

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 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	16.10	19.80	23.20	28.20	69.80	85.80	100.50	122.20
2 years	16.00	19.80	23.20	28.20	69.30	85.80	100.50	122.20
3-5 years	17.40	21.70	26.90	32.20	75.40	94.00	116.60	139.50
6-8 years	21.60	28.90	35.90	41.80	93.60	125.20	155.60	181.10
9-11 years	25.50	32.70	41.90	48.40	110.50	141.70	181.60	209.70
MALE:								
12-14 years	26.30	37.00	45.90	53.90	114.00	160.30	198.90	233.50
15-19 years	27.20	38.10	47.50	54.80	117.90	165.10	205.80	237.40
20-50 years	29.00	38.00	47.30	57.40	125.70	164.70	205.00	248.70
51 years and over	26.50	36.20	44.50	53.50	114.80	156.90	192.80	231.80
FEMALE:								
12-19 years	26.40	31.90	38.80	46.90	114.40	138.20	168.10	203.20
20-50 years	26.40	33.20	40.50	52.10	114.40	143.90	175.50	225.70
51 years and over	26.10	32.30	40.20	48.00	113.10	140.00	174.20	208.00
FAMILIES:								
FAMILY of 2³:								
20-50 years	60.90	78.30	96.60	120.50	264.10	339.50	418.60	521.80
51 years and over	57.90	75.40	93.20	111.70	250.70	326.60	403.70	483.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	88.80	112.70	137.90	169.90	384.80	488.40	597.60	736.10
6-8 and 9-11 years	102.50	132.80	165.60	199.70	444.20	575.50	717.70	865.20

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.