

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 2005¹

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	22.30	26.10	31.30	77.10	96.50	113.10	135.80
2 years	17.70	22.00	26.10	31.60	76.90	95.20	113.30	137.10
3-5 years	19.50	24.20	30.00	35.90	84.70	105.00	129.80	155.60
6-8 years	24.40	32.50	40.10	46.70	105.90	140.90	173.60	202.50
9-11 years	28.60	36.60	46.80	54.40	124.10	158.50	202.90	235.60
MALE:								
12-14 years	29.90	41.40	51.30	60.20	129.40	179.30	222.30	260.90
15-19 years	30.80	42.60	53.40	61.90	133.50	184.60	231.30	268.30
20-50 years	32.90	42.60	53.20	64.80	142.60	184.50	230.40	280.90
51 years and over	30.00	40.60	50.10	60.10	130.00	175.90	216.90	260.40
FEMALE:								
12-19 years	29.80	35.70	43.50	52.40	129.30	154.80	188.40	226.80
20-50 years	29.90	37.10	45.40	58.50	129.50	160.80	196.90	253.50
51 years and over	29.40	36.10	45.00	53.90	127.20	156.40	195.00	233.70
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	69.10	87.70	108.50	135.70	299.30	379.80	470.00	587.90
51 years and over	65.30	84.30	104.60	125.40	282.90	365.50	453.10	543.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	100.10	125.90	154.70	190.90	433.70	545.50	670.40	827.20
6-8 and 9-11 years	115.90	148.80	185.50	224.50	502.10	644.70	803.80	972.60

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.