

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 2003<sup>1</sup>

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
<b>INDIVIDUALS<sup>2</sup></b>								
<b>CHILD:</b>								
1 year	16.70	20.70	24.30	29.40	72.40	89.70	105.30	127.40
2 years	16.70	20.70	24.30	29.60	72.40	89.70	105.30	128.30
3-5 years	18.30	22.70	28.10	33.60	79.30	98.40	121.80	145.60
6-8 years	22.80	30.30	37.60	43.70	98.80	131.30	162.90	189.40
9-11 years	26.90	34.30	43.90	50.80	116.60	148.60	190.20	220.10
<b>MALE:</b>								
12-14 years	27.90	38.80	48.00	56.40	120.90	168.10	208.00	244.40
15-19 years	28.80	40.00	49.90	57.60	124.80	173.30	216.20	249.60
20-50 years	30.80	40.00	49.70	60.40	133.50	173.30	215.40	261.70
51 years and over	28.00	38.00	46.80	56.20	121.30	164.70	202.80	243.50
<b>FEMALE:</b>								
12-19 years	27.80	33.40	40.50	48.90	120.50	144.70	175.50	211.90
20-50 years	27.90	34.90	42.50	54.60	120.90	151.20	184.20	236.60
51 years and over	27.30	33.90	42.10	50.20	118.30	146.90	182.40	217.50
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>3</sup>:</b>								
20-50 years	64.60	82.40	101.40	126.50	279.80	357.00	439.60	548.10
51 years and over	60.80	79.10	97.80	117.00	263.60	342.80	423.70	507.10
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	93.70	118.30	144.60	178.20	406.10	512.60	626.70	772.20
6-8 and 9-11 years	108.40	139.50	173.70	209.50	469.80	604.40	752.70	907.80

<sup>1</sup>Basis 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 *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2003 Administrative Report (2003)*. All four Food Plans are based on 1989-91 data and are updated to current dollars using the Consumer Price Index for specific food items.

<sup>2</sup>The 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.

<sup>3</sup>Ten percent added for family size adjustment.