

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 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	18.00	22.70	26.50	31.90	77.80	98.50	114.80	138.30
2 years	18.00	22.40	26.70	32.20	77.80	97.00	115.70	139.50
3-5 years	19.90	24.70	30.50	36.70	86.40	107.00	132.00	159.20
6-8 years	25.20	33.40	41.20	48.20	109.10	144.90	178.70	208.70
9-11 years	29.50	37.60	48.10	56.00	127.80	162.90	208.40	242.70
MALE:								
12-14 years	30.70	42.50	52.50	62.10	133.10	184.10	227.50	269.10
15-19 years	31.90	44.00	54.70	63.60	138.20	190.50	237.00	275.70
20-50 years	34.00	43.70	54.50	66.60	147.20	189.50	236.10	288.50
51 years and over	30.90	41.50	51.20	61.70	133.80	180.00	222.10	267.50
FEMALE:								
12-19 years	30.60	36.80	44.50	53.90	132.70	159.40	192.90	233.50
20-50 years	30.70	38.10	46.60	60.00	133.10	165.00	201.80	260.00
51 years and over	30.20	37.00	46.00	55.40	130.60	160.10	199.50	239.90
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	71.20	90.00	111.20	139.30	308.40	390.00	481.60	603.40
51 years and over	67.10	86.30	107.00	128.80	290.90	374.10	463.70	558.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.60	128.90	158.20	195.60	444.60	558.50	685.60	847.40
6-8 and 9-11 years	119.40	152.80	190.40	230.80	517.20	662.30	824.90	1,000.00

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.