

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 2002¹

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	16.60	20.50	24.10	29.20	71.90	88.80	104.40	126.50
2 years	16.70	20.50	24.10	29.20	72.40	88.80	104.40	126.50
3-5 years	18.10	22.50	27.80	33.30	78.40	97.50	120.50	144.30
6-8 years	22.60	29.90	37.30	43.30	97.90	129.60	161.60	187.60
9-11 years	26.80	33.90	43.40	50.20	116.10	146.90	188.10	217.50
MALE:								
12-14 years	27.80	38.30	47.50	55.90	120.50	166.00	205.80	242.20
15-19 years	28.70	39.60	49.30	56.90	124.40	171.60	213.60	246.50
20-50 years	30.70	39.40	49.00	59.40	133.00	170.70	212.30	257.40
51 years and over	27.70	37.50	46.10	55.40	120.00	162.50	199.80	240.00
FEMALE:								
12-19 years	27.70	33.00	40.10	48.40	120.00	143.00	173.80	209.70
20-50 years	27.60	34.40	41.90	53.70	119.60	149.10	181.60	232.70
51 years and over	27.00	33.50	41.50	49.60	117.00	145.20	179.80	214.90
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.10	81.20	100.00	124.40	277.90	351.80	433.30	539.10
51 years and over	60.20	78.10	96.40	115.50	260.70	338.50	417.60	500.40
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	93.10	116.80	142.80	175.60	403.40	506.10	618.80	760.90
6-8 and 9-11 years	107.70	137.60	171.60	206.60	466.60	596.30	743.60	895.20

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans 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.