



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

Age-gender groups	Weekly cost ²	Monthly cost ²
	Thrifty plan	
Individuals³		
Child:		
1 year	19.00	82.20
2-3 years	20.00	86.50
4-5 years	21.00	90.80
6-8 years	26.50	115.00
9-11 years	30.70	133.00
Male:		
12-13 years	32.30	139.80
14-18 years	33.50	145.00
19-50 years	35.90	155.30
51-70 years	32.80	142.00
71+ years	32.80	142.30
Female:		
12-13 years	32.20	139.60
14-18 years	32.10	138.90
19-50 years	32.20	139.70
51-70 years	31.80	137.80
71+ years	31.40	135.90
Families		
Family of 2:⁴		
19-50 years	74.90	324.60
51-70 years	71.00	307.80
Family of 4:		
Couple, 19-50 years and children—		
2-3 and 4-5 years	109.00	472.40
6-8 and 9-11 years	125.30	543.10

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	24.30	28.00	34.10	105.20	121.10	147.70
2 years	23.70	28.30	34.10	102.90	122.60	147.70
3-5 years	26.00	32.00	39.00	112.70	138.60	169.00
6-8 years	35.40	43.70	51.20	153.40	189.40	221.70
9-11 years	39.80	50.70	59.50	172.30	219.70	257.60
Male:						
12-14 years	44.90	55.40	65.90	194.50	239.90	285.70
15-19 years	46.50	57.50	67.30	201.50	249.20	291.50
20-50 years	46.10	57.30	70.20	199.60	248.20	304.20
51 years and over	43.80	54.00	65.10	189.70	233.80	282.20
Female:						
12-19 years	38.90	46.90	57.10	168.60	203.20	247.50
20-50 years	40.10	49.00	63.20	173.80	212.20	273.80
51 years and over	38.90	48.40	58.30	168.60	209.80	252.60
Families						
Family of 2:⁴						
20-50 years	94.80	116.90	146.70	410.70	506.50	635.80
51 years and over	90.90	112.60	135.80	394.10	488.00	588.30
Family of 4:						
Couple, 20-50 years and children						
2 and 3-5 years	135.90	166.50	206.50	588.90	721.60	894.80
6-8 and 9-11 years	161.30	200.70	244.00	699.10	869.50	1057.40

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.