



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, March 2007¹

Age-gender groups	Weekly cost ²	Monthly cost ²
	Thrifty plan	
Individuals³		
Child:		
1 year	18.70	81.20
2-3 years	19.70	85.50
4-5 years	20.60	89.40
6-8 years	26.30	113.80
9-11 years	30.50	132.20
Male:		
12-13 years	31.90	138.20
14-18 years	33.00	142.80
19-50 years	35.30	153.20
51-70 years	32.30	140.00
71+ years	32.30	140.10
Female:		
12-13 years	31.70	137.20
14-18 years	31.60	137.10
19-50 years	31.80	137.80
51-70 years	31.40	135.90
71+ years	31.20	135.40
Families		
Family of 2:⁴		
19-50 years	73.90	320.00
51-70 years	70.00	303.50
Family of 4:		
Couple, 19-50 years and children—		
2-3 and 4-5 years	107.50	465.90
6-8 and 9-11 years	123.90	536.90

Age-gender groups	Weekly cost ²			Monthly cost ²		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
Individuals³						
Child:						
1 year	23.80	27.50	33.60	103.10	119.30	145.70
2 years	23.30	27.80	33.40	101.00	120.40	144.90
3-5 years	25.60	31.60	38.40	111.10	136.70	166.60
6-8 years	34.90	43.00	50.30	151.20	186.40	217.80
9-11 years	39.10	50.00	58.50	169.50	216.60	253.30
Male:						
12-14 years	44.10	54.40	64.80	191.20	235.90	281.00
15-19 years	45.80	56.70	66.20	198.30	245.80	287.00
20-50 years	45.50	56.60	69.20	197.00	245.30	299.90
51 years and over	43.20	53.30	64.30	187.30	230.90	278.80
Female:						
12-19 years	38.40	46.20	56.20	166.20	200.40	243.70
20-50 years	39.70	48.40	62.50	171.90	209.80	270.70
51 years and over	38.40	47.90	57.70	166.50	207.40	250.00
Families						
Family of 2:⁴						
20-50 years	93.60	115.50	144.90	405.70	500.60	627.70
51 years and over	89.80	111.30	134.20	389.20	482.10	581.70
Family of 4:						
Couple, 20-50 years and children						
2 and 3-5 years	134.10	164.40	203.60	581.00	712.20	882.10
6-8 and 9-11 years	159.10	198.00	240.40	689.50	858.10	1041.80

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 the report *Thrifty Food Plan, 2006 (2006)* 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)*. The Thrifty Food Plan is based on 2001-02 data; and the Low-Cost, Moderate-Cost, and Liberal Food Plans are based on 1989-91 data. All four Food Plans are updated to current dollars by 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.

Note: The age-gender groups differ for the Thrifty Food Plan compared with the other food plans because the Thrifty Food Plan is based on more recent dietary standards, which incorporate age-gender groupings that better represent variation in nutrient requirements of different life stages. Updates of the Low-Cost, Moderate-Cost, and Liberal Food Plans, which will reflect recent dietary standards, are in development.