

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 2002¹

| 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 | 16.60 | 20.50 | 24.10 | 29.30 | 71.90 | 88.80 | 104.40 | 127.00 |
| 2 years | 16.60 | 20.50 | 24.10 | 29.30 | 71.90 | 88.80 | 104.40 | 127.00 |
| 3-5 years | 18.10 | 22.50 | 27.90 | 33.40 | 78.40 | 97.50 | 120.90 | 144.70 |
| 6-8 years | 22.60 | 30.00 | 37.30 | 43.40 | 97.90 | 130.00 | 161.60 | 188.10 |
| 9-11 years | 26.50 | 34.00 | 43.40 | 50.30 | 114.80 | 147.30 | 188.10 | 217.90 |
| MALE: | | | | | | | | |
| 12-14 years | 27.50 | 38.40 | 47.50 | 55.90 | 119.20 | 166.40 | 205.80 | 242.20 |
| 15-19 years | 28.50 | 39.60 | 49.30 | 56.90 | 123.50 | 171.60 | 213.60 | 246.50 |
| 20-50 years | 30.50 | 39.50 | 49.10 | 59.50 | 132.20 | 171.20 | 212.80 | 257.80 |
| 51 years and over | 27.70 | 37.60 | 46.20 | 55.50 | 120.00 | 162.90 | 200.20 | 240.50 |
| FEMALE: | | | | | | | | |
| 12-19 years | 27.50 | 33.10 | 40.10 | 48.40 | 119.20 | 143.40 | 173.80 | 209.70 |
| 20-50 years | 27.50 | 34.50 | 42.00 | 53.90 | 119.20 | 149.50 | 182.00 | 233.50 |
| 51 years and over | 27.10 | 33.60 | 41.70 | 49.70 | 117.40 | 145.60 | 180.70 | 215.40 |
| FAMILIES: | | | | | | | | |
| FAMILY OF 2³: | | | | | | | | |
| 20-50 years | 63.80 | 81.40 | 100.20 | 124.70 | 276.50 | 352.80 | 434.30 | 540.40 |
| 51 years and over | 60.30 | 78.30 | 96.70 | 115.70 | 261.10 | 339.40 | 419.00 | 501.50 |
| FAMILY OF 4: | | | | | | | | |
| Couple, 20-50 years and children— | | | | | | | | |
| 2 and 3-5 years | 92.70 | 117.00 | 143.10 | 176.10 | 401.70 | 507.00 | 620.10 | 763.00 |
| 6-8 and 9-11 years | 107.10 | 138.00 | 171.80 | 207.10 | 464.10 | 598.00 | 744.50 | 897.30 |

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.