

Table 708. Weekly Food Cost of a Nutritious Diet by Type of Family and Individual: 2007

[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 2007			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
FAMILIES				
Family of two:				
19 to 50 years old	77.50	98.60	121.20	152.00
51 to 70 years old	73.40	94.40	116.40	140.60
Family of four:				
Couple, 19 to 50 years old and children—				
2 to 3 and 4 to 5 years old	112.60	143.10	175.50	217.60
6 to 8 and 9 to 11 years old	129.60	167.70	208.60	254.10
INDIVIDUALS ¹				
Child:				
1 year old	19.50	25.90	29.80	36.30
2 to 3 years old	20.60	26.10	31.60	38.30
4 to 5 years old	21.60	27.40	33.80	41.10
6 to 8 years old	27.40	36.70	45.40	53.60
9 to 11 years old	31.80	41.40	53.10	62.30
Male:				
12 to 13 years old	33.30	46.50	57.60	68.50
14 to 18 years old	34.40	47.90	59.30	69.60
19 to 50 years old	37.10	47.80	59.20	72.40
51 to 70 years old	33.90	45.40	55.60	67.40
71 and over	34.00	45.20	56.20	67.60
Female:				
12 to 13 years old	33.30	40.60	49.30	59.30
14 to 18 years old	33.20	40.80	48.90	59.60
19 to 50 years old	33.30	41.80	51.00	65.80
51 to 70 years old	32.80	40.40	50.30	60.40
71 years old and over	32.60	40.40	50.60	60.80

¹ 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.nnpb.usda.gov/Publications/FoodPlans/2007/CostofFoodDec07.pdf>> (released January 2008).