



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

Age-gender groups	Weekly cost ²	Monthly cost ²
	Thrifty plan	
Individuals³		
Child:		
1 year	19.10	82.70
2-3 years	20.20	87.40
4-5 years	21.00	91.10
6-8 years	26.60	115.30
9-11 years	30.60	132.40
Male:		
12-13 years	32.50	140.80
14-18 years	33.60	145.60
19-50 years	36.00	155.80
51-70 years	32.90	142.50
71+ years	33.00	142.90
Female:		
12-13 years	32.40	140.40
14-18 years	32.10	139.30
19-50 years	32.40	140.30
51-70 years	31.80	137.70
71+ years	31.20	135.10
Families		
Family of 2:⁴		
19-50 years	75.20	325.70
51-70 years	71.10	308.20
Family of 4:		
Couple, 19-50 years and children—		
2-3 and 4-5 years	109.50	474.50
6-8 and 9-11 years	125.50	543.80

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	24.90	28.60	34.80	107.70	123.90	150.80
2 years	24.20	28.60	34.70	105.00	124.10	150.40
3-5 years	26.50	32.60	39.70	114.90	141.20	172.00
6-8 years	35.80	44.10	51.80	155.20	191.20	224.60
9-11 years	40.20	51.20	59.90	174.30	222.00	259.70
Male:						
12-14 years	45.50	56.10	66.50	197.10	243.00	288.10
15-19 years	46.90	58.20	67.70	203.40	252.00	293.20
20-50 years	46.40	57.50	70.30	201.00	249.20	304.80
51 years and over	44.00	54.20	65.20	190.50	234.90	282.40
Female:						
12-19 years	39.40	47.50	57.70	170.70	205.90	249.80
20-50 years	40.40	49.30	63.50	175.00	213.60	275.20
51 years and over	39.20	48.70	58.40	169.80	211.00	253.00
Families						
Family of 2:⁴						
20-50 years	95.50	117.50	147.20	413.60	509.10	638.00
51 years and over	91.50	113.20	135.90	396.30	490.50	588.90
Family of 4:						
Couple, 20-50 years and children						
2 and 3-5 years	137.50	168.10	208.30	596.00	728.20	902.40
6-8 and 9-11 years	162.80	202.20	245.60	705.50	876.00	1064.30

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.