

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 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	17.90	22.80	26.50	31.70	77.70	98.70	114.80	137.30
2 years	18.00	22.50	26.80	32.40	78.10	97.50	116.00	140.30
3-5 years	20.00	24.80	30.60	36.80	86.60	107.50	132.40	159.30
6-8 years	25.30	33.60	41.50	48.40	109.50	145.50	179.70	209.90
9-11 years	29.70	37.90	48.30	56.30	128.70	164.00	209.30	244.10
MALE:								
12-14 years	30.90	42.80	52.80	62.50	133.90	185.60	228.90	271.00
15-19 years	32.10	44.30	54.90	63.90	139.20	192.10	238.00	277.10
20-50 years	34.20	44.00	54.60	66.80	148.40	190.40	236.70	289.60
51 years and over	30.90	41.60	51.30	61.80	134.10	180.30	222.30	267.90
FEMALE:								
12-19 years	30.70	36.90	44.60	54.10	133.10	159.90	193.20	234.60
20-50 years	30.80	38.10	46.60	60.00	133.60	165.20	201.80	259.90
51 years and over	30.10	37.00	46.00	55.30	130.60	160.30	199.40	239.60
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	71.60	90.30	111.30	139.50	310.20	391.30	482.40	604.50
51 years and over	67.20	86.50	107.10	128.90	291.20	374.70	463.90	558.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	103.10	129.40	158.50	196.00	446.70	560.70	687.00	849.10
6-8 and 9-11 years	120.10	153.50	191.00	231.60	520.30	665.20	827.60	1003.50

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.