

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 2001¹

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	16.40	20.10	23.60	28.70	71.10	87.10	102.30	124.40
2 years	16.30	20.10	23.60	28.70	70.60	87.10	102.30	124.40
3-5 years	17.80	22.10	27.30	32.70	77.10	95.80	118.30	141.70
6-8 years	22.00	29.40	36.60	42.60	95.30	127.40	158.60	184.60
9-11 years	26.10	33.30	42.70	49.40	113.10	144.30	185.00	214.10
MALE:								
12-14 years	27.00	37.70	46.80	55.00	117.00	163.40	202.80	238.30
15-19 years	27.80	38.90	48.50	55.90	120.50	168.60	210.20	242.20
20-50 years	29.70	38.70	48.20	58.30	128.70	167.70	208.90	252.60
51 years and over	26.90	36.80	45.20	54.30	116.60	159.50	195.90	235.30
FEMALE:								
12-19 years	27.10	32.50	39.40	47.70	117.40	140.80	170.70	206.70
20-50 years	27.00	33.80	41.10	52.70	117.00	146.50	178.10	228.30
51 years and over	26.50	32.90	40.70	48.70	114.80	142.60	176.40	211.00
FAMILIES:								
FAMILY OF 2³:								
20-50 years	62.40	79.80	98.20	122.10	270.30	345.60	425.70	529.00
51 years and over	58.70	76.70	94.50	113.30	254.50	332.30	409.50	490.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	90.80	114.70	140.20	172.40	393.40	497.10	607.60	747.00
6-8 and 9-11 years	104.80	135.20	168.60	203.00	454.10	585.90	730.60	879.60

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 *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans are 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.