

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 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	18.10	23.00	26.70	32.10	78.30	99.60	115.80	139.20
2 years	18.20	22.70	27.10	32.60	78.80	98.40	117.20	141.40
3-5 years	20.20	25.00	30.80	37.20	87.50	108.30	133.50	161.20
6-8 years	25.70	34.00	42.00	49.10	111.30	147.40	182.20	212.80
9-11 years	30.10	38.30	48.90	57.10	130.60	166.00	212.00	247.40
MALE:								
12-14 years	31.30	43.30	53.40	63.40	135.70	187.60	231.40	274.60
15-19 years	32.60	44.90	55.60	64.80	141.50	194.40	240.80	280.70
20-50 years	34.80	44.50	55.40	67.80	150.60	192.90	240.00	293.70
51 years and over	31.50	42.20	52.10	62.90	136.60	182.90	225.60	272.50
FEMALE:								
12-19 years	31.20	37.50	45.20	54.90	135.00	162.30	195.80	237.90
20-50 years	31.30	38.70	47.30	60.90	135.70	167.70	204.80	264.00
51 years and over	30.70	37.50	46.80	56.30	132.90	162.60	202.60	244.00
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	72.70	91.50	112.90	141.60	314.90	396.70	489.30	613.40
51 years and over	68.40	87.70	108.70	131.10	296.50	380.10	471.00	568.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	104.40	130.90	160.50	198.50	452.50	567.30	695.50	860.30
6-8 and 9-11 years	121.90	155.60	193.60	234.90	528.10	674.00	839.00	1017.80

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 *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.