

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 2003¹

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	16.90	20.90	24.60	29.70	73.20	90.60	106.60	128.70
2 years	16.90	20.80	24.50	29.80	73.20	90.10	106.20	129.10
3-5 years	18.40	22.90	28.30	33.90	79.70	99.20	122.60	146.90
6-8 years	23.00	30.60	37.90	44.10	99.70	132.60	164.20	191.10
9-11 years	27.10	34.60	44.20	51.20	117.40	149.90	191.50	221.80
MALE:								
12-14 years	28.10	39.10	48.40	56.90	121.80	169.40	209.70	246.50
15-19 years	29.10	40.30	50.20	58.10	126.10	174.60	217.50	251.70
20-50 years	31.10	40.30	50.10	60.90	134.80	174.60	217.10	263.90
51 years and over	28.20	38.40	47.20	56.60	122.20	166.40	204.50	245.20
FEMALE:								
12-19 years	28.10	33.60	40.80	49.30	121.80	145.60	176.80	213.60
20-50 years	28.10	35.10	42.80	55.00	121.80	152.10	185.50	238.30
51 years and over	27.60	34.10	42.40	50.70	119.60	147.80	183.70	219.70
FAMILIES:								
FAMILY OF 2³:								
20-50 years	65.10	82.90	102.20	127.50	282.30	359.40	442.90	552.40
51 years and over	61.40	79.80	98.60	118.00	266.00	345.60	427.00	511.40
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	94.50	119.10	145.70	179.60	409.50	516.00	631.40	778.20
6-8 and 9-11 years	109.30	140.60	175.00	211.20	473.70	609.20	758.30	915.10

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 *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2003 Administrative Report (2003)*. All four Food Plans are based on 1989-91 data and 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.