

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 2005<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.70	22.30	26.10	31.10	76.80	96.60	113.10	134.90
2 years	17.70	22.00	26.30	31.70	76.90	95.50	113.80	137.50
3-5 years	19.60	24.40	30.10	36.00	85.10	105.50	130.40	156.10
6-8 years	24.60	32.70	40.40	47.10	106.80	141.90	174.90	204.20
9-11 years	28.90	36.90	47.20	54.80	125.20	159.80	204.60	237.40
<b>MALE:</b>								
12-14 years	30.20	41.70	51.80	60.70	130.70	180.70	224.30	263.10
15-19 years	31.10	43.00	53.90	62.50	134.90	186.40	233.50	270.60
20-50 years	33.30	43.00	53.70	65.50	144.10	186.20	232.50	283.60
51 years and over	30.30	40.90	50.50	60.60	131.10	177.20	218.80	262.50
<b>FEMALE:</b>								
12-19 years	30.10	36.00	43.90	52.80	130.60	156.10	190.00	228.60
20-50 years	30.20	37.40	45.80	59.00	130.70	162.10	198.60	255.60
51 years and over	29.60	36.40	45.40	54.40	128.30	157.60	196.60	235.60
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	69.80	88.40	109.40	136.90	302.30	383.10	474.20	593.10
51 years and over	65.80	85.00	105.50	126.50	285.30	368.20	456.90	547.90
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	100.80	126.80	155.80	192.20	436.80	549.30	675.30	832.80
6-8 and 9-11 years	117.00	150.00	187.10	226.40	506.80	649.90	810.60	980.80

<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>All costs are rounded to nearest 10 cents.

<sup>3</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; 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.

<sup>4</sup>Ten percent added for family size adjustment.