

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 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	22.90	26.60	31.80	78.10	99.10	115.10	137.90
2 years	18.10	22.60	26.80	32.50	78.60	97.90	116.20	140.70
3-5 years	20.10	24.90	30.70	37.00	87.00	107.90	132.90	160.10
6-8 years	25.50	33.80	41.80	48.80	110.30	146.50	181.00	211.50
9-11 years	30.00	38.10	48.60	56.70	129.80	165.20	210.50	245.60
MALE:								
12-14 years	31.10	43.10	53.20	62.90	134.90	186.90	230.40	272.70
15-19 years	32.40	44.60	55.20	64.30	140.30	193.40	239.30	278.50
20-50 years	34.50	44.20	54.90	67.20	149.40	191.50	237.90	291.10
51 years and over	31.10	41.80	51.60	62.20	134.80	181.30	223.60	269.50
FEMALE:								
12-19 years	31.00	37.20	44.90	54.40	134.20	161.10	194.50	235.90
20-50 years	31.10	38.40	46.80	60.30	134.60	166.20	203.00	261.40
51 years and over	30.30	37.20	46.30	55.60	131.40	161.20	200.70	241.10
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	72.10	90.80	111.90	140.20	312.40	393.50	485.00	607.70
51 years and over	67.60	86.90	107.70	129.60	292.90	376.70	466.70	561.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	103.80	130.10	159.20	196.90	449.60	563.60	690.00	853.30
6-8 and 9-11 years	121.00	154.50	192.10	233.00	524.10	669.40	832.30	1009.50

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.