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What does it
cost to feed
your family?

What kinds of
food do you
really need?

Why do food
costs vary
by families?

Your Weekly Food Bill

By Velma Seat

Extension Food Marketing Specialist
Oregon State University

What does it cost to feed your family?

Four family food plans developed by the U.S. Department of Agriculture are used as guides to estimate the quantities of foods to buy in a week for families of varied size and composition. The table below gives the estimated cost of each of these food plans.

Cost of One Week's Food at Home, Western Region¹

Sex-age groups	Thrifty plan ²	Low-cost plan	Moderate-cost plan	Liberal plan
FAMILIES				
<i>Dollars</i>				
Family of 2:				
20-54 years	23.10	30.10	38.30	46.10
55 years and over	20.80	27.10	33.80	40.60
Family of 4:				
Children, 1-2 and 3-5 years	32.70	42.10	53.10	64.10
Children, 6-8 and 9-11 years	39.30	51.00	64.50	78.00
INDIVIDUALS				
Child:				
7 months to 1 year	4.70	5.70	6.90	8.40
1-2 years	5.30	6.70	8.30	10.00
3-5 years	6.40	8.00	10.00	12.20
6-8 years	8.10	10.50	13.20	16.00
9-11 years	10.20	13.10	16.50	20.10
Male:				
12-14 years	10.80	13.90	17.50	21.20
15-19 years	11.90	15.30	19.30	23.60
20-54 years	11.50	15.10	19.30	23.30
55 years and over	10.30	13.40	16.80	20.20
Female:				
12-19 years	9.70	12.50	15.50	18.80
20-54 years	9.50	12.30	15.50	18.60
55 years and over	8.60	11.20	13.90	16.60
Pregnant	11.90	15.20	18.90	22.70
Nursing	12.60	16.10	20.30	24.30

¹ These prices are updated by use of "Estimated Retail Food Prices by Cities" (Los Angeles, San Francisco, Oakland) released monthly by the Bureau of Labor Statistics.

² Thrifty plan is figured on a U.S. Average. Coupon allotments in the Food Stamp Program are based on this food plan.

In the table on page 2, costs for families of two were increased 10 percent to adjust for family size. In families of four, calculations are based on parents 20 to 35 years old, preschoolers, 1 to 3 and 3 to 6 years old; and parents 20 to 35 years old; school children 6 to 9, and boys 9 to 12.

For individuals, costs are given for those in four-person families. For other size families, adjust as follows:

Number in family	
One	add 20%
Two	add 10%
Three	add 5%
Five or six	subtract 5%
Seven or more	subtract 10%

Here is an example using a couple (36 and 38 years old) with a boy of 12 on a low-cost plan:

INDIVIDUAL	COST
Woman	\$12.30
Man	15.10
Boy	13.90
Total	41.30
For a family of three, add 5%	2.06
Estimated weekly food cost for this family	43.36

Food costs on the opposite page *do not* include nonfood items such as cigarettes, laundry supplies, and paper goods that are also bought at the market, nor the cost of meals eaten away from home. The cost of food at restaurants and other commercial food service establishments is higher than the cost of food prepared at home, so if family members eat away from home the food budget will have to be increased.

What are the differences in the food plans?

All the food plans are nutritionally adequate. The thrifty plan requires more time and skill in buying and preparation. It also relies more heavily on dry beans, bread, cereals, and potatoes. The low-cost plan includes a goodly amount of these foods but in lesser amounts than the economy plan. The moderate-cost plan includes larger quantities of milk, meat, fruits and vegetables, some higher-priced cuts of meat, a few out-of-season foods, and some convenience foods. The liberal plan is for families who want and can afford more meat and fruits and vegetables, and greater variety.

Food plans that families of different sizes and incomes can usually afford

Family income (before taxes)	Number of persons in family					
	1	2	3	4	5	6
\$2,500 to \$5,000	Thrifty or Low-cost	Thrifty or Low-cost	Thrifty ¹	Thrifty ¹	Thrifty ¹	Thrifty ¹
\$5,000 to \$10,000	Moderate-cost	Low-cost or Moderate-cost	Thrifty or Low-cost	Thrifty or Low-cost	Thrifty ¹ or Low-cost	Thrifty ¹
\$10,000 to \$15,000	Liberal	Moderate-cost	Low-cost or Moderate-cost	Low-cost	Low-cost	Thrifty or Low-cost
\$15,000 to \$20,000	Liberal	Liberal	Moderate-cost	Low-cost or Moderate-cost	Low-cost	Low-cost
\$20,000 to \$30,000	Liberal	Liberal	Liberal	Moderate-cost	Moderate-cost	Low-cost or Moderate-cost
\$30,000 or more	Liberal	Liberal	Liberal	Moderate-cost or Liberal	Moderate-cost or Liberal	Moderate-cost or Liberal

¹ Many families of this size and income are eligible for assistance through the Food Stamp Program.

What kinds of foods does your family need daily?

DAIRY FOODS



Three or four glasses of milk for children, four or more glasses for teenagers, two or more glasses for adults, four to six or more glasses for pregnant and nursing women. Cheese, ice cream, and other milk-made foods can supply part of the milk.



MEAT

Two or more servings of meat, fish, poultry, eggs, or cheese, or dry beans, peas, or nuts.



VEGETABLES AND FRUITS

Four or more servings, including dark green or deep yellow vegetables, citrus fruit, or tomatoes.



BREADS AND CEREALS

Four or more servings of whole grain or enriched cereals, breads and other baked goods, rice, barley, noodles, macaroni, and so forth.

Plus fats and oils, sugars and sweets as needed to complete meals and provide needed energy.

The cost of the USDA food plans are only rough guides to your spending. The amount of spending may vary depending on:

- **Age of children.** Teenagers, during their rapid growth years, need a third or more food than adults.
- **Food habits.** Families eat meat at more meals, serve choice cuts instead of ground beef or stew meat or meat-extending dishes such as casseroles, and buy soft drinks.
- **Nonfood items charged to food bill.** Shoppers purchase many nonfood items at the market and include them in the cost of food; cleaning supplies, health and beauty aids, and magazines are examples.
- **Unplanned shopping.** "Impulse buying" can increase a food bill. A list of needed foods and "specials" to serve as a guide in shopping helps to avoid bringing home items that might duplicate those on hand or purchasing more perishables than can be quickly consumed.
- **Use of out-of-season foods.** Fresh fruits and vegetables bought out of season cost more.
- **Failure to take advantage of sales.** Studies show definite savings can be made by buying regularly used foods when they are on "special."
- **Pet foods.** Food for dogs, cats, or other pets should not be included when figuring the cost of the family's food.

- **Frequent use of ready-to-serve foods.** Not all, but many "convenience" foods cost more than those prepared by the home-maker.
- **Fancy packaging.** Buying foods on the basis of the container rather than on the weight of contents or cost per serving can increase food bills.
- **Party foods.** "Fancy" items such as pickles, olives, special dressings, and gourmet and snack foods run up food costs. Outdoor cooking may involve the purchase of expensive foods.
- **Whether you raise some of your own food.**
- **The importance you place on food in relation to other family needs.**

Food expenditures take about 17 percent of our spendable income. Of course, like any other average, there are many deviations. Wealthy people might spend well below 17 percent of their income for food while many others may spend a considerably larger percentage.

The informed shopper, by making wise purchases, can get more for the food dollar. OSU's Extension Food Marketing Program is designed to help you be a better informed food shopper.

Consumer information is made available to the public through the local county Extension home economist. Watch for current food-buying information in news columns in the papers or on radio or television programs. Visit or telephone the Extension office for assistance with food preparation or buying.

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