

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2004¹

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	17.50	21.70	25.40	31.30	75.80	94.00	110.10	135.60
2 years	17.40	21.40	25.30	30.70	75.40	92.70	109.60	133.00
3-5 years	19.00	23.50	29.10	35.20	82.30	101.80	126.10	152.50
6-8 years	23.80	31.70	39.10	45.60	103.10	137.40	169.40	197.60
9-11 years	27.90	35.60	45.40	52.90	120.90	154.30	196.70	229.20
MALE:								
12-14 years	29.00	40.10	49.70	58.60	125.70	173.80	215.40	253.90
15-19 years	29.90	41.30	51.70	60.00	129.60	179.00	224.00	260.00
20-50 years	32.00	41.40	51.60	62.90	138.70	179.40	223.60	272.50
51 years and over	29.20	39.50	48.70	58.50	126.50	171.20	211.00	253.50
FEMALE:								
12-19 years	29.00	34.70	42.20	50.80	125.70	150.40	182.90	220.10
20-50 years	29.10	36.20	44.20	57.00	126.10	156.90	191.50	247.00
51 years and over	28.60	35.10	43.80	52.50	123.90	152.10	189.80	227.50
FAMILIES:								
FAMILY OF 2³:								
20-50 years	67.20	85.40	105.40	131.90	291.30	369.90	456.60	571.50
51 years and over	63.60	82.10	101.80	122.10	275.40	355.60	440.90	529.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	97.50	122.50	150.20	185.80	422.50	530.80	650.80	805.00
6-8 and 9-11 years	112.80	144.90	180.30	218.40	488.80	628.00	781.20	946.30

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; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

³Ten percent added for family size adjustment.