

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 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 year	15.60	19.30	22.60	27.50	67.60	83.60	97.90	119.20
2 years	15.60	19.30	22.60	27.50	67.60	83.60	97.90	119.20
3-5 years	16.90	21.10	26.10	31.30	73.20	91.40	113.10	135.60
6-8 years	20.90	28.00	34.90	40.60	90.60	121.30	151.20	175.90
9-11 years	24.70	31.80	40.50	47.00	107.00	137.80	175.50	203.70
MALE:								
12-14 years	25.60	35.80	44.50	52.20	110.90	155.10	192.80	226.20
15-19 years	26.30	36.90	46.00	53.00	114.00	159.90	199.30	229.60
20-50 years	28.20	36.60	45.60	55.20	122.20	158.60	197.60	239.20
51 years and over	25.50	34.80	42.90	51.50	110.50	150.80	185.90	223.10
FEMALE:								
12-19 years	25.60	30.90	37.50	45.30	110.90	133.90	162.50	196.30
20-50 years	25.50	31.90	38.90	49.90	110.50	138.20	168.60	216.20
51 years and over	25.10	31.10	38.70	46.30	108.80	134.80	167.70	200.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.10	75.40	93.00	115.60	256.00	326.50	402.80	500.90
51 years and over	55.70	72.50	89.80	107.60	241.20	314.20	389.00	466.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.20	108.90	133.20	163.90	373.50	471.80	577.20	710.20
6-8 and 9-11 years	99.30	128.30	159.90	192.70	430.30	555.90	692.90	835.00

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A. The Thrifty Food Plan is based on 1989-91 data, and the other three food plans are based on 1977-78 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.