

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 2004<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	17.80	22.20	26.10	31.50	77.10	96.10	113.30	136.50
2 years	17.70	22.00	26.40	31.70	76.80	95.20	114.20	137.20
3-5 years	19.60	24.20	30.00	36.00	84.80	104.80	130.00	155.90
6-8 years	24.50	32.50	40.10	46.80	106.20	140.70	173.70	202.70
9-11 years	28.70	36.60	47.00	54.50	124.10	158.40	203.60	236.10
<b>MALE:</b>								
12-14 years	29.90	41.30	51.20	60.40	129.60	178.90	222.00	261.70
15-19 years	30.90	42.50	53.40	62.10	134.00	184.30	231.40	269.00
20-50 years	33.00	42.70	53.40	65.20	143.10	185.00	231.40	282.50
51 years and over	30.30	40.90	50.40	60.60	131.30	177.20	218.30	262.70
<b>FEMALE:</b>								
12-19 years	29.90	35.80	43.70	52.50	129.60	155.20	189.10	227.40
20-50 years	29.90	37.30	45.70	58.90	129.70	161.80	197.90	255.20
51 years and over	29.60	36.30	45.30	54.50	128.50	157.50	196.50	235.90
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	69.30	88.00	109.00	136.50	300.10	381.40	472.20	591.50
51 years and over	66.00	85.00	105.30	126.60	285.80	368.10	456.30	548.50
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	100.20	126.20	155.40	191.80	434.40	546.80	673.50	830.90
6-8 and 9-11 years	116.10	149.10	186.20	225.40	503.10	645.90	806.60	976.50

<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.