

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2002¹

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 year	16.80	20.50	24.10	29.20	72.80	88.80	104.40	126.50
2 years	16.70	20.50	24.10	29.20	72.40	88.80	104.40	126.50
3-5 years	18.20	22.50	27.80	33.30	78.90	97.50	120.50	144.30
6-8 years	22.60	30.00	37.30	43.40	97.90	130.00	161.60	188.10
9-11 years	26.60	34.00	43.60	50.20	115.30	147.30	188.90	217.50
MALE:								
12-14 years	27.70	38.40	47.60	56.00	120.00	166.40	206.30	242.60
15-19 years	28.60	39.70	49.40	57.00	123.90	172.00	214.10	247.00
20-50 years	30.50	39.70	49.30	59.80	132.20	172.00	213.60	259.10
51 years and over	27.80	37.80	46.40	55.70	120.50	163.80	201.10	241.30
FEMALE:								
12-19 years	27.70	33.20	40.30	48.60	120.00	143.90	174.60	210.60
20-50 years	27.70	34.70	42.30	54.30	120.00	150.40	183.30	235.30
51 years and over	27.20	33.80	41.90	49.90	117.90	146.50	181.60	216.20
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.00	81.80	100.80	125.50	277.40	354.60	436.60	543.80
51 years and over	60.50	78.80	97.10	116.20	262.20	341.30	421.00	503.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	93.10	117.40	143.50	176.60	403.50	508.70	621.80	765.20
6-8 and 9-11 years	107.40	138.40	172.50	207.70	465.40	599.70	747.40	900.00

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans are 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.