years	24.60	32.70	40.30	46.90	106.70	141.50	174.40	203.20
9-11 years	28.80	36.70	47.20	54.60	124.90	159.20	204.40	236.60
MALE:								
12-14 years	30.10	41.50	51.60	60.50	130.20	179.90	223.40	262.10
15-19 years	31.10	42.80	53.80	62.20	134.70	185.60	233.10	269.70
20-50 years	33.20	42.90	53.70	65.40	143.70	186.00	232.70	283.30
51 years and over	30.30	40.90	50.50	60.70	131.30	177.40	219.00	262.90
FEMALE:								
12-19 years	30.10	36.00	43.80	52.70	130.30	156.00	189.90	228.20
20-50 years	30.10	37.50	45.90	59.10	130.50	162.40	198.80	256.00
51 years and over	29.70	36.40	45.40	54.50	128.50	157.80	196.90	236.20
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	69.60	88.40	109.50	136.90	301.60	383.30	474.70	593.30
51 years and over	66.00	85.10	105.60	126.70	285.80	368.70	457.40	549.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	100.70	126.80	155.90	192.20	436.30	549.50	675.60	832.70
6-8 and 9-11 years	116.70	149.80	187.00	226.00	505.70	649.10	810.30	979.20

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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.