

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2005¹

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.70	22.10	26.00	31.20	76.90	95.90	112.80	135.00
2 years	17.70	21.90	26.00	31.50	76.60	95.00	112.80	136.60
3-5 years	19.50	24.20	30.00	35.90	84.60	104.90	129.80	155.40
6-8 years	24.40	32.40	40.00	46.60	105.70	140.60	173.20	202.00
9-11 years	28.60	36.50	46.80	54.20	123.80	158.10	202.80	234.90
MALE:								
12-14 years	29.80	41.30	51.30	60.00	129.30	178.80	222.10	260.20
15-19 years	30.70	42.50	53.40	61.80	133.20	184.10	231.40	267.80
20-50 years	32.90	42.60	53.20	64.80	142.40	184.50	230.70	280.90
51 years and over	30.00	40.60	50.10	60.10	129.90	176.00	217.20	260.40
FEMALE:								
12-19 years	29.90	35.70	43.60	52.30	129.50	154.70	188.70	226.50
20-50 years	29.90	37.10	45.50	58.60	129.40	160.90	197.20	253.80
51 years and over	29.40	36.10	45.10	54.00	127.30	156.50	195.30	233.90
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	69.00	87.70	108.60	135.70	299.00	380.00	470.60	588.20
51 years and over	65.30	84.40	104.70	125.50	282.90	365.70	453.70	543.70
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	99.90	125.90	154.70	190.80	433.10	545.30	670.50	826.70
6-8 and 9-11 years	115.70	148.60	185.50	224.20	501.40	644.10	803.80	971.50

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.

²All costs are rounded to nearest 10 cents.

³The 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; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

⁴Ten percent added for family size adjustment.