

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 2001¹

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	16.10	19.80	23.20	28.20	69.80	85.80	100.50	122.20
2 years	16.00	19.80	23.20	28.20	69.30	85.80	100.50	122.20
3-5 years	17.40	21.70	26.90	32.20	75.40	94.00	116.60	139.50
6-8 years	21.60	28.90	36.00	41.90	93.60	125.20	156.00	181.60
9-11 years	25.60	32.80	42.00	48.50	110.90	142.10	182.00	210.20
MALE:								
12-14 years	26.30	37.10	46.00	54.10	114.00	160.80	199.30	234.40
15-19 years	27.20	38.20	47.70	55.00	117.90	165.50	206.70	238.30
20-50 years	29.10	38.10	47.50	57.70	126.10	165.10	205.80	250.00
51 years and over	26.50	36.30	44.70	53.70	114.80	157.30	193.70	232.70
FEMALE:								
12-19 years	26.50	32.00	38.90	47.00	114.80	138.70	168.60	203.70
20-50 years	26.50	33.40	40.70	52.30	114.80	144.70	176.40	226.60
51 years and over	26.10	32.40	40.30	48.20	113.10	140.40	174.60	208.90
FAMILIES:								
FAMILY of 2³:								
20-50 years	61.20	78.70	97.00	121.00	265.00	340.80	420.40	524.30
51 years and over	57.90	75.60	93.50	112.10	250.70	327.50	405.10	485.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	89.00	113.00	138.30	170.40	385.60	489.60	599.30	738.30
6-8 and 9-11 years	102.80	133.20	166.20	200.40	445.40	577.10	720.20	868.40

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.