

**Cost of Food at Home Estimated for Food Plans at Four Cost Levels,
October 1995, U.S. Average¹**

SEX-AGE GROUPS	COST FOR 1 WEEK				COST FOR 1 MONTH			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
FAMILIES:								
FAMILY of 2²:								
20-50 years	53.80	67.90	84.00	104.60	232.80	294.20	363.80	453.10
51 years and over	50.60	65.30	80.80	96.90	219.30	283.00	350.40	419.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	78.30	97.80	119.90	147.50	339.10	424.20	519.20	639.10
6-8 and 9-11 years	89.80	115.10	144.00	173.50	388.80	498.80	623.60	751.60
INDIVIDUALS³								
CHILD:								
1-2 years	14.10	17.30	20.20	24.50	61.30	75.00	87.70	106.30
3-5 years	15.30	18.80	23.30	27.90	66.20	81.70	100.80	120.90
6-8 years	18.70	25.00	31.20	36.30	80.90	108.30	135.20	157.20
9-11 years	22.20	28.40	36.40	42.10	96.30	123.00	157.70	182.50
MALE:								
12-14 years	23.00	32.10	39.90	46.90	99.80	139.10	172.80	203.40
15-19 years	23.80	33.10	41.20	47.80	103.20	143.30	178.50	207.00
20-50 years	25.70	32.80	41.20	50.00	111.20	142.30	178.30	216.50
51 years and over	23.20	31.40	38.70	46.40	100.50	135.90	167.70	201.20
FEMALE:								
12-19 years	23.10	27.70	33.60	40.70	100.30	120.00	145.70	176.20
20-50 years	23.20	28.90	35.20	45.10	100.40	125.20	152.40	195.40
51 years and over	22.80	28.00	34.80	41.70	98.90	121.40	150.80	180.50

¹ Assumes that food for all meals and snacks is purchased at the store and prepared at home. Estimates for the thrifty food plan were computed from quantities of foods published in *Family Economics Review*, 1984, No. 1. Estimates for the other plans were computed from quantities of foods published in *Family Economics Review*, 1983, No. 2. The costs of the food plans are estimated by updating prices paid by households surveyed in 1977-78 in USDA's Nationwide Food Consumption Survey. USDA updates these survey prices using information from the Bureau of Labor Statistics: "CPI Detailed Report", table 4, to estimate the costs for the food plans.

² Ten percent added for family size adjustment. See footnote 3.

³ 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.