

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 2003¹

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	17.00	21.00	24.70	29.90	73.70	91.00	107.00	129.60
2 years	17.00	20.90	24.60	30.00	73.70	90.60	106.60	130.00
3-5 years	18.50	23.00	28.50	34.10	80.20	99.70	123.50	147.80
6-8 years	23.10	30.80	38.10	44.30	100.10	133.50	165.10	192.00
9-11 years	27.30	34.80	44.40	51.50	118.30	150.80	192.40	223.10
MALE:								
12-14 years	28.30	39.40	48.60	57.20	122.60	170.70	210.60	247.80
15-19 years	29.20	40.50	50.50	58.40	126.50	175.50	218.80	253.00
20-50 years	31.20	40.50	50.30	61.10	135.20	175.50	217.90	264.70
51 years and over	28.30	38.50	47.30	56.80	122.60	166.80	205.00	246.10
FEMALE:								
12-19 years	28.20	33.80	41.00	49.50	122.20	146.50	177.70	214.50
20-50 years	28.20	35.30	43.00	55.20	122.20	153.00	186.30	239.20
51 years and over	27.70	34.20	42.60	50.90	120.00	148.20	184.60	220.50
FAMILIES:								
FAMILY OF 2³:								
20-50 years	65.30	83.40	102.60	127.90	283.10	361.40	444.60	554.30
51 years and over	61.60	80.00	98.90	118.50	266.90	346.50	428.60	513.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	94.90	119.70	146.40	180.40	411.30	518.80	634.30	781.70
6-8 and 9-11 years	109.80	141.40	175.80	212.10	475.80	612.80	761.70	919.00

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; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

³Ten percent added for family size adjustment.