

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 1998<sup>1</sup>

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
<b>INDIVIDUALS<sup>2</sup></b>								
<b>CHILD:</b>								
1-2 years	15.10	18.50	21.80	26.40	65.40	80.20	94.50	114.40
3-5 years	16.30	20.30	25.10	30.10	70.60	88.00	108.80	130.40
6-8 years	20.20	27.00	33.60	39.20	87.50	117.00	145.60	169.90
9-11 years	24.00	30.60	39.20	45.30	104.00	132.60	169.90	196.30
<b>MALE:</b>								
12-14 years	25.00	34.60	42.90	50.50	108.30	149.90	185.90	218.80
15-19 years	25.70	35.70	44.50	51.40	111.40	154.70	192.80	222.70
20-50 years	27.80	35.70	44.60	54.10	120.50	154.70	193.30	234.40
51 years and over	25.10	34.10	42.00	50.50	108.80	147.80	182.00	218.80
<b>FEMALE:</b>								
12-19 years	24.80	29.90	36.30	43.90	107.50	129.60	157.30	190.20
20-50 years	25.20	31.40	38.30	49.20	109.20	136.10	166.00	213.20
51 years and over	24.80	30.50	37.90	45.30	107.50	132.20	164.20	196.30
<b>FAMILIES:</b>								
<b>FAMILY of 2<sup>3</sup>:</b>								
20-50 years	58.30	73.80	91.20	113.60	252.70	319.90	395.20	492.40
51 years and over	54.90	71.10	87.90	105.40	237.90	308.00	380.80	456.60
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.40	105.90	129.80	159.80	365.70	459.00	562.60	692.40
6-8 and 9-11 years	97.20	124.70	155.70	187.80	421.20	540.40	674.80	813.80

<sup>1</sup>Basis 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.

<sup>2</sup>The 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.

<sup>3</sup>Ten percent added for family size adjustment.