

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2004¹

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.80	22.20	26.10	31.40	77.00	96.00	113.10	136.00
2 years	17.70	21.90	26.20	31.70	76.80	95.10	113.60	137.20
3-5 years	19.50	24.20	30.00	35.90	84.60	104.80	130.00	155.60
6-8 years	24.40	32.40	40.10	46.80	105.70	140.50	173.60	202.70
9-11 years	28.60	36.60	46.90	54.30	124.00	158.50	203.10	235.40
MALE:								
12-14 years	29.90	41.30	51.40	60.20	129.50	179.10	222.60	261.00
15-19 years	30.80	42.50	53.40	61.90	133.30	184.20	231.30	268.30
20-50 years	32.90	42.60	53.20	64.90	142.60	184.70	230.50	281.30
51 years and over	30.00	40.70	50.20	60.20	130.10	176.30	217.40	260.90
FEMALE:								
12-19 years	29.90	35.70	43.60	52.30	129.60	154.70	189.00	226.70
20-50 years	29.90	37.20	45.50	58.60	129.40	161.10	197.20	254.00
51 years and over	29.40	36.20	45.20	54.00	127.60	156.80	195.70	234.10
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	69.10	87.80	108.60	135.90	299.20	380.30	470.50	588.90
51 years and over	65.40	84.60	104.90	125.70	283.50	366.40	454.50	544.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	100.00	125.90	154.90	191.10	433.40	545.70	671.20	828.10
6-8 and 9-11 years	115.80	148.80	185.60	224.70	501.70	644.80	804.40	973.40

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.

²All costs are rounded to nearest 10 cents.

³The 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.

⁴Ten percent added for family size adjustment.