

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 2005<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	26.30	31.60	77.30	97.10	113.80	136.90
2 years	17.80	22.10	26.40	31.90	77.20	95.90	114.60	138.20
3-5 years	19.70	24.40	30.10	36.20	85.20	105.60	130.60	156.70
6-8 years	24.60	32.70	40.40	47.20	106.70	141.70	175.10	204.50
9-11 years	28.90	36.90	47.20	54.90	125.10	159.80	204.70	237.70
<b>MALE:</b>								
12-14 years	30.10	41.70	51.70	60.80	130.50	180.60	224.10	263.50
15-19 years	31.10	43.00	53.80	62.50	134.80	186.20	232.90	270.70
20-50 years	33.20	42.90	53.60	65.40	144.00	186.00	232.10	283.50
51 years and over	30.30	40.90	50.50	60.70	131.40	177.40	218.80	262.90
<b>FEMALE:</b>								
12-19 years	30.10	36.00	43.80	52.80	130.30	156.00	189.90	229.00
20-50 years	30.10	37.40	45.80	59.00	130.40	162.10	198.40	255.60
51 years and over	29.60	36.40	45.40	54.40	128.40	157.80	196.70	235.70
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	69.70	88.40	109.30	136.90	301.90	383.00	473.60	593.00
51 years and over	66.00	85.10	105.50	126.60	285.80	368.80	457.10	548.50
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	100.80	126.80	155.90	192.50	436.80	549.60	675.70	834.10
6-8 and 9-11 years	116.80	149.90	187.00	226.50	506.20	649.70	810.30	981.30

<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.