

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 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	16.70	20.60	24.20	29.30	72.40	89.30	104.90	127.00
2 years	16.60	20.60	24.20	29.30	71.90	89.30	104.90	127.00
3-5 years	18.10	22.60	27.90	33.40	78.40	97.90	120.90	144.70
6-8 years	22.70	30.00	37.40	43.50	98.40	130.00	162.10	188.50
9-11 years	26.70	34.10	43.60	50.40	115.70	147.80	188.90	218.40
MALE:								
12-14 years	27.70	38.50	47.60	56.10	120.00	166.80	206.30	243.10
15-19 years	28.70	39.70	49.50	57.10	124.40	172.00	214.50	247.40
20-50 years	30.60	39.70	49.40	59.80	132.60	172.00	214.10	259.10
51 years and over	27.80	37.80	46.50	55.70	120.50	163.80	201.50	241.30
FEMALE:								
12-19 years	27.70	33.20	40.20	48.60	120.00	143.90	174.20	210.60
20-50 years	27.70	34.70	42.20	54.20	120.00	150.40	182.90	234.80
51 years and over	27.20	33.70	41.80	49.90	117.90	146.00	181.10	216.20
FAMILIES:								
FAMILY OF 2³:								
20-50 years	64.10	81.80	100.80	125.40	277.90	354.60	436.70	543.30
51 years and over	60.50	78.70	97.10	116.20	262.20	340.80	420.90	503.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	93.00	117.60	143.70	176.70	402.90	509.60	622.80	765.60
6-8 and 9-11 years	107.70	138.50	172.60	207.90	466.70	600.20	748.00	900.80

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