

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 1999¹

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	15.40	19.00	22.30	27.10	66.70	82.30	96.60	117.40
2 years	15.40	19.00	22.30	27.10	66.70	82.30	96.60	117.40
3-5 years	16.70	20.80	25.70	30.90	72.40	90.10	111.40	133.90
6-8 years	20.70	27.70	34.40	40.00	89.70	120.00	149.10	173.30
9-11 years	24.60	31.40	40.00	46.40	106.60	136.10	173.30	201.10
MALE:								
12-14 years	25.40	35.40	43.80	51.50	110.10	153.40	189.80	223.10
15-19 years	26.20	36.40	45.30	52.40	113.50	157.70	196.30	227.00
20-50 years	28.10	36.20	45.00	54.60	121.80	156.90	195.00	236.60
51 years and over	25.20	34.40	42.40	50.90	109.20	149.10	183.70	220.50
FEMALE:								
12-19 years	25.40	30.40	36.90	44.60	110.10	131.70	159.90	193.30
20-50 years	25.30	31.50	38.40	49.20	109.60	136.50	166.40	213.20
51 years and over	24.80	30.70	38.10	45.60	107.50	133.00	165.10	197.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.70	74.50	91.70	114.20	254.50	322.70	397.50	494.80
51 years and over	55.00	71.60	88.60	106.20	238.40	310.30	383.70	459.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	85.50	107.50	131.40	161.80	370.50	465.80	569.40	701.10
6-8 and 9-11 years	98.70	126.80	157.80	190.20	427.70	549.50	683.80	824.20

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A. The Thrifty Food Plan is based on 1989-91 data, and the other three food plans are based on 1977-78 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.