

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 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	15.50	19.00	22.30	27.10	67.20	82.30	96.60	117.40
2 years	15.50	19.00	22.30	27.10	67.20	82.30	96.60	117.40
3-5 years	16.80	20.80	25.70	30.90	72.80	90.10	111.40	133.90
6-8 years	20.80	27.70	34.40	40.00	90.10	120.00	149.10	173.30
9-11 years	24.70	31.40	40.00	46.50	107.00	136.10	173.30	201.50
MALE:								
12-14 years	25.50	35.40	43.90	51.50	110.50	153.40	190.20	223.10
15-19 years	26.30	36.40	45.40	52.40	114.00	157.70	196.70	227.00
20-50 years	28.20	36.20	45.10	54.70	122.20	156.90	195.40	237.00
51 years and over	25.40	34.50	42.50	51.00	110.10	149.50	184.20	221.00
FEMALE:								
12-19 years	25.50	30.50	37.00	44.70	110.50	132.20	160.30	193.70
20-50 years	25.40	31.60	38.50	49.30	110.10	136.90	166.80	213.60
51 years and over	24.90	30.70	38.20	45.70	107.90	133.00	165.50	198.00
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.00	74.60	92.00	114.40	255.50	323.20	398.40	495.70
51 years and over	55.30	71.70	88.80	106.40	239.80	310.80	384.70	460.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	85.90	107.60	131.60	162.00	372.30	466.20	570.20	701.90
6-8 and 9-11 years	99.10	126.90	158.00	190.50	429.40	549.90	684.60	825.40

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.