

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 1998¹

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:								
1-2 years	15.00	18.50	21.70	26.40	65.00	80.20	94.00	114.40
3-5 years	16.30	20.30	25.10	30.10	70.60	88.00	108.80	130.40
6-8 years	20.20	27.00	33.60	39.10	87.50	117.00	145.60	169.40
9-11 years	24.00	30.60	39.10	45.30	104.00	132.60	169.40	196.30
MALE:								
12-14 years	24.90	34.60	42.90	50.40	107.90	149.90	185.90	218.40
15-19 years	25.70	35.60	44.40	51.30	111.40	154.30	192.40	222.30
20-50 years	27.70	35.60	44.40	53.80	120.00	154.30	192.40	233.10
51 years and over	25.00	33.90	41.80	50.20	108.30	146.90	181.10	217.50
FEMALE:								
12-19 years	24.70	29.80	36.20	43.70	107.00	129.10	156.90	189.40
20-50 years	25.00	31.10	37.90	48.70	108.30	134.80	164.20	211.00
51 years and over	24.50	30.20	37.60	44.90	106.20	130.90	162.90	194.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.00	73.40	90.50	112.80	251.10	318.00	392.30	488.50
51 years and over	54.50	70.50	87.30	104.60	236.00	305.60	378.40	453.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	84.00	105.50	129.10	159.00	363.90	457.30	559.40	688.90
6-8 and 9-11 years	96.90	124.30	155.00	186.90	419.80	538.70	671.60	809.80

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 *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey 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.