

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 1998¹

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:								
1-2 years	15.30	18.90	22.20	26.90	66.30	81.90	96.20	116.60
3-5 years	16.60	20.60	25.50	30.60	71.90	89.30	110.50	132.60
6-8 years	20.50	27.50	34.10	39.70	88.80	119.20	147.80	172.00
9-11 years	24.40	31.10	39.70	46.00	105.70	134.80	172.00	199.30
MALE:								
12-14 years	25.20	35.10	43.50	51.10	109.20	152.10	188.50	221.40
15-19 years	25.90	36.10	45.00	51.90	112.20	156.40	195.00	224.90
20-50 years	27.90	35.90	44.70	54.20	120.90	155.60	193.70	234.80
51 years and over	25.10	34.20	42.10	50.50	108.80	148.20	182.40	218.80
FEMALE:								
12-19 years	25.10	30.30	36.70	44.30	108.80	131.30	159.00	192.00
20-50 years	25.20	31.40	38.20	49.00	109.20	136.10	165.50	212.30
51 years and over	24.70	30.50	37.90	45.40	107.00	132.20	164.20	196.70
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.40	74.00	91.20	113.50	253.10	320.90	395.10	491.80
51 years and over	54.80	71.20	88.00	105.50	237.40	308.40	381.30	457.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.00	106.80	130.60	160.70	368.30	462.90	565.90	696.30
6-8 and 9-11 years	98.00	125.90	156.70	188.90	424.60	545.70	679.00	818.40

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 *Family Economics Review*, No. 1 (1984). The food plans are based on 1977-78 Nationwide Food Consumption Survey 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.