

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2003<sup>1</sup>

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
<b>INDIVIDUALS<sup>2</sup></b>								
<b>CHILD:</b>								
1 year	17.20	21.30	25.00	30.40	74.50	92.30	108.30	131.70
2 years	17.10	21.10	24.90	30.30	74.10	91.40	107.90	131.30
3-5 years	18.70	23.20	28.70	34.50	81.00	100.50	124.40	149.50
6-8 years	23.40	31.10	38.40	44.70	101.40	134.80	166.40	193.70
9-11 years	27.40	35.00	44.80	52.00	118.70	151.70	194.10	225.30
<b>MALE:</b>								
12-14 years	28.50	39.60	49.00	57.60	123.50	171.60	212.30	249.60
15-19 years	29.40	40.80	51.00	59.00	127.40	176.80	221.00	255.60
20-50 years	31.40	40.80	50.80	61.80	136.10	176.80	220.10	267.80
51 years and over	28.60	38.90	47.90	57.40	123.90	168.60	207.60	248.70
<b>FEMALE:</b>								
12-19 years	28.50	34.20	41.50	50.00	123.50	148.20	179.80	216.70
20-50 years	28.50	35.60	43.50	56.00	123.50	154.30	188.50	242.60
51 years and over	28.00	34.60	43.00	51.50	121.30	149.90	186.30	223.10
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>3</sup>:</b>								
20-50 years	65.90	84.00	103.70	129.60	285.60	364.20	449.50	561.40
51 years and over	62.30	80.90	100.00	119.80	269.70	350.40	433.30	519.00
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	95.70	120.70	147.90	182.60	414.70	523.00	640.90	791.20
6-8 and 9-11 years	110.70	142.50	177.50	214.50	479.70	617.60	769.10	929.40

<sup>1</sup>Basis 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.

<sup>2</sup>The 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.

<sup>3</sup>Ten percent added for family size adjustment.