

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 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	21.20	24.80	30.10	73.70	91.90	107.50	130.40
2 years	17.00	21.00	24.70	30.10	73.70	91.00	107.00	130.40
3-5 years	18.60	23.10	28.50	34.30	80.60	100.10	123.50	148.60
6-8 years	23.20	30.90	38.20	44.50	100.50	133.90	165.50	192.80
9-11 years	27.30	34.90	44.50	51.70	118.30	151.20	192.80	224.00
MALE:								
12-14 years	28.30	39.40	48.70	57.40	122.60	170.70	211.00	248.70
15-19 years	29.30	40.60	50.60	58.60	127.00	175.90	219.20	253.90
20-50 years	31.30	40.50	50.40	61.30	135.60	175.50	218.40	265.60
51 years and over	28.40	38.60	47.40	57.00	123.10	167.30	205.40	247.00
FEMALE:								
12-19 years	28.30	34.00	41.20	49.80	122.60	147.30	178.50	215.80
20-50 years	28.30	35.30	43.10	55.40	122.60	153.00	186.80	240.00
51 years and over	27.80	34.30	42.70	51.10	120.50	148.60	185.00	221.40
FAMILIES:								
FAMILY OF 2³:								
20-50 years	65.60	83.40	102.90	128.40	284.00	361.40	445.70	556.20
51 years and over	61.80	80.20	99.10	118.90	268.00	347.50	429.40	515.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	95.20	119.90	146.70	181.10	412.50	519.60	635.70	784.60
6-8 and 9-11 years	110.10	141.60	176.20	212.90	477.00	613.60	763.50	922.40

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.