

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 2005<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.90	22.50	26.30	31.60	77.50	97.40	113.90	136.80
2 years	17.90	22.20	26.40	32.00	77.60	96.30	114.40	138.60
3-5 years	19.70	24.50	30.30	36.30	85.50	106.10	131.10	157.40
6-8 years	24.80	33.00	40.70	47.60	107.50	142.80	176.40	206.20
9-11 years	29.10	37.20	47.50	55.10	126.10	161.10	205.80	238.80
<b>MALE:</b>								
12-14 years	30.40	42.00	52.10	61.20	131.60	182.00	225.90	265.10
15-19 years	31.30	43.30	54.10	62.80	135.80	187.60	234.60	272.10
20-50 years	33.50	43.20	53.90	65.70	145.30	187.40	233.40	284.90
51 years and over	30.40	41.10	50.70	60.80	131.80	178.00	219.80	263.60
<b>FEMALE:</b>								
12-19 years	30.30	36.20	44.10	53.10	131.50	157.00	191.30	230.00
20-50 years	30.30	37.60	46.00	59.20	131.50	163.00	199.50	256.70
51 years and over	29.80	36.60	45.60	54.60	128.90	158.40	197.70	236.40
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	70.30	88.90	109.90	137.50	304.40	385.40	476.20	595.70
51 years and over	66.20	85.40	106.00	126.90	286.80	370.10	459.30	549.90
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	101.50	127.60	156.60	193.30	439.80	552.70	678.40	837.50
6-8 and 9-11 years	117.80	151.00	188.10	227.70	510.30	654.30	815.00	986.50

<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 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.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</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; 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.

<sup>4</sup>Ten percent added for family size adjustment.