

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 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	22.60	26.40	31.60	77.40	98.00	114.20	136.90
2 years	17.90	22.40	26.60	32.10	77.70	96.90	115.30	139.30
3-5 years	19.90	24.60	30.40	36.60	86.10	106.80	131.70	158.40
6-8 years	25.10	33.30	41.10	48.00	108.70	144.30	178.30	208.00
9-11 years	29.50	37.50	48.00	55.90	127.70	162.70	207.90	242.20
MALE:								
12-14 years	30.60	42.50	52.40	62.00	132.80	184.00	227.10	268.70
15-19 years	31.90	44.00	54.60	63.50	138.00	190.40	236.40	275.00
20-50 years	33.90	43.70	54.30	66.40	147.10	189.10	235.50	287.90
51 years and over	30.80	41.40	51.10	61.60	133.40	179.50	221.30	266.70
FEMALE:								
12-19 years	30.50	36.70	44.30	53.70	132.20	158.80	192.00	232.90
20-50 years	30.60	38.00	46.40	59.70	132.70	164.50	200.90	258.80
51 years and over	30.00	36.80	45.80	55.10	130.00	159.60	198.60	238.80
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	71.00	89.80	110.80	138.80	307.70	389.00	480.10	601.40
51 years and over	66.90	86.10	106.60	128.30	289.70	373.00	461.90	556.10
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.40	128.60	157.70	194.90	443.50	557.30	683.40	844.40
6-8 and 9-11 years	119.10	152.50	189.90	230.10	516.20	660.60	822.60	997.00

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.