

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 2003¹

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	17.30	21.60	25.30	30.90	75.00	93.60	109.60	133.90
2 years	17.20	21.20	25.30	30.60	74.50	91.90	109.60	132.60
3-5 years	18.90	23.30	28.90	34.80	81.90	101.00	125.20	150.80
6-8 years	23.60	31.40	38.60	45.00	102.30	136.10	167.30	195.00
9-11 years	27.60	35.20	45.00	52.50	119.60	152.50	195.00	227.50
MALE:								
12-14 years	28.70	39.80	49.20	58.10	124.40	172.50	213.20	251.70
15-19 years	29.60	41.00	51.20	59.60	128.30	177.70	221.80	258.20
20-50 years	31.60	41.00	51.20	62.50	136.90	177.70	221.80	270.80
51 years and over	28.90	39.20	48.30	58.00	125.20	169.90	209.30	251.30
FEMALE:								
12-19 years	28.60	34.40	41.70	50.50	123.90	149.10	180.70	218.80
20-50 years	28.70	35.80	43.70	56.50	124.40	155.10	189.40	244.80
51 years and over	28.30	34.80	43.30	52.10	122.60	150.80	187.60	225.70
FAMILIES:								
FAMILY OF 2³:								
20-50 years	66.30	84.50	104.40	130.90	287.40	366.10	452.30	567.20
51 years and over	62.90	81.40	100.80	121.10	272.60	352.80	436.60	524.70
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	96.40	121.30	149.10	184.40	417.70	525.70	646.00	799.00
6-8 and 9-11 years	111.50	143.40	178.50	216.50	483.20	621.40	773.50	938.10

¹Basis 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.

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.