

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 1999¹

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	15.70	19.20	22.60	27.40	68.00	83.20	97.90	118.70
2 years	15.60	19.20	22.60	27.40	67.60	83.20	97.90	118.70
3-5 years	16.90	21.00	26.00	31.20	73.20	91.00	112.70	135.20
6-8 years	20.90	28.00	34.80	40.50	90.60	121.30	150.80	175.50
9-11 years	24.80	31.70	40.50	46.90	107.50	137.40	175.50	203.20
MALE:								
12-14 years	25.60	35.80	44.40	52.10	110.90	155.10	192.40	225.70
15-19 years	26.40	36.80	45.90	52.90	114.40	159.50	198.90	229.20
20-50 years	28.20	36.50	45.40	55.00	122.20	158.20	196.70	238.30
51 years and over	25.50	34.70	42.80	51.30	110.50	150.40	185.50	222.30
FEMALE:								
12-19 years	25.70	30.90	37.50	45.30	111.40	133.90	162.50	196.30
20-50 years	25.50	31.90	38.80	49.70	110.50	138.20	168.10	215.40
51 years and over	25.10	31.00	38.50	46.20	108.80	134.30	166.80	200.20
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.10	75.20	92.60	115.20	256.00	326.00	401.30	499.10
51 years and over	55.70	72.30	89.40	107.30	241.20	313.20	387.50	464.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.20	108.60	132.80	163.30	373.50	470.60	575.40	707.60
6-8 and 9-11 years	99.40	128.10	159.50	192.10	430.80	555.10	691.10	832.40

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A. The Thrifty Food Plan is based on 1989-91 data, and the other three food plans are based on 1977-78 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.