

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 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	20.30	25.20	30.20	71.10	88.00	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	45.40	104.40	133.00	170.30	196.70
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	27.80	35.70	44.60	54.10	120.50	154.70	193.30	234.40
51 years and over	25.00	34.10	42.00	50.50	108.30	147.80	182.00	218.80
FEMALE:								
12-19 years	24.80	29.90	36.40	43.90	107.50	129.60	157.70	190.20
20-50 years	25.20	31.30	38.20	49.10	109.20	135.60	165.50	212.80
51 years and over	24.70	30.40	37.90	45.30	107.00	131.70	164.20	196.30
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.30	73.70	91.10	113.50	252.70	319.30	394.70	491.90
51 years and over	54.70	71.00	87.90	105.40	236.80	307.50	380.80	456.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.50	105.90	129.80	159.90	366.20	458.90	562.50	692.90
6-8 and 9-11 years	97.40	124.80	155.80	187.80	422.10	540.70	675.10	813.80

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.