

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 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	16.50	20.30	23.80	28.90	71.50	88.00	103.10	125.20
2 years	16.50	20.30	23.80	28.90	71.50	88.00	103.10	125.20
3-5 years	18.00	22.30	27.60	33.10	78.00	96.60	119.60	143.40
6-8 years	22.40	29.70	37.00	43.00	97.10	128.70	160.30	186.30
9-11 years	26.50	33.70	43.10	49.90	114.80	146.00	186.80	216.20
MALE:								
12-14 years	27.40	38.10	47.10	55.50	118.70	165.10	204.10	240.50
15-19 years	28.30	39.30	49.00	56.50	122.60	170.30	212.30	244.80
20-50 years	30.30	39.20	48.70	59.00	131.30	169.90	211.00	255.60
51 years and over	27.40	37.30	45.80	54.90	118.70	161.60	198.50	237.90
FEMALE:								
12-19 years	27.40	32.80	39.80	48.00	118.70	142.10	172.50	208.00
20-50 years	27.40	34.20	41.60	53.30	118.70	148.20	180.30	230.90
51 years and over	26.80	33.20	41.10	49.10	116.10	143.90	178.10	212.80
FAMILIES:								
FAMILY OF 2³:								
20-50 years	63.50	80.70	99.30	123.50	275.00	349.90	430.40	535.20
51 years and over	59.60	77.60	95.60	114.40	258.30	336.10	414.30	495.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	92.20	116.00	141.70	174.30	399.50	502.70	614.00	755.10
6-8 and 9-11 years	106.60	136.80	170.40	205.20	461.90	592.80	738.40	889.00

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.