

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 2001¹

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	16.50	20.30	23.80	28.90	71.50	88.00	103.10	125.20
2 years	16.40	20.30	23.80	28.90	71.10	88.00	103.10	125.20
3-5 years	17.90	22.20	27.50	32.90	77.60	96.20	119.20	142.60
6-8 years	22.10	29.60	36.80	42.90	95.80	128.30	159.50	185.90
9-11 years	26.10	33.50	42.90	49.70	113.10	145.20	185.90	215.40
MALE:								
12-14 years	27.10	37.90	47.00	55.30	117.40	164.20	203.70	239.60
15-19 years	27.80	39.10	48.70	56.20	120.50	169.40	211.00	243.50
20-50 years	29.80	38.80	48.40	58.50	129.10	168.10	209.70	253.50
51 years and over	27.10	36.90	45.40	54.50	117.40	159.90	196.70	236.10
FEMALE:								
12-19 years	27.10	32.70	39.70	47.90	117.40	141.70	172.00	207.60
20-50 years	27.10	33.90	41.30	52.90	117.40	146.90	179.00	229.20
51 years and over	26.60	33.10	41.00	48.90	115.30	143.40	177.70	211.90
FAMILIES:								
FAMILY OF 2³:								
20-50 years	62.60	80.00	98.70	122.50	271.20	346.50	427.60	531.00
51 years and over	59.10	77.00	95.00	113.70	256.00	333.60	411.80	492.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	91.20	115.20	141.00	173.20	395.20	499.20	611.00	750.50
6-8 and 9-11 years	105.10	135.80	169.40	204.00	455.40	588.50	734.10	884.00

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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.