

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 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	17.50	21.80	25.50	31.40	75.80	94.50	110.50	136.10
2 years	17.40	21.40	25.50	30.80	75.40	92.70	110.50	133.50
3-5 years	19.00	23.50	29.10	35.20	82.30	101.80	126.10	152.50
6-8 years	23.80	31.60	39.00	45.40	103.10	136.90	169.00	196.70
9-11 years	27.80	35.50	45.40	52.90	120.50	153.80	196.70	229.20
MALE:								
12-14 years	28.90	40.00	49.60	58.50	125.20	173.30	214.90	253.50
15-19 years	29.80	41.20	51.60	60.10	129.10	178.50	223.60	260.40
20-50 years	31.90	41.30	51.60	63.00	138.20	179.00	223.60	273.00
51 years and over	29.30	39.60	48.70	58.60	127.00	171.60	211.00	253.90
FEMALE:								
12-19 years	28.90	34.70	42.10	50.90	125.20	150.40	182.40	220.50
20-50 years	29.00	36.10	44.20	57.10	125.70	156.40	191.50	247.40
51 years and over	28.60	35.10	43.80	52.70	123.90	152.10	189.80	228.30
FAMILIES:								
FAMILY OF 2³:								
20-50 years	67.00	85.10	105.40	132.10	290.30	368.90	456.60	572.40
51 years and over	63.70	82.20	101.80	122.40	276.00	356.10	440.90	530.40
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	97.30	122.30	150.40	186.10	421.60	529.90	651.70	806.40
6-8 and 9-11 years	112.50	144.50	180.20	218.40	487.50	626.10	780.80	946.30

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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.