

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 2004¹

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.80	22.20	26.10	31.20	77.10	96.10	112.90	135.30
2 years	17.70	21.90	25.90	31.50	76.70	94.80	112.30	136.70
3-5 years	19.40	24.10	29.90	35.70	84.20	104.60	129.40	154.70
6-8 years	24.20	32.30	39.80	46.50	104.70	139.80	172.20	201.30
9-11 years	28.40	36.40	46.50	53.80	123.20	157.70	201.30	233.30
MALE:								
12-14 years	29.60	41.10	51.10	59.60	128.40	178.20	221.20	258.20
15-19 years	30.40	42.20	53.00	61.30	131.80	183.00	229.80	265.40
20-50 years	32.60	42.20	52.60	64.10	141.10	183.00	227.90	277.90
51 years and over	29.50	40.10	49.50	59.30	127.70	173.80	214.60	256.80
FEMALE:								
12-19 years	29.70	35.40	43.30	51.80	128.60	153.50	187.40	224.30
20-50 years	29.60	36.70	45.00	57.90	128.30	159.20	194.90	250.90
51 years and over	29.00	35.70	44.50	53.20	125.50	154.70	193.00	230.40
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	68.40	86.90	107.30	134.20	296.40	376.40	465.00	581.60
51 years and over	64.30	83.40	103.50	123.70	278.60	361.30	448.30	535.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	99.30	125.00	153.30	189.30	430.20	541.50	664.40	820.10
6-8 and 9-11 years	114.80	147.60	183.80	222.30	497.30	639.60	796.30	963.30

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the 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.

²All costs are rounded to nearest 10 cents.

³The 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; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

⁴Ten percent added for family size adjustment.