

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2000¹

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	15.90	19.60	23.00	27.90	68.90	84.90	99.70	120.90
2 years	15.90	19.60	23.00	27.90	68.90	84.90	99.70	120.90
3-5 years	17.20	21.50	26.60	31.90	74.50	93.20	115.30	138.20
6-8 years	21.30	28.60	35.60	41.40	92.30	123.90	154.30	179.40
9-11 years	25.30	32.40	41.40	48.00	109.60	140.40	179.40	208.00
MALE:								
12-14 years	26.10	36.60	45.40	53.40	113.10	158.60	196.70	231.40
15-19 years	26.90	37.70	47.00	54.20	116.60	163.40	203.70	234.80
20-50 years	28.80	37.50	46.70	56.60	124.80	162.50	202.40	245.20
51 years and over	26.10	35.70	43.90	52.80	113.10	154.70	190.20	228.80
FEMALE:								
12-19 years	26.20	31.50	38.30	46.30	113.50	136.50	166.00	200.60
20-50 years	26.10	32.80	39.90	51.20	113.10	142.10	172.90	221.80
51 years and over	25.70	31.90	39.60	47.40	111.40	138.20	171.60	205.40
FAMILIES:								
FAMILY of 2³:								
20-50 years	60.40	77.30	95.30	118.60	261.70	335.10	412.80	513.70
51 years and over	57.00	74.40	91.90	110.20	247.00	322.20	398.00	477.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	88.00	111.40	136.20	167.60	381.30	482.70	590.30	726.10
6-8 and 9-11 years	101.50	131.30	163.60	197.20	439.80	568.90	709.00	854.40

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.

³Ten percent added for family size adjustment.