

**Official USDA Food Plans: Cost of Food at Home at Four Levels,
U.S. Average, February 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	15.60	19.20	22.60	27.40	67.60	83.20	97.90	118.70
2 years	15.60	19.20	22.60	27.40	67.60	83.20	97.90	118.70
3-5 years	16.90	21.10	26.00	31.30	73.20	91.40	112.70	135.60
6-8 years	20.90	28.00	34.90	40.60	90.60	121.30	151.20	175.90
9-11 years	24.90	31.70	40.50	47.00	107.90	137.40	175.50	203.70
MALE:								
12-14 years	25.60	35.80	44.50	52.20	110.90	155.10	192.80	226.20
15-19 years	26.40	36.90	46.00	53.10	114.40	159.90	199.30	230.10
20-50 years	28.30	36.60	45.70	55.40	122.60	158.60	198.00	240.00
51 years and over	25.50	34.90	43.00	51.60	110.50	151.20	186.30	223.60
FEMALE:								
12-19 years	25.70	30.90	37.50	45.30	111.40	133.90	162.50	196.30
20-50 years	25.60	32.00	39.00	50.00	110.90	138.70	169.00	216.70
51 years and over	25.10	31.10	38.70	46.40	108.80	134.80	167.70	201.10
FAMILIES:								
FAMILY of 2³:								
20-50 years	59.30	75.50	93.20	115.90	256.90	327.00	403.70	502.40
51 years and over	55.70	72.60	89.90	107.80	241.20	314.60	389.40	467.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	86.40	108.90	133.30	164.10	374.30	471.90	577.60	711.00
6-8 and 9-11 years	99.70	128.30	160.10	193.00	432.00	556.00	693.70	836.30

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