

**Table 708. Weekly Food Cost of a Nutritious Diet by Type of Family: 2000 and 2006**

[In dollars. Assumes that food for all meals and snacks is purchased at the store and prepared at home. See source for details on estimation procedures]

Family type	December 2000				December 2006			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>FAMILIES</b>								
Family of two:								
20 to 50 years old . . . . .	60.60	78.20	96.40	120.00	72.40	91.30	112.70	141.40
51 years old and over . . . . .	57.60	75.20	93.10	111.50	68.40	87.80	108.60	131.00
Family of four:								
Couple, 20 to 50 years old and children—								
1 to 2 and 3 to 5 years old . . . . .	88.40	112.60	137.60	169.40	104.50	130.90	160.60	198.90
6 to 8 and 9 to 11 years old . . . . .	101.90	132.60	165.30	199.20	121.50	155.30	193.30	234.70
<b>INDIVIDUALS <sup>1</sup></b>								
Child:								
1 year old . . . . .	16.10	19.80	23.20	28.20	18.30	23.20	26.90	32.80
2 years old . . . . .	16.00	19.80	23.20	28.20	18.30	22.80	27.20	32.80
3 to 5 years old . . . . .	17.30	21.70	26.80	32.10	20.30	25.00	30.90	37.50
6 to 8 years old . . . . .	21.50	28.80	35.90	41.70	25.70	34.00	42.00	49.10
9 to 11 years old . . . . .	25.30	32.70	41.80	48.40	30.00	38.20	48.80	57.10
Male:								
12 to 14 years old . . . . .	26.20	36.90	45.70	53.80	31.20	43.20	53.20	63.30
15 to 19 years old . . . . .	27.00	38.00	47.40	54.70	32.50	44.70	55.30	64.70
20 to 50 years old . . . . .	28.90	37.90	47.20	57.20	34.60	44.40	55.30	67.60
51 years old and over . . . . .	26.40	36.10	44.50	53.40	31.50	42.20	52.00	62.80
Female:								
12 to 19 years old . . . . .	26.30	31.80	38.60	46.70	31.00	37.40	45.10	54.90
20 to 50 years old . . . . .	26.20	33.20	40.40	51.90	31.20	38.70	47.20	60.90
51 years old and over . . . . .	26.00	32.30	40.10	48.00	30.70	37.50	46.70	56.20

<sup>1</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; 5- or 6-person, subtract 5 percent; 7- (or more) person, subtract 10 percent.

Source: U.S. Department of Agriculture, *Official USDA Food Plans: Cost of Food at Home at Four Levels*, monthly. See also <<http://www.cnpp.usda.gov/Publications/FoodPlans/2006/CostofFoodDec06.pdf>> (released January 2007).