

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 2004¹

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	17.60	21.90	25.80	30.90	76.20	94.90	111.90	133.90
2 years	17.50	21.70	25.80	31.30	76.00	93.90	111.70	135.70
3-5 years	19.30	23.90	29.70	35.40	83.50	103.70	128.50	153.40
6-8 years	24.00	32.00	39.50	46.10	103.90	138.60	171.10	199.60
9-11 years	28.20	36.10	46.20	53.50	122.30	156.50	200.20	231.90
MALE:								
12-14 years	29.40	40.80	50.70	59.20	127.50	176.90	219.90	256.50
15-19 years	30.20	41.90	52.70	61.00	130.70	181.70	228.50	264.10
20-50 years	32.30	42.00	52.40	64.00	140.10	182.10	227.20	277.20
51 years and over	29.40	40.00	49.40	59.20	127.20	173.30	214.00	256.30
FEMALE:								
12-19 years	29.50	35.20	43.00	51.50	127.70	152.40	186.30	223.00
20-50 years	29.40	36.60	44.80	57.70	127.50	158.50	194.20	250.10
51 years and over	28.90	35.60	44.40	53.10	125.10	154.20	192.50	229.90
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	67.90	86.50	107.00	133.90	294.40	374.70	463.60	580.00
51 years and over	64.10	83.20	103.20	123.40	277.60	360.30	447.20	534.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	98.60	124.20	152.70	188.40	427.10	538.30	661.70	816.30
6-8 and 9-11 years	114.00	146.70	183.00	221.30	493.90	635.70	792.70	958.70

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.