

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 2007¹

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	18.40	23.50	27.20	33.10	79.80	101.70	117.70	143.60
2 years	18.40	23.00	27.50	33.10	79.90	99.90	119.10	143.40
3-5 years	20.50	25.30	31.20	37.90	88.80	109.70	135.10	164.30
6-8 years	26.00	34.40	42.60	49.70	112.80	149.20	184.40	215.30
9-11 years	30.40	38.70	49.40	57.80	131.70	167.60	214.20	250.50
MALE:								
12-14 years	31.60	43.60	53.80	64.10	136.80	189.10	233.20	277.80
15-19 years	33.00	45.30	56.10	65.50	142.90	196.20	243.00	283.90
20-50 years	35.10	44.90	56.00	68.40	152.10	194.80	242.50	296.60
51 years and over	32.00	42.70	52.70	63.60	138.70	185.20	228.20	275.80
FEMALE:								
12-19 years	31.40	37.90	45.60	55.70	136.10	164.20	197.70	241.20
20-50 years	31.60	39.20	47.80	61.70	137.00	169.80	207.30	267.40
51 years and over	31.10	38.00	47.30	57.00	134.70	164.60	204.90	247.10
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	73.40	92.60	114.20	143.20	318.00	401.10	494.80	620.40
51 years and over	69.40	88.80	109.90	132.70	300.70	384.80	476.40	575.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	105.60	132.50	162.50	201.20	457.80	574.20	703.90	871.70
6-8 and 9-11 years	123.10	157.30	195.80	237.70	533.60	681.40	848.40	1029.80

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.