

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, November 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	18.00	22.70	26.50	31.90	78.00	98.40	114.90	138.40
2 years	18.00	22.40	26.70	32.30	78.00	97.10	115.80	139.80
3-5 years	19.90	24.60	30.50	36.60	86.20	106.80	132.00	158.80
6-8 years	25.00	33.20	41.00	48.00	108.40	143.90	177.80	207.90
9-11 years	29.30	37.40	47.90	55.70	127.10	162.20	207.50	241.20
MALE:								
12-14 years	30.60	42.30	52.40	61.70	132.50	183.20	227.00	267.40
15-19 years	31.60	43.60	54.50	63.30	137.00	189.00	236.10	274.30
20-50 years	33.80	43.50	54.30	66.30	146.40	188.60	235.10	287.10
51 years and over	30.70	41.40	51.10	61.40	133.20	179.60	221.50	266.20
FEMALE:								
12-19 years	30.50	36.60	44.50	53.60	132.30	158.40	192.60	232.30
20-50 years	30.60	37.90	46.40	59.70	132.40	164.40	201.10	258.80
51 years and over	30.00	36.90	46.00	55.10	130.20	159.90	199.20	238.60
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	70.80	89.60	110.80	138.60	306.70	388.30	479.90	600.60
51 years and over	66.90	86.20	106.80	128.10	289.70	373.40	462.80	555.20
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.20	128.50	157.90	194.90	443.00	556.90	684.10	844.60
6-8 and 9-11 years	118.70	152.10	189.60	229.60	514.30	659.00	821.50	995.00

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.