

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 2002¹

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
INDIVIDUALS²								
CHILD:								
1 year	16.50	20.30	23.90	28.90	71.50	88.00	103.60	125.20
2 years	16.50	20.30	23.90	28.90	71.50	88.00	103.60	125.20
3-5 years	18.10	22.30	27.70	33.10	78.40	96.60	120.00	143.40
6-8 years	22.50	29.80	37.10	43.10	97.50	129.10	160.80	186.80
9-11 years	26.60	33.80	43.20	49.90	115.30	146.50	187.20	216.20
MALE:								
12-14 years	27.60	38.20	47.20	55.60	119.60	165.50	204.50	240.90
15-19 years	28.60	39.40	49.10	56.60	123.90	170.70	212.80	245.20
20-50 years	30.50	39.30	48.90	59.20	132.20	170.30	211.90	256.50
51 years and over	27.50	37.40	45.90	55.10	119.20	162.10	198.90	238.70
FEMALE:								
12-19 years	27.60	32.80	39.80	48.10	119.60	142.10	172.50	208.40
20-50 years	27.50	34.30	41.70	53.40	119.20	148.60	180.70	231.40
51 years and over	26.90	33.30	41.20	49.30	116.60	144.30	178.50	213.60
FAMILIES:								
FAMILY OF 2³:								
20-50 years	63.80	81.00	99.70	123.90	276.50	350.80	431.90	536.70
51 years and over	59.80	77.80	95.80	114.80	259.40	337.00	415.10	497.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	92.60	116.20	142.20	174.60	401.30	503.50	616.20	756.50
6-8 and 9-11 years	107.10	137.20	170.90	205.60	464.20	594.50	740.60	890.90

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans 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.