

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 2000¹

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	15.90	19.40	22.90	27.70	68.90	84.10	99.20	120.00
2 years	15.90	19.40	22.90	27.70	68.90	84.10	99.20	120.00
3-5 years	17.20	21.40	26.40	31.70	74.50	92.70	114.40	137.40
6-8 years	21.30	28.40	35.40	41.20	92.30	123.10	153.40	178.50
9-11 years	25.40	32.20	41.30	47.80	110.10	139.50	179.00	207.10
MALE:								
12-14 years	26.20	36.50	45.20	53.20	113.50	158.20	195.90	230.50
15-19 years	26.90	37.60	46.90	54.10	116.60	162.90	203.20	234.40
20-50 years	28.80	37.40	46.60	56.50	124.80	162.10	201.90	244.80
51 years and over	26.00	35.60	43.80	52.60	112.70	154.30	189.80	227.90
FEMALE:								
12-19 years	26.20	31.40	38.20	46.10	113.50	136.10	165.50	199.80
20-50 years	26.20	32.70	39.80	51.00	113.50	141.70	172.50	221.00
51 years and over	25.60	31.70	39.40	47.10	110.90	137.40	170.70	204.10
FAMILIES:								
FAMILY of 2³:								
20-50 years	60.50	77.10	95.00	118.30	262.10	334.20	411.80	512.40
51 years and over	56.80	74.00	91.50	109.70	246.00	320.90	396.60	475.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	88.10	110.90	135.70	166.90	381.70	480.60	588.00	723.20
6-8 and 9-11 years	101.70	130.70	163.10	196.50	440.70	566.40	706.80	851.40

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