

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 2006<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	18.30	23.20	26.90	32.80	79.40	100.70	116.70	142.30
2 years	18.30	22.80	27.20	32.80	79.50	98.90	118.00	142.30
3-5 years	20.30	25.00	30.90	37.50	87.90	108.50	133.80	162.50
6-8 years	25.70	34.00	42.00	49.10	111.20	147.50	182.00	212.70
9-11 years	30.00	38.20	48.80	57.10	130.10	165.60	211.50	247.50
<b>MALE:</b>								
12-14 years	31.20	43.20	53.20	63.30	135.20	187.00	230.40	274.40
15-19 years	32.50	44.70	55.30	64.70	140.80	193.60	239.80	280.40
20-50 years	34.60	44.40	55.30	67.60	150.10	192.20	239.40	293.00
51 years and over	31.50	42.20	52.00	62.80	136.70	183.10	225.50	272.10
<b>FEMALE:</b>								
12-19 years	31.00	37.40	45.10	54.90	134.50	162.00	195.50	238.00
20-50 years	31.20	38.70	47.20	60.90	135.20	167.60	204.70	263.90
51 years and over	30.70	37.50	46.70	56.20	132.90	162.70	202.40	243.70
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	72.40	91.30	112.70	141.40	313.90	395.80	488.50	612.70
51 years and over	68.40	87.80	108.60	131.00	296.50	380.30	470.70	567.50
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	104.50	130.90	160.60	198.90	452.70	567.30	695.80	861.80
6-8 and 9-11 years	121.50	155.30	193.30	234.70	526.60	672.90	837.60	1017.20

<sup>1</sup>Basis 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.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</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; 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.

<sup>4</sup>Ten percent added for family size adjustment.