

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 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	15.10	18.60	21.80	26.50	65.40	80.60	94.50	114.80
3-5 years	16.40	20.40	25.20	30.20	71.10	88.40	109.20	130.90
6-8 years	20.30	27.10	33.70	39.20	88.00	117.40	146.00	169.90
9-11 years	24.10	30.70	39.30	45.50	104.40	133.00	170.30	197.20
MALE:								
12-14 years	25.00	34.70	43.00	50.60	108.30	150.40	186.30	219.20
15-19 years	25.70	35.70	44.50	51.50	111.40	154.70	192.80	223.10
20-50 years	27.70	35.60	44.40	53.80	120.00	154.30	192.40	233.10
51 years and over	25.00	33.90	41.80	50.20	108.30	146.90	181.10	217.50
FEMALE:								
12-19 years	24.80	29.90	36.30	43.90	107.50	129.60	157.30	190.20
20-50 years	25.00	31.10	37.90	48.60	108.30	134.80	164.20	210.60
51 years and over	24.50	30.20	37.60	45.00	106.20	130.90	162.90	195.00
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.00	73.40	90.50	112.60	251.10	318.00	392.30	488.10
51 years and over	54.50	70.50	87.30	104.70	236.00	305.60	378.40	453.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.20	105.70	129.30	159.10	364.80	458.10	560.30	689.40
6-8 and 9-11 years	97.10	124.50	155.30	187.10	420.70	539.50	672.90	810.80

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.