

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 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	15.40	19.10	22.30	27.20	66.70	82.80	96.60	117.90
3-5 years	16.70	20.80	25.70	30.90	72.40	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	24.50	31.40	40.00	46.40	106.20	136.10	173.30	201.10
MALE:								
12-14 years	25.30	35.40	43.80	51.50	109.60	153.40	189.80	223.10
15-19 years	26.10	36.30	45.30	52.30	113.10	157.30	196.30	226.60
20-50 years	28.00	36.10	45.00	54.50	121.30	156.40	195.00	236.10
51 years and over	25.30	34.40	42.40	50.90	109.60	149.10	183.70	220.50
FEMALE:								
12-19 years	25.30	30.50	36.90	44.60	109.60	132.20	159.90	193.30
20-50 years	25.20	31.50	38.40	49.20	109.20	136.50	166.40	213.20
51 years and over	24.80	30.70	38.10	45.60	107.50	133.00	165.10	197.60
FAMILIES:								
FAMILY of 2³:								
20-50 years	58.50	74.40	91.70	114.10	253.60	322.20	397.50	494.20
51 years and over	55.10	71.60	88.60	106.20	238.80	310.30	383.70	459.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
1-2 and 3-5 years	85.30	107.50	131.40	161.80	369.60	465.80	569.40	701.10
6-8 and 9-11 years	98.40	126.70	157.80	190.10	426.40	549.00	683.80	823.70

¹ Basis 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 National wide Food Consumption Survey data updated to current dollars using the Consumer Price Index for specific food items.

² 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 per cent; 2-person—add 10 per cent; 3-person—add 5 per cent; 5- or 6-person—subtract 5 per cent; 7- (or more) per son—subtract 10 per cent.

³ Ten per cent added for family size adjustment.