

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 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	15.50	19.00	22.30	27.10	67.20	82.30	96.60	117.40
3-5 years	16.80	20.80	25.70	30.80	72.80	90.10	111.40	133.50
6-8 years	20.70	27.70	34.40	40.00	89.70	120.00	149.10	173.30
9-11 years	24.60	31.40	40.00	46.30	106.60	136.10	173.30	200.60
MALE:								
12-14 years	25.40	35.40	43.80	51.40	110.10	153.40	189.80	222.70
15-19 years	26.10	36.30	45.30	52.20	113.10	157.30	196.30	226.20
20-50 years	28.00	36.00	44.80	54.30	121.30	156.00	194.10	235.30
51 years and over	25.20	34.30	42.20	50.60	109.20	148.60	182.90	219.20
FEMALE:								
12-19 years	25.40	30.50	37.00	44.70	110.10	132.20	160.30	193.70
20-50 years	25.30	31.50	38.30	49.00	109.60	136.50	166.00	212.30
51 years and over	24.80	30.60	38.00	45.50	107.50	132.60	164.70	197.20
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.60	74.30	91.40	113.60	254.00	321.80	396.10	492.40
51 years and over	55.00	71.40	88.20	105.70	238.40	309.30	382.40	458.00
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.60	107.30	131.10	161.20	370.90	464.90	568.10	698.50
6-8 and 9-11 years	98.60	126.60	157.50	189.60	427.20	548.60	682.50	821.50

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