

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 1998¹

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:								
1-2 years	15.20	18.70	22.00	26.70	65.90	81.00	95.30	115.70
3-5 years	16.50	20.50	25.40	30.40	71.50	88.80	110.10	131.70
6-8 years	20.40	27.30	34.00	39.50	88.40	118.30	147.30	171.20
9-11 years	24.20	31.00	39.50	45.80	104.90	134.30	171.20	198.50
MALE:								
12-14 years	25.10	35.00	43.30	50.90	108.80	151.70	187.60	220.50
15-19 years	25.90	36.00	44.80	51.70	112.20	156.00	194.10	224.00
20-50 years	27.90	35.80	44.60	54.10	120.90	155.10	193.30	234.40
51 years and over	25.10	34.10	42.00	50.50	108.80	147.80	182.00	218.80
FEMALE:								
12-19 years	25.00	30.10	36.60	44.20	108.30	130.40	158.60	191.50
20-50 years	25.10	31.30	38.20	49.00	108.80	135.60	165.50	212.30
51 years and over	24.70	30.40	37.80	45.30	107.00	131.70	163.80	196.30
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.30	73.80	91.10	113.40	252.70	319.80	394.70	491.40
51 years and over	54.80	71.00	87.80	105.40	237.40	307.50	380.40	456.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.70	106.30	130.20	160.20	367.10	460.50	564.20	694.10
6-8 and 9-11 years	97.60	125.40	156.30	188.40	423.00	543.30	677.30	816.40

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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 *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey 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.