

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 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	16.60	20.30	23.90	28.90	71.90	88.00	103.60	125.20
2 years	16.60	20.30	23.90	28.90	71.90	88.00	103.60	125.20
3-5 years	18.10	22.30	27.60	33.10	78.40	96.60	119.60	143.40
6-8 years	22.60	29.70	37.00	43.10	97.90	128.70	160.30	186.80
9-11 years	26.70	33.70	43.20	49.90	115.70	146.00	187.20	216.20
MALE:								
12-14 years	27.70	38.20	47.30	55.60	120.00	165.50	205.00	240.90
15-19 years	28.70	39.40	49.10	56.70	124.40	170.70	212.80	245.70
20-50 years	30.60	39.30	48.90	59.20	132.60	170.30	211.90	256.50
51 years and over	27.60	37.40	45.90	55.10	119.60	162.10	198.90	238.70
FEMALE:								
12-19 years	27.70	32.90	39.90	48.10	120.00	142.60	172.90	208.40
20-50 years	27.60	34.30	41.70	53.50	119.60	148.60	180.70	231.80
51 years and over	26.90	33.30	41.30	49.30	116.60	144.30	179.00	213.60
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.00	81.00	99.70	124.00	277.40	350.80	431.90	537.10
51 years and over	60.00	77.80	95.90	114.80	259.80	337.00	415.70	497.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	92.90	116.20	142.10	174.70	402.50	503.50	615.80	756.90
6-8 and 9-11 years	107.50	137.00	170.80	205.70	465.80	593.60	740.10	891.30

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.