

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 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	15.70	19.20	22.60	27.50	68.00	83.20	97.90	119.20
2 years	15.60	19.20	22.60	27.50	67.60	83.20	97.90	119.20
3-5 years	16.90	21.10	26.10	31.30	73.20	91.40	113.10	135.60
6-8 years	20.90	28.10	34.90	40.60	90.60	121.80	151.20	175.90
9-11 years	24.90	31.80	40.70	47.10	107.90	137.80	176.40	204.10
MALE:								
12-14 years	25.60	35.90	44.60	52.40	110.90	155.60	193.30	227.00
15-19 years	26.40	37.00	46.10	53.20	114.40	160.30	199.80	230.50
20-50 years	28.30	36.70	45.80	55.50	122.60	159.00	198.50	240.50
51 years and over	25.60	35.00	43.10	51.80	110.90	151.70	186.80	224.40
FEMALE:								
12-19 years	25.70	31.00	37.60	45.50	111.40	134.30	162.90	197.20
20-50 years	25.70	32.10	39.10	50.20	111.40	139.10	169.40	217.50
51 years and over	25.20	31.20	38.80	46.50	109.20	135.20	168.10	201.50
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.40	75.70	93.40	116.30	257.40	327.90	404.70	503.80
51 years and over	55.90	72.80	90.10	108.10	242.10	315.60	390.40	468.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.50	109.10	133.60	164.50	374.80	472.70	578.90	712.80
6-8 and 9-11 years	99.80	128.70	160.50	193.40	432.50	557.70	695.50	838.00

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.