

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2003<sup>1</sup>

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
<b>INDIVIDUALS<sup>2</sup></b>								
<b>CHILD:</b>								
1 year	16.70	20.60	24.20	29.40	72.40	89.30	104.90	127.40
2 years	16.70	20.60	24.20	29.40	72.40	89.30	104.90	127.40
3-5 years	18.20	22.60	28.00	33.50	78.90	97.90	121.30	145.20
6-8 years	22.70	30.20	37.40	43.50	98.40	130.90	162.10	188.50
9-11 years	26.70	34.20	43.70	50.50	115.70	148.20	189.40	218.80
<b>MALE:</b>								
12-14 years	27.70	38.60	47.80	56.10	120.00	167.30	207.10	243.10
15-19 years	28.70	39.70	49.60	57.20	124.40	172.00	214.90	247.80
20-50 years	30.70	39.80	49.60	60.00	133.00	172.50	214.90	260.00
51 years and over	27.90	37.90	46.60	55.90	120.90	164.20	201.90	242.20
<b>FEMALE:</b>								
12-19 years	27.70	33.20	40.40	48.60	120.00	143.90	175.10	210.60
20-50 years	27.70	34.80	42.40	54.40	120.00	150.80	183.70	235.70
51 years and over	27.30	33.80	42.00	50.10	118.30	146.50	182.00	217.10
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>3</sup>:</b>								
20-50 years	64.20	82.10	101.20	125.80	278.30	355.60	438.50	545.30
51 years and over	60.70	78.90	97.50	116.60	263.10	341.80	422.30	505.20
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	93.30	117.80	144.20	177.30	404.30	510.50	624.80	768.30
6-8 and 9-11 years	107.80	139.00	173.10	208.40	467.10	602.40	750.10	903.00

<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>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; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

<sup>3</sup>Ten percent added for family size adjustment.