

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 2000¹

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	16.10	19.80	23.20	28.20	69.80	85.80	100.50	122.20
2 years	16.00	19.80	23.20	28.20	69.30	85.80	100.50	122.20
3-5 years	17.30	21.70	26.80	32.10	75.00	94.00	116.10	139.10
6-8 years	21.50	28.80	35.90	41.70	93.20	124.80	155.60	180.70
9-11 years	25.30	32.70	41.80	48.40	109.60	141.70	181.10	209.70
MALE:								
12-14 years	26.20	36.90	45.70	53.80	113.50	159.90	198.00	233.10
15-19 years	27.00	38.00	47.40	54.70	117.00	164.70	205.40	237.00
20-50 years	28.90	37.90	47.20	57.20	125.20	164.20	204.50	247.80
51 years and over	26.40	36.10	44.50	53.40	114.40	156.40	192.80	231.40
FEMALE:								
12-19 years	26.30	31.80	38.60	46.70	114.00	137.80	167.30	202.40
20-50 years	26.20	33.20	40.40	51.90	113.50	143.90	175.10	224.90
51 years and over	26.00	32.30	40.10	48.00	112.70	140.00	173.80	208.00
FAMILIES:								
FAMILY of 2³:								
20-50 years	60.60	78.20	96.40	120.00	262.60	338.90	417.60	520.00
51 years and over	57.60	75.20	93.10	111.50	249.80	326.00	403.30	483.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	88.40	112.60	137.60	169.40	383.00	487.90	596.20	734.00
6-8 and 9-11 years	101.90	132.60	165.30	199.20	441.50	574.60	716.30	863.10

¹Basis 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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A. The Thrifty Food Plan is based on 1989-91 data, and the other three food plans are based on 1977-78 data 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.