

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2001¹

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	16.00	19.80	23.20	28.20	69.30	85.80	100.50	122.20
2 years	15.90	19.80	23.20	28.20	68.90	85.80	100.50	122.20
3-5 years	17.40	21.70	26.90	32.20	75.40	94.00	116.60	139.50
6-8 years	21.70	28.90	36.00	42.00	94.00	125.20	156.00	182.00
9-11 years	25.60	32.80	42.00	48.60	110.90	142.10	182.00	210.60
MALE:								
12-14 years	26.40	37.10	46.00	54.20	114.40	160.80	199.30	234.80
15-19 years	27.20	38.30	47.70	55.10	117.90	166.00	206.70	238.70
20-50 years	29.10	38.20	47.60	57.70	126.10	165.50	206.30	250.00
51 years and over	26.60	36.30	44.70	53.80	115.30	157.30	193.70	233.10
FEMALE:								
12-19 years	26.50	32.00	38.90	47.00	114.80	138.70	168.60	203.70
20-50 years	26.50	33.40	40.70	52.40	114.80	144.70	176.40	227.00
51 years and over	26.20	32.50	40.40	48.20	113.50	140.80	175.10	208.90
FAMILIES:								
FAMILY of 2³:								
20-50 years	61.20	78.80	97.10	121.10	265.00	341.20	421.00	524.70
51 years and over	58.10	75.70	93.60	112.20	251.70	327.90	405.70	486.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	88.90	113.10	138.40	170.50	385.20	490.00	599.80	738.70
6-8 and 9-11 years	102.90	133.30	166.30	200.70	445.80	577.50	720.70	869.60

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.