

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2005¹

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.90	22.60	26.40	31.70	77.70	97.90	114.30	137.20
2 years	18.00	22.30	26.60	32.10	77.80	96.70	115.20	139.10
3-5 years	19.80	24.60	30.40	36.50	86.00	106.60	131.60	158.20
6-8 years	25.00	33.20	41.00	47.90	108.30	143.80	177.50	207.50
9-11 years	29.30	37.40	47.80	55.60	127.00	162.00	207.10	240.70
MALE:								
12-14 years	30.60	42.30	52.40	61.70	132.50	183.20	226.90	267.40
15-19 years	31.70	43.60	54.40	63.20	137.20	189.00	235.80	273.90
20-50 years	33.80	43.50	54.20	66.20	146.40	188.40	234.70	286.70
51 years and over	30.70	41.30	51.00	61.30	132.90	179.10	221.00	265.40
FEMALE:								
12-19 years	30.50	36.50	44.40	53.50	132.20	158.20	192.20	231.70
20-50 years	30.50	37.80	46.30	59.60	132.30	163.90	200.50	258.10
51 years and over	30.00	36.80	45.80	54.90	129.80	159.30	198.60	238.00
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	70.80	89.50	110.50	138.30	306.60	387.60	478.70	599.20
51 years and over	66.70	85.90	106.50	127.80	289.00	372.20	461.50	553.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.10	128.20	157.40	194.30	442.50	555.60	682.00	842.10
6-8 and 9-11 years	118.60	151.90	189.20	229.20	514.00	658.20	819.70	993.00

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2003 Administrative Report (2003)*. All four Food Plans are based on 1989-91 data and are updated to current dollars using the Consumer Price Index for specific food items.

²All costs are rounded to nearest 10 cents.

³The 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.

⁴Ten percent added for family size adjustment.