

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 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	18.00	22.50	26.30	31.80	78.20	97.60	114.10	137.60
2 years	17.90	22.10	26.30	31.90	77.40	95.70	113.90	138.00
3-5 years	19.60	24.30	30.00	36.00	84.70	105.10	130.00	156.10
6-8 years	24.30	32.40	39.90	46.80	105.40	140.50	173.10	202.80
9-11 years	28.50	36.50	46.70	54.20	123.60	158.30	202.20	235.00
MALE:								
12-14 years	29.80	41.40	51.30	60.10	129.20	179.30	222.20	260.60
15-19 years	30.70	42.50	53.10	61.60	132.90	184.10	230.00	267.00
20-50 years	32.70	42.30	52.60	64.20	141.60	183.10	227.80	278.30
51 years and over	29.70	40.20	49.60	59.40	128.50	174.30	214.90	257.50
FEMALE:								
12-19 years	29.80	35.70	43.40	52.10	129.20	154.50	187.90	226.00
20-50 years	29.70	36.80	45.00	58.00	128.70	159.50	195.00	251.50
51 years and over	29.10	35.80	44.60	53.40	126.10	155.20	193.30	231.20
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	68.60	87.00	107.30	134.50	297.30	376.90	465.10	582.80
51 years and over	64.60	83.60	103.60	124.10	280.00	362.40	449.00	537.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	99.80	125.40	153.90	190.10	432.40	543.40	666.70	823.90
6-8 and 9-11 years	115.20	148.00	184.20	223.30	499.20	641.40	798.20	967.70

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.