

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 2003¹

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	16.80	20.80	24.50	29.60	72.80	90.10	106.20	128.30
2 years	16.80	20.80	24.40	29.70	72.80	90.10	105.70	128.70
3-5 years	18.30	22.80	28.20	33.70	79.30	98.80	122.20	146.00
6-8 years	22.90	30.40	37.80	43.90	99.20	131.70	163.80	190.20
9-11 years	27.00	34.50	44.10	51.00	117.00	149.50	191.10	221.00
MALE:								
12-14 years	28.00	38.90	48.20	56.60	121.30	168.60	208.90	245.20
15-19 years	28.90	40.20	50.10	57.90	125.20	174.20	217.10	250.90
20-50 years	31.00	40.20	50.00	60.70	134.30	174.20	216.70	263.00
51 years and over	28.10	38.30	47.10	56.50	121.80	166.00	204.10	244.80
FEMALE:								
12-19 years	27.90	33.50	40.70	49.10	120.90	145.20	176.40	212.80
20-50 years	28.00	35.00	42.70	54.90	121.30	151.70	185.00	237.90
51 years and over	27.50	34.10	42.30	50.60	119.20	147.80	183.30	219.20
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.90	82.70	102.00	127.20	281.20	358.50	441.90	551.00
51 years and over	61.20	79.60	98.30	117.80	265.10	345.20	426.10	510.40
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	94.10	118.80	145.30	179.00	407.70	514.80	629.60	775.60
6-8 and 9-11 years	108.90	140.10	174.60	210.50	471.80	607.10	756.60	912.10

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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.

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.