



## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, July 2007<sup>1</sup>

Age-gender groups	Weekly cost <sup>2</sup>	Monthly cost <sup>2</sup>
	Thrifty plan	
<b>Individuals<sup>3</sup></b>		
<b>Child:</b>		
1 year	19.10	82.80
2-3 years	20.10	87.20
4-5 years	21.00	90.90
6-8 years	26.60	115.20
9-11 years	30.60	132.70
<b>Male:</b>		
12-13 years	32.50	140.60
14-18 years	33.60	145.60
19-50 years	36.00	155.80
51-70 years	32.90	142.60
71+ years	33.00	142.90
<b>Female:</b>		
12-13 years	32.40	140.20
14-18 years	32.20	139.30
19-50 years	32.40	140.20
51-70 years	31.80	138.00
71+ years	31.30	135.50
<b>Families</b>		
<b>Family of 2:<sup>4</sup></b>		
19-50 years	75.20	325.60
51-70 years	71.20	308.60
<b>Family of 4:</b>		
Couple, 19-50 years and children—		
2-3 and 4-5 years	109.40	474.20
6-8 and 9-11 years	125.50	543.90

Age-gender groups	Weekly cost <sup>2</sup>			Monthly cost <sup>2</sup>		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>Individuals<sup>3</sup></b>						
<b>Child:</b>						
1 year	24.80	28.50	34.50	107.30	123.30	149.70
2 years	24.20	28.60	34.60	104.70	123.90	150.00
3-5 years	26.40	32.50	39.50	114.50	140.70	171.30
6-8 years	35.80	44.10	51.80	155.10	191.00	224.40
9-11 years	40.20	51.20	59.90	174.10	221.70	259.50
<b>Male:</b>						
12-14 years	45.40	56.00	66.50	196.90	242.80	288.10
15-19 years	46.90	58.10	67.60	203.30	251.60	293.00
20-50 years	46.30	57.40	70.30	200.80	248.90	304.80
51 years and over	43.90	54.10	65.10	190.20	234.60	282.20
<b>Female:</b>						
12-19 years	39.40	47.40	57.60	170.60	205.50	249.40
20-50 years	40.30	49.20	63.40	174.70	213.20	274.80
51 years and over	39.10	48.60	58.40	169.40	210.70	252.90
<b>Families</b>						
<b>Family of 2:<sup>4</sup></b>						
20-50 years	95.30	117.30	147.10	413.00	508.30	637.50
51 years and over	91.30	113.00	135.80	395.60	489.80	588.60
<b>Family of 4:</b>						
Couple, 20-50 years and children						
2 and 3-5 years	137.20	167.70	207.90	594.60	726.70	900.80
6-8 and 9-11 years	162.60	201.90	245.40	704.60	874.80	1063.40

<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 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.

<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.

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.