

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 2001¹

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	16.20	20.00	23.50	28.60	70.20	86.70	101.80	123.90
2 years	16.10	20.00	23.50	28.60	69.80	86.70	101.80	123.90
3-5 years	17.60	21.90	27.20	32.60	76.30	94.90	117.90	141.30
6-8 years	21.80	29.20	36.40	42.40	94.50	126.50	157.70	183.70
9-11 years	25.80	33.10	42.30	49.10	111.80	143.40	183.30	212.80
MALE:								
12-14 years	26.60	37.40	46.40	54.60	115.30	162.10	201.10	236.60
15-19 years	27.40	38.50	48.10	55.50	118.70	166.80	208.40	240.50
20-50 years	29.40	38.40	47.80	58.00	127.40	166.40	207.10	251.30
51 years and over	26.70	36.50	45.00	54.00	115.70	158.20	195.00	234.00
FEMALE:								
12-19 years	26.70	32.20	39.20	47.40	115.70	139.50	169.90	205.40
20-50 years	26.70	33.50	40.80	52.50	115.70	145.20	176.80	227.50
51 years and over	26.30	32.70	40.60	48.50	114.00	141.70	175.90	210.20
FAMILIES:								
FAMILY of 2³:								
20-50 years	61.70	79.10	97.50	121.60	267.40	342.80	422.30	526.70
51 years and over	58.30	76.10	94.20	112.80	252.70	329.90	408.00	488.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	89.80	113.80	139.30	171.70	389.20	493.20	603.60	744.00
6-8 and 9-11 years	103.70	134.20	167.30	202.00	449.40	581.50	724.90	875.30

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A. The Thrifty Food Plan is based on 1989-91 data, and the other three food plans are based on 1977-78 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.