

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 1998¹

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:								
1-2 years	15.20	18.70	22.00	26.70	65.90	81.00	95.30	115.70
3-5 years	16.50	20.60	25.40	30.50	71.50	89.30	110.10	132.20
6-8 years	20.50	27.40	34.00	39.60	88.80	118.70	147.30	171.60
9-11 years	24.30	31.00	39.60	45.80	105.30	134.30	171.60	198.50
MALE:								
12-14 years	25.20	35.00	43.40	51.00	109.20	151.70	188.10	221.00
15-19 years	25.90	36.00	44.90	51.80	112.20	156.00	194.60	224.40
20-50 years	27.90	35.90	44.70	54.20	120.90	155.60	193.70	234.80
51 years and over	25.10	34.20	42.10	50.50	108.80	148.20	182.40	218.80
FEMALE:								
12-19 years	25.00	30.10	36.60	44.20	108.30	130.40	158.60	191.50
20-50 years	25.20	31.40	38.20	49.00	109.20	136.10	165.50	212.30
51 years and over	24.70	30.50	37.90	45.30	107.00	132.20	164.20	196.30
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.40	74.00	91.20	113.50	253.10	320.90	395.10	491.80
51 years and over	54.80	71.20	88.00	105.40	237.40	308.40	381.30	456.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.80	106.60	130.30	160.40	367.50	462.00	564.60	695.00
6-8 and 9-11 years	97.90	125.70	156.50	188.60	424.20	544.70	678.10	817.20

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 *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey 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.

³Ten percent added for family size adjustment.