



THRIFTY FOOD PLAN FACTS

In 2021, the USDA released the first meaningful update to the Thrifty Food Plan (TFP) in almost 50 years.

What Is The Thrifty Food Plan?

- The TFP is the estimated cost of a nutritious, practical, cost-effective diet for a family of four, assuming they take significant steps to stretch their budget, and it is the basis for SNAP.
- In 2021, USDA made its first meaningful revision to the TFP in almost 50 years, as mandated by the bipartisan 2018 Farm Bill. Prior to this revision, the TFP had not been updated to reflect the latest nutrition science or realities of how families prepare food and feed their families today.

What Did The Farm Bill Direct?

- The 2018 Farm Bill mandated that USDA update the Thrifty Food Plan by 2022 and at five-year intervals thereafter “based on current food prices, food composition data, consumption patterns, and dietary guidance.”
- **The Farm Bill did not direct USDA to conduct a cost-neutral evaluation.**
- The U.S. Government Accountability Office's (GAO) review did not find that the increase in the Thrifty Food Plan cost violated the law.

What Did The Update Do?

- The update to the TFP resulted in a modest increase of \$1.35 per day.
- This brought the average SNAP benefit to \$6.10 per day, which better reflects what people eat, dietary science, and the realities faced by busy families on the go.
- This modest and long-overdue increase to the TFP will help lift 2.4 million people, including 1 million children, out of poverty.
- The increase will help households purchase a healthy diet with a variety of fruits, vegetables, whole grains, lean meats, and seafood to reflect current dietary guidelines.