

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 1999¹

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:								
1-2 years	15.40	19.00	22.30	27.10	66.70	82.30	96.60	117.40
3-5 years	16.70	20.80	25.70	30.80	72.40	90.10	111.40	133.50
6-8 years	20.60	27.60	34.30	39.90	89.30	119.60	148.60	172.90
9-11 years	24.50	31.30	39.90	46.30	106.20	135.60	172.90	200.60
MALE:								
12-14 years	25.30	35.30	43.70	51.30	109.60	153.00	189.40	222.30
15-19 years	26.00	36.20	45.20	52.20	112.70	156.90	195.90	226.20
20-50 years	28.00	36.00	44.90	54.40	121.30	156.00	194.60	235.70
51 years and over	25.20	34.30	42.30	50.80	109.20	148.60	183.30	220.10
FEMALE:								
12-19 years	25.20	30.40	36.80	44.50	109.20	131.70	159.50	192.80
20-50 years	25.20	31.50	38.30	49.10	109.20	136.50	166.00	212.80
51 years and over	24.80	30.60	38.10	45.60	107.50	132.60	165.10	197.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.50	74.30	91.50	113.90	253.60	321.80	396.70	493.40
51 years and over	55.00	71.40	88.40	106.00	238.40	309.30	383.20	459.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.30	107.30	131.20	161.40	369.60	464.90	568.60	699.40
6-8 and 9-11 years	98.30	126.40	157.40	189.70	426.00	547.70	682.10	822.00

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983); for specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey data 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.