

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 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	16.70	20.40	24.00	29.10	72.40	88.40	104.00	126.10
2 years	16.60	20.40	24.00	29.10	71.90	88.40	104.00	126.10
3-5 years	18.10	22.40	27.70	33.20	78.40	97.10	120.00	143.90
6-8 years	22.50	29.90	37.20	43.30	97.50	129.60	161.20	187.60
9-11 years	26.50	33.90	43.40	50.10	114.80	146.90	188.10	217.10
MALE:								
12-14 years	27.50	38.30	47.50	55.80	119.20	166.00	205.80	241.80
15-19 years	28.50	39.60	49.30	56.80	123.50	171.60	213.60	246.10
20-50 years	30.40	39.50	49.10	59.50	131.70	171.20	212.80	257.80
51 years and over	27.60	37.60	46.20	55.40	119.60	162.90	200.20	240.00
FEMALE:								
12-19 years	27.60	33.10	40.10	48.40	119.60	143.40	173.80	209.70
20-50 years	27.50	34.60	42.10	54.00	119.20	149.90	182.40	234.00
51 years and over	27.10	33.60	41.60	49.70	117.40	145.60	180.30	215.40
FAMILIES:								
FAMILY OF 2³:								
20-50 years	63.70	81.50	100.30	124.90	276.00	353.20	434.70	541.00
51 years and over	60.20	78.30	96.60	115.60	260.70	339.40	418.60	500.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	92.60	116.90	142.90	175.80	401.20	506.60	619.20	761.80
6-8 and 9-11 years	106.90	137.90	171.80	206.90	463.20	597.60	744.50	896.50

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.