## Family of Four Shopping \& Meals Savings at The River Food Pantry:One Week

| Shopping * |  |  | Community Meals*** |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Item | Quantity Unit | Price** | Household | Meal**** | Frequency | Price | ***** |
| Mulit-Grain Bread | 1 Loaf | \$3.79 | 1 Person | \$2.13 |  | 5 | \$10.65 |
| Blackberries | 1 package | \$3.29 | 1 Person | \$2.13 |  | 5 | \$10.65 |
| Beets | 2 bunches | \$6.98 | 1 Person | \$2.13 |  | 5 | \$10.65 |
| Granny Smith Apples | 1 pounds | \$1.49 | 1 Person | \$2.13 |  | 5 | \$10.65 |
| Fresh Green Beans | 0.5 pounds | \$1.00 |  |  |  |  |  |
| Greens and Salad Mix | 10 ounces | \$7.38 | Community Meal Total |  |  |  | \$42.60 |
| Russet Potatos | 3 pounds | \$2.97 |  |  |  |  |  |
| Pico De Gallo | 28 ounces | \$7.98 | Notes |  |  |  |  |
| Organic Bananas | 1.5 pounds | \$1.19 |  |  |  |  |  |
| Organic Chive \& Cream Cheese | 8 ounces | \$7.79 |  |  |  |  |  |
| Guacamole | 24 ounces | \$10.00 | * Taken from client choice shopping trip on 8/23/18, clients can shop for goroceries once a week. |  |  |  |  |
| Organic Milk | 0.5 gallon | \$3.69 |  |  |  |  |  |
| Ice Mountain Water | 1 gallon | \$1.39 |  |  |  |  |  |
| Seseame Sticks | 1 package | \$3.69 | **Prices based on Festival Foods Best Comparable Product prices, No Discounts have been applied |  |  |  |  |
| Organic Lettuce | 2 head | \$7.38 |  |  |  |  |  |
| Canned Green Beans | 1 can | \$0.99 | *** Community Meals consist of a protein option, grain option, vegetable option, fruit option, and added |  |  |  |  |
| Corn Tortilla Chips | 1 bag | \$3.19 |  |  |  |  |  |
| Split Pea Soup Mix | 2 bag | \$5.98 |  |  |  |  |  |
| Canned Black Beans | 2 can | \$2.30 | extras depending on avaialbiltiy and donations. |  |  |  |  |
| Canned Kidney Beans | 2 can | \$1.98 | ****Average cost of Family of Four meals at home |  |  |  |  |
| Basic Baby Diapers | 10 diapers | \$1.84 |  |  |  |  |  |
| Baby Food- Bananas | 1 package | \$1.89 | per USDA Food Plan is $\$ 178.5$. At 3 meals a day, 7 days a week, between 4 people, $\$ 2.13$ is the average |  |  |  |  |
| Canned Garbanzo Beans | 3 can | \$4.47 | cost of one meal at home per USDA Low-Cost Family of Four Food. |  |  |  |  |
| Tumeric Seasoning | 2 package | \$4.58 |  |  |  |  |  |
| Black Garlic Seasoning | 1 package | \$4.49 |  |  |  |  |  |
| Organic Brown Rice | 64 ounces | \$10.98 | ******Clients can have a community meal five times a |  |  |  |  |
| Quinoa \& Brown Rice | 8.5 ounces | \$3.49 |  |  |  |  |  |
| Organic Macarnoi \& Cheese | 18 ounces | \$7.47 | week. Each person in the household can have a meal per visit. |  |  |  |  |


| Quiona Clusters | 1 package | $\$ 3.97$ |
| :--- | :--- | ---: |
| Sea Salt Chips | 3 bags | $\$ 9.57$ |
| Chickn Breast | 2 pounds | $\$ 9.98$ |
| Ground Beef Patties | 2 pounds | $\$ 12.00$ |
| Gross Total | $\$ 159.18$ |  |
| Tax (WI State Tax) | $\$ 7.96$ |  |
| Shopping Total | $\$ 167.14$ |  |
| Shopping \& Meals Savings for One Week Total | $\$ 209.74$ |  |

