## 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					
Organic Bananas	1.5 pounds	\$1.19	Notes				
Organic Chive & Cream Cheese	8 ounces	\$7.79					
Guacamole	24 ounces	\$10.00	* Taken from client choi	ce shoppin	g trip on 8/2	23/18,	
Organic Milk	0.5 gallon	\$3.69	clients can shop for goro	ceries once	e a week.		
Ice Mountain Water	1 gallon	\$1.39					
Seseame Sticks	1 package	\$3.69					
Organic Lettuce	2 head	\$7.38	Product prices, No Disco	ounts have	been applied	1	
Canned Green Beans	1 can	\$0.99	atomic of the second				
Corn Tortilla Chips	1 bag	\$3.19	*** Community Meals of				
Split Pea Soup Mix	2 bag	\$5.98					
Canned Black Beans	2 can	\$2.30	extras depending on avai	iaidiitiy and	a donations.		
Canned Kidney Beans	2 can	\$1.98	**** A varage east of Far	nily of For	ır maala at h	omo	
Basic Baby Diapers	10 diapers	\$1.84	****Average cost of Family of Four meals at home per USDA Food Plan is \$178.5. At 3 meals a day, 7				
Baby Food- Bananas	1 package	\$1.89	days a week, between 4 people, \$2.13 is the average				
Canned Garbanzo Beans	3 can	\$4.47					
Tumeric Seasoning	2 package	\$4.58	of Four Food.	per essi	12011 0050		
Black Garlic Seasoning	1 package	\$4.49					
Organic Brown Rice	64 ounces	\$10.98	*****Clients can have a	communit	y meal five	times a	
Quinoa & Brown Rice	8.5 ounces	\$3.49	week. Each person in the				
Organic Macarnoi & Cheese	18 ounces	\$7.47	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)		<i>\$7.96</i>
Shopping Total		\$167.14
Shopping & Meals Savings for One Week Total		\$209.74



United States Department of Agriculture

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 2017 <sup>1</sup>

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

19-50 years and children—								
2-3 and 4-5 years	\$128.60	\$163.90	\$202.60	\$251.30	\$557.10	\$710.40	\$878.00	\$1088.80
6-8 and 9-11 years	\$147.30	\$193.60	\$241.80	\$293.70	\$638.10	\$838.90	\$1047.50	\$1272.80

<sup>&</sup>lt;sup>1</sup> The Food Plans represent a nutritious diet at four different cost levels. The nutritional 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 among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, see <u>Twitty Food Plan. 2006</u> (2007) and <u>Twe Low-Cost.</u> <u>Moderate-Cost, and Liberal Food Plans, 2007</u> (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.

This file may be accessed on the Center for Nutrition Policy and Promotion's home page at: <a href="http://www.cmpp.usda.gov">http://www.cmpp.usda.gov</a>. Issued March 2017.

<sup>&</sup>lt;sup>2</sup> All costs are rounded to nearest 10 cents.

<sup>&</sup>lt;sup>3</sup> 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 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.

Ten percent added for family size adjustment.