

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 2006<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.90	22.70	26.50	31.70	77.80	98.40	114.60	137.60
2 years	18.00	22.50	26.70	32.30	78.10	97.30	115.60	140.00
3-5 years	19.90	24.70	30.50	36.70	86.30	107.00	132.00	158.90
6-8 years	25.20	33.40	41.30	48.20	109.10	144.80	179.10	209.00
9-11 years	29.60	37.70	48.10	56.10	128.30	163.30	208.50	243.00
<b>MALE:</b>								
12-14 years	30.80	42.60	52.60	62.20	133.30	184.70	228.10	269.60
15-19 years	31.90	44.10	54.70	63.70	138.40	191.10	237.10	275.80
20-50 years	34.10	43.80	54.50	66.60	147.60	189.70	236.00	288.60
51 years and over	30.80	41.50	51.20	61.70	133.70	179.90	221.90	267.40
<b>FEMALE:</b>								
12-19 years	30.60	36.80	44.40	53.90	132.70	159.30	192.60	233.60
20-50 years	30.70	38.00	46.50	59.90	133.20	164.80	201.40	259.40
51 years and over	30.10	36.90	46.00	55.20	130.30	160.00	199.20	239.20
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	71.30	90.00	111.00	139.10	308.80	390.00	481.10	602.80
51 years and over	67.00	86.30	106.90	128.60	290.40	373.90	463.10	557.20
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	102.70	129.00	158.10	195.40	445.10	558.80	685.00	846.80
6-8 and 9-11 years	119.60	152.90	190.40	230.80	518.10	662.70	825.00	1000.00

<sup>1</sup>Basis 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.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</sup>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; 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.

<sup>4</sup>Ten percent added for family size adjustment.