

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 1999¹

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	15.50	19.00	22.30	27.10	67.20	82.30	96.60	117.40
3-5 years	16.80	20.80	25.70	30.90	72.80	90.10	111.40	133.90
6-8 years	20.70	27.70	34.40	40.00	89.70	120.00	149.10	173.30
9-11 years	24.60	31.40	40.00	46.40	106.60	136.10	173.30	201.10
MALE:								
12-14 years	25.40	35.40	43.90	51.50	110.10	153.40	190.20	223.10
15-19 years	26.20	36.40	45.40	52.30	113.50	157.70	196.70	226.60
20-50 years	28.10	36.10	44.90	54.40	121.80	156.40	194.60	235.70
51 years and over	25.30	34.40	42.30	50.80	109.60	149.10	183.30	220.10
FEMALE:								
12-19 years	25.40	30.50	37.00	44.70	110.10	132.20	160.30	193.70
20-50 years	25.30	31.50	38.40	49.20	109.60	136.50	166.40	213.20
51 years and over	24.90	30.60	38.10	45.60	107.90	132.60	165.10	197.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.70	74.40	91.60	114.00	254.50	322.20	397.10	493.80
51 years and over	55.20	71.50	88.40	106.00	239.30	309.90	383.20	459.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.70	107.40	131.30	161.60	371.40	465.30	569.00	700.20
6-8 and 9-11 years	98.70	126.70	157.70	190.00	427.70	549.00	683.40	823.30

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 *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.