## USDA

United States Department of Agriculture
Official USDA Food Plans: Cost of Food at Home at Four Levels,

| Age-gender groups | Weelly cost ${ }^{2}$ |  |  |  | Monthly cost ${ }^{2}$ |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Thrifty plan | $\begin{gathered} \text { Low-cost } \\ \text { plan } \\ \hline \end{gathered}$ | Moderatecost plan | $\begin{gathered} \text { Liberal } \\ \text { plan } \\ \hline \end{gathered}$ | $\begin{gathered} \text { Thrifty } \\ \text { plan } \end{gathered}$ | $\begin{gathered} \text { Low-cost } \\ \text { plan } \\ \hline \end{gathered}$ | $\begin{gathered} \text { Moderate- } \\ \text { cost plan } \\ \hline \end{gathered}$ | $\begin{gathered} \text { Liberal } \\ \text { plan } \\ \hline \end{gathered}$ |
| $\text { Individuals }{ }^{3}$ <br> Child: |  |  |  |  |  |  |  |  |
| 1 year | \$21.60 | \$28.80 | \$32.70 | \$40.00 | \$93.60 | \$125.00 | \$141.70 | \$173.20 |
| 2-3 years | \$23.60 | \$30.20 | \$36.40 | \$44.40 | \$102.40 | \$131.00 | \$157.90 | \$192.40 |
| 4-5 years | \$24.80 | \$31.20 | \$38.80 | \$47.30 | \$107.50 | \$135.10 | \$168.00 | \$204.90 |
| 6-8 years | \$31.50 | \$43.70 | \$52.90 | \$62.70 | \$136.60 | \$189.50 | \$229.30 | \$271.60 |
| 9-11 years | \$35.60 | \$47.30 | \$61.40 | \$71.50 | \$154.30 | \$205.10 | \$266.10 | \$309.60 |
| Male: <br> 12-13 years | \$38.40 | \$54.50 | \$68.30 | \$80.10 | \$166.20 | \$236.00 | \$295.80 | \$347.10 |
| 14-18 years | \$39.60 | \$55.40 | \$70.30 | \$80.60 | \$171.50 | \$239.90 | \$304.60 | \$349.10 |
| 19 -50 years | \$42.50 | \$54.90 | \$68.80 | \$84.60 | \$184.10 | \$238.10 | \$298.00 | \$366.60 |
| $51-70$ years | \$38.70 | \$51.80 | \$64.40 | \$77.90 | \$167.80 | \$224.50 | \$278.80 | \$337.40 |
| $71+$ years | \$39.00 | \$51.10 | \$63.40 | \$78.50 | \$168.80 | \$221.50 | \$274.70 | \$340.10 |
| Female: |  |  |  |  |  |  |  |  |
| 12-13 years | \$38.30 | \$46.90 | \$56.60 | \$69.20 | \$166.00 | \$203.20 | \$245.00 | \$299.80 |
| 14-18 years | \$37.60 | \$46.90 | \$56.60 | \$69.80 | \$163.10 | \$203.10 | \$245.20 | \$302.60 |
| 19-50 years | \$37.60 | \$47.60 | \$58.60 | \$75.00 | \$163.10 | \$206.20 | \$254.10 | \$324.90 |
| $51-70$ years | \$37.20 | \$46.30 | \$57.70 | \$69.70 | \$161.40 | \$200.80 | \$250.10 | \$301.90 |
| $71+$ years | \$36.20 | \$45.70 | \$56.80 | \$68.60 | \$157.00 | \$198.20 | \$246.30 | \$297.20 |
| $\begin{aligned} & \text { Families } \\ & \text { Family (Male \& } \\ & \text { Female) of 2: } \end{aligned}$ |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| $19-50$ years | \$88.10 | \$112.80 | \$140.20 | \$175.60 | \$381.90 | \$488.70 | \$607.40 | \$760.70 |
| 51-70 years | \$83.60 | \$108.00 | \$134.30 | \$162.30 | \$362.10 | \$467.80 | \$581.90 | \$703.20 |
| Family of 4: Couple (Male \& Female). |  |  |  |  |  |  |  |  |

19-50 years and
children-
2-3 and $4-5$ years
$\$ 128$. $\$ 128.60$
$\$ 147.30$ $\$ 163.90$

$\$ 193.60$ |  |
| :--- | :--- | $\$ 202.60$


$\$ 241.80$ $\$ 251.30$ $\$ 557.10$ | $\$ 710.40$ | $\$ 878.00$ |
| :--- | :--- | $\$ 878.00$

$\$ 1047.50$ $\$ 1088.80$
$\$ 1272.80$
${ }^{1}$ The Food Plans represent a mutritious diet at four different cost levels. The mutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 MyPyramid food intake recommendations. In addition to cost, differences ammong plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks ar prepared at home For specific foods and quantities of foods in the Food Plans, see Thuifv- Food Plawh 2006 (2007) and The Low-Cost,
Moderato-Costt and Liberal Food Pions, 2007 (2007). All four Food Plans are based on $2001-02$ data and updated to current dollars by using the Consumer Price Index for specific food items.
All costs are rounded to nearest 10 cents.
The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 5 -person-add 20 percent, 2 -person-add 10 percent, 3 -person-add 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.
Ten percent added for family size adjustment.
This file may be accessed on the Center for Nutrition Policy and Promotion's home page at: http://www.cnpp.usda.gov.
Issued March 2017

