

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 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	27.40	68.00	83.20	97.90	118.70
2 years	15.70	19.20	22.60	27.40	68.00	83.20	97.90	118.70
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	35.00	40.70	91.00	121.80	151.70	176.40
9-11 years	25.00	31.80	40.80	47.20	108.30	137.80	176.80	204.50
MALE:								
12-14 years	25.80	36.00	44.70	52.60	111.80	156.00	193.70	227.90
15-19 years	26.50	37.20	46.30	53.50	114.80	161.20	200.60	231.80
20-50 years	28.40	36.90	46.10	55.90	123.10	159.90	199.80	242.20
51 years and over	25.70	35.20	43.30	52.00	111.40	152.50	187.60	225.30
FEMALE:								
12-19 years	25.90	31.00	37.80	45.60	112.20	134.30	163.80	197.60
20-50 years	25.80	32.30	39.40	50.50	111.80	140.00	170.70	218.80
51 years and over	25.30	31.40	39.00	46.60	109.60	136.10	169.00	201.90
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.60	76.10	94.10	117.00	258.40	329.90	407.60	507.10
51 years and over	56.10	73.30	90.50	108.50	243.10	317.50	392.30	469.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.90	109.50	134.20	165.10	376.60	474.50	581.50	715.30
6-8 and 9-11 years	100.20	129.10	161.30	194.30	434.20	559.50	699.00	841.90

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.