

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 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	16.60	20.40	23.90	29.00	71.90	88.40	103.60	125.70
2 years	16.50	20.40	23.90	29.00	71.50	88.40	103.60	125.70
3-5 years	18.00	22.40	27.70	33.20	78.00	97.10	120.00	143.90
6-8 years	22.50	29.80	37.10	43.10	97.50	129.10	160.80	186.80
9-11 years	26.40	33.80	43.20	50.00	114.40	146.50	187.20	216.70
MALE:								
12-14 years	27.40	38.20	47.30	55.60	118.70	165.50	205.00	240.90
15-19 years	28.30	39.40	49.10	56.60	122.60	170.70	212.80	245.20
20-50 years	30.30	39.30	48.90	59.20	131.30	170.30	211.90	256.50
51 years and over	27.50	37.40	45.90	55.10	119.20	162.10	198.90	238.70
FEMALE:								
12-19 years	27.40	32.90	39.90	48.20	118.70	142.60	172.90	208.90
20-50 years	27.40	34.30	41.80	53.50	118.70	148.60	181.10	231.80
51 years and over	26.90	33.40	41.30	49.40	116.60	144.70	179.00	214.10
FAMILIES:								
FAMILY OF 2³:								
20-50 years	63.50	81.00	99.80	124.00	275.00	350.80	432.30	537.10
51 years and over	59.80	77.90	95.90	115.00	259.40	337.50	415.70	498.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	92.20	116.40	142.30	174.90	399.50	504.40	616.60	757.90
6-8 and 9-11 years	106.60	137.20	171.00	205.80	461.90	594.50	741.00	891.80

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.