



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 2007¹

Age-gender groups	Weekly cost ²	Monthly cost ²
	Thrifty plan	
Individuals³		
Child:		
1 year	18.80	81.40
2-3 years	19.80	85.80
4-5 years	20.70	89.70
6-8 years	26.30	114.00
9-11 years	30.50	132.00
Male:		
12-13 years	32.00	138.50
14-18 years	33.00	143.10
19-50 years	35.40	153.50
51-70 years	32.40	140.40
71+ years	32.50	140.70
Female:		
12-13 years	31.80	137.90
14-18 years	31.70	137.40
19-50 years	31.90	138.20
51-70 years	31.40	136.20
71+ years	31.20	135.30
Families		
Family of 2:⁴		
19-50 years	74.00	320.80
51-70 years	70.20	304.30
Family of 4:		
Couple, 19-50 years and children—		
2-3 and 4-5 years	107.80	467.10
6-8 and 9-11 years	124.10	537.60

Age-gender groups	Weekly cost ²			Monthly cost ²		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
Individuals³						
Child:						
1 year	23.90	27.60	33.60	103.40	119.60	145.60
2 years	23.40	27.90	33.60	101.50	120.70	145.50
3-5 years	25.70	31.70	38.50	111.50	137.20	167.00
6-8 years	35.00	43.20	50.50	151.60	187.00	218.70
9-11 years	39.30	50.10	58.70	170.10	217.30	254.20
Male:						
12-14 years	44.30	54.70	65.00	192.00	236.90	281.70
15-19 years	45.90	56.90	66.40	198.80	246.50	287.60
20-50 years	45.60	56.70	69.40	197.50	245.90	300.70
51 years and over	43.30	53.40	64.50	187.80	231.50	279.40
Female:						
12-19 years	38.50	46.40	56.40	166.70	201.10	244.30
20-50 years	39.80	48.50	62.60	172.20	210.30	271.20
51 years and over	38.50	48.00	57.80	167.00	207.90	250.40
Families						
Family of 2:⁴						
20-50 years	93.90	115.80	145.20	406.70	501.80	629.10
51 years and over	90.10	111.60	134.50	390.30	483.40	582.80
Family of 4:						
Couple, 20-50 years and children						
2 and 3-5 years	134.50	164.80	204.10	582.70	714.10	884.40
6-8 and 9-11 years	159.60	198.60	241.10	691.40	860.50	1044.80

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 the report *Thrifty Food Plan, 2006 (2007)* 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)*. The Thrifty Food Plan is based on 2001-02 data; and the Low-Cost, Moderate-Cost, and Liberal Food Plans are based on 1989-91 data. All four Food Plans are updated to current dollars by 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.

Note: The age-gender groups differ for the Thrifty Food Plan compared with the other food plans because the Thrifty Food Plan is based on more recent dietary standards, which incorporate age-gender groupings that better represent variation in nutrient requirements of different life stages. Updates of the Low-Cost, Moderate-Cost, and Liberal Food Plans, which will reflect recent dietary standards, are in development.