

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 2004<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.90	22.40	26.20	31.80	77.60	97.00	113.40	137.80
2 years	17.80	21.90	26.20	31.70	76.90	95.10	113.50	137.30
3-5 years	19.50	24.10	29.90	35.90	84.30	104.60	129.40	155.70
6-8 years	24.20	32.30	39.90	46.60	105.00	139.90	172.70	202.10
9-11 years	28.40	36.40	46.50	54.10	123.10	157.70	201.50	234.40
<b>MALE:</b>								
12-14 years	29.70	41.20	51.00	60.00	128.50	178.40	221.10	259.90
15-19 years	30.50	42.30	52.90	61.50	132.30	183.30	229.10	266.30
20-50 years	32.60	42.20	52.50	64.10	141.20	182.60	227.30	277.90
51 years and over	29.70	40.20	49.50	59.40	128.50	174.20	214.70	257.50
<b>FEMALE:</b>								
12-19 years	29.70	35.50	43.20	52.00	128.50	153.90	187.20	225.50
20-50 years	29.60	36.80	45.00	58.00	128.20	159.40	194.80	251.20
51 years and over	29.10	35.80	44.60	53.30	126.00	155.10	193.20	231.10
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	68.40	86.80	107.20	134.30	296.30	376.20	464.40	582.00
51 years and over	64.60	83.60	103.50	124.10	280.00	362.20	448.60	537.50
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	99.40	125.00	153.50	189.70	430.60	541.70	665.00	822.00
6-8 and 9-11 years	114.80	147.60	183.80	222.80	497.40	639.60	796.40	965.60

<sup>1</sup>Basis 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.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</sup>The 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.

<sup>4</sup>Ten percent added for family size adjustment.