

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 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	19.30	22.60	27.50	68.00	83.60	97.90	119.20
2 years	15.60	19.30	22.60	27.50	67.60	83.60	97.90	119.20
3-5 years	17.00	21.10	26.10	31.30	73.70	91.40	113.10	135.60
6-8 years	21.00	28.10	34.90	40.60	91.00	121.80	151.20	175.90
9-11 years	24.90	31.80	40.60	47.10	107.90	137.80	175.90	204.10
MALE:								
12-14 years	25.70	35.90	44.50	52.30	111.40	155.60	192.80	226.60
15-19 years	26.50	36.90	46.10	53.20	114.80	159.90	199.80	230.50
20-50 years	28.40	36.80	45.80	55.60	123.10	159.50	198.50	240.90
51 years and over	25.70	35.10	43.20	51.80	111.40	152.10	187.20	224.40
FEMALE:								
12-19 years	25.80	31.00	37.60	45.40	111.80	134.30	162.90	196.70
20-50 years	25.70	32.20	39.20	50.30	111.40	139.50	169.90	217.90
51 years and over	25.30	31.30	38.90	46.60	109.60	135.60	168.60	201.90
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.50	75.90	93.50	116.50	258.00	328.90	405.20	504.70
51 years and over	56.10	73.00	90.30	108.20	243.10	316.50	391.40	468.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.70	109.40	133.70	164.70	375.80	474.00	579.40	713.60
6-8 and 9-11 years	100.00	128.90	160.50	193.60	433.40	558.60	695.50	838.80

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.