

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2006¹

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	18.20	23.10	26.90	32.30	78.70	100.00	116.50	140.10
2 years	18.20	22.80	27.20	32.80	79.00	98.80	118.00	142.00
3-5 years	20.30	25.10	30.90	37.40	87.80	108.70	134.00	161.90
6-8 years	25.80	34.10	42.10	49.20	111.60	147.70	182.50	213.10
9-11 years	30.20	38.30	49.10	57.30	130.70	166.20	212.70	248.10
MALE:								
12-14 years	31.40	43.30	53.50	63.50	135.90	187.70	231.70	275.20
15-19 years	32.70	44.90	55.70	65.00	141.80	194.70	241.50	281.50
20-50 years	34.80	44.60	55.60	68.00	150.90	193.40	240.90	294.80
51 years and over	31.70	42.40	52.30	63.20	137.30	183.80	226.60	273.90
FEMALE:								
12-19 years	31.20	37.60	45.30	55.10	135.30	162.70	196.40	238.70
20-50 years	31.40	38.90	47.50	61.20	136.00	168.50	205.80	265.30
51 years and over	30.80	37.70	47.00	56.60	133.60	163.40	203.50	245.40
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	72.80	91.90	113.40	142.20	315.50	398.10	491.40	616.10
51 years and over	68.80	88.20	109.20	131.80	298.10	382.00	473.10	571.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	104.70	131.40	161.30	199.40	453.70	569.40	698.80	864.00
6-8 and 9-11 years	122.10	156.00	194.30	235.70	529.10	675.70	842.00	1021.30

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.