

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 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 | 15.00 | 18.40 | 21.60 | 26.20 | 65.00 | 79.70 | 93.60 | 113.50 |
| 3-5 years | 16.20 | 20.20 | 25.00 | 29.90 | 70.20 | 87.50 | 108.30 | 129.60 |
| 6-8 years | 20.10 | 26.80 | 33.40 | 38.90 | 87.10 | 116.10 | 144.70 | 168.60 |
| 9-11 years | 23.80 | 30.40 | 38.90 | 45.00 | 103.10 | 131.70 | 168.60 | 195.00 |
| MALE: | | | | | | | | |
| 12-14 years | 24.80 | 34.40 | 42.60 | 50.20 | 107.50 | 149.10 | 184.60 | 217.50 |
| 15-19 years | 25.50 | 35.50 | 44.20 | 51.10 | 110.50 | 153.80 | 191.50 | 221.40 |
| 20-50 years | 27.60 | 35.40 | 44.20 | 53.60 | 119.60 | 153.40 | 191.50 | 232.20 |
| 51 years and over | 24.80 | 33.80 | 41.60 | 50.00 | 107.50 | 146.50 | 180.30 | 216.70 |
| FEMALE: | | | | | | | | |
| 12-19 years | 24.60 | 29.70 | 36.10 | 43.60 | 106.60 | 128.70 | 156.40 | 188.90 |
| 20-50 years | 24.90 | 31.00 | 37.80 | 48.60 | 107.90 | 134.30 | 163.80 | 210.60 |
| 51 years and over | 24.50 | 30.10 | 37.40 | 44.80 | 106.20 | 130.40 | 162.10 | 194.10 |
| FAMILIES: | | | | | | | | |
| FAMILY of 2³: | | | | | | | | |
| 20-50 years | 57.80 | 73.00 | 90.20 | 112.40 | 250.30 | 316.50 | 390.80 | 487.10 |
| 51 years and over | 54.20 | 70.30 | 86.90 | 104.30 | 235.10 | 304.60 | 376.60 | 451.90 |
| FAMILY OF 4: | | | | | | | | |
| Couple, 20-50 years and children— | | | | | | | | |
| 1-2 and 3-5 years | 83.70 | 105.00 | 128.60 | 158.30 | 362.70 | 454.90 | 557.20 | 685.90 |
| 6-8 and 9-11 years | 96.40 | 123.60 | 154.30 | 186.10 | 417.70 | 535.50 | 668.60 | 806.40 |

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 *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.