


AT A GLANCE

# THE THRIFTY FOOD PLAN RE-EVALUATION

Congress directed USDA to re-evaluate the Thrifty Food Plan based on “current food prices, food composition data, consumption patterns, and dietary guidance.”

USDA calculated the 2021 Thrifty Food Plan (TFP) using the same mathematical model, or equation, used in 2006. The 2021 TFP reflects the latest available data and is designed to meet the needs of low-income Americans in a cost-conscious way.



**THE THRIFTY FOOD PLAN**

- Aligns with dietary guidance
- Represents a limited food budget
- Reflects what Americans buy and eat
- Supports a healthy, active lifestyle

## TO CALCULATE THE TFP, USDA:

### USED THE LATEST DATA



How much groceries cost



What nutrients are in food



What Americans actually eat



What a nutritious diet looks like

### MADE SEVERAL CHOICES



Calorie levels the plan supports



Range of food choices it includes



What it means to be “thrifty”

USDA experts used the model, starting with the cost of the 2006 TFP, and increased it **one penny at a time**, to find the lowest cost plan that meets the needs of low-income Americans, and reflects the latest available data.

As a result, the 2021 **TFP represents the cost of a practical, nutritious, cost-effective diet for a family of four** with an adult male and female and two kids between the ages of 6-8 and 9-11.

