

Table 716. Weekly Food Cost of a Nutritious Diet by Type of Family and Individual: 2008

[In dollars, As of December. Assumes that food for all meals and snacks is purchased at the store and prepared at home. See source for details on estimation procedures]

Family type	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
FAMILIES				
Family of two:				
19 to 50 years	83.00	105.60	131.00	163.70
51 to 70 years	79.10	101.50	124.90	150.10
Family of four:				
Couple, 19 to 50 years and children—				
2 to 3 and 4 to 5 years	120.60	152.90	188.60	233.40
6 to 8 and 9 to 11 years	138.70	179.60	224.10	272.20
INDIVIDUALS ¹				
Child:				
1 year	20.70	27.50	31.40	38.00
2 to 3 years	22.10	27.80	33.60	40.90
4 to 5 years	23.00	29.10	35.90	43.70
6 to 8 years	29.30	39.60	48.60	57.20
9 to 11 years	33.90	44.00	56.40	66.30
Male:				
12 to 13 years	35.90	50.20	62.40	73.50
14 to 18 years	37.30	52.00	64.80	74.60
19 to 50 years	40.00	51.30	64.10	78.40
51 to 70 years	36.60	48.70	59.50	72.10
71 years and over	36.70	48.20	59.70	73.30
Female:				
12 to 13 years	36.00	43.90	52.50	63.80
14 to 18 years	35.70	44.10	53.20	65.40
19 to 50 years	35.50	44.70	54.90	70.40
51 to 70 years	35.20	43.60	54.10	64.40
71 years and over	34.60	43.20	53.90	64.70

¹ 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; 5- or 6-person, subtract 5 percent; 7- (or more) person, subtract 10 percent.

Source: U.S. Department of Agriculture, *Official USDA Food Plans: Cost of Food at Home at Four Levels*, monthly. See also <<http://www.cnpp.usda.gov/Publications/FoodPlans/2008/CostoffFoodDec08.pdf>> (released January 2009).