

Table 732. Weekly Food Cost of a Nutritious Diet by Type of Family and Individual: 2009 and 2010

[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 plan		Liberal plan	
	2009	2010	2009	2010	2009	2010	2009	2010
FAMILIES								
Family of two:								
19 to 50 years	79.80	81.10	101.70	103.40	126.70	128.40	158.60	160.80
51 to 70 years	75.70	76.90	97.60	99.20	120.50	122.60	145.00	148.00
Family of four:								
Couple, 19 to 50 years and children—								
2 to 3 and 4 to 5 years	116.20	118.10	147.50	150.20	182.70	185.50	226.30	229.90
6 to 8 and 9 to 11 years	133.40	135.60	173.40	176.60	217.50	221.00	264.10	268.50
INDIVIDUALS¹								
Child:								
1 year	19.80	20.10	26.30	26.80	30.20	30.60	36.40	37.10
2 to 3 years	21.50	21.70	26.90	27.50	32.70	33.30	39.70	40.50
4 to 5 years	22.20	22.70	28.10	28.70	34.80	35.50	42.40	43.30
6 to 8 years	28.30	28.80	38.30	39.20	47.30	48.20	55.70	56.90
9 to 11 years	32.50	33.00	42.60	43.40	55.00	56.10	64.20	65.50
Male:								
12 to 13 years	34.60	35.10	48.70	49.50	60.70	61.70	71.50	72.70
14 to 18 years	35.60	36.20	50.10	50.80	62.90	63.80	71.90	73.40
19 to 50 years	38.40	39.00	49.50	50.30	62.10	62.90	76.10	77.10
51 to 70 years	35.10	35.60	46.80	47.60	57.50	58.60	69.70	71.10
71 years and over	35.30	35.80	46.30	47.00	57.70	58.50	71.00	71.90
Female:								
12 to 13 years	34.80	35.30	42.20	42.90	50.90	51.90	61.70	63.00
14 to 18 years	34.30	34.80	42.50	43.10	51.50	52.00	63.20	63.90
19 to 50 years	34.10	34.70	43.00	43.70	53.10	53.80	68.00	69.00
51 to 70 years	33.70	34.30	41.90	42.50	52.10	52.90	62.10	63.50
71 years and over	33.30	33.80	41.50	42.10	51.70	52.50	62.30	63.40

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/2010/CostofFoodDec10.pdf>>.

Table 733. Food—Retail Prices of Selected Items: 2000 to 2010

[In dollars per pound, except as indicated. As of December. See Appendix III]

Food	2000	2009	2010	Food	2000	2009	2010
Cereals and bakery products:				Fresh fruits and vegetables:			
Flour, white, all purpose	0.28	0.46	0.44	Apples, Red Delicious	0.82	1.11	1.20
Rice, white, lg. grain, raw	(NA)	0.75	0.73	Bananas	0.49	0.57	0.59
Spaghetti and macaroni	0.88	1.17	1.19	Oranges, navel	0.62	0.93	1.02
Bread, white, pan	0.99	1.39	1.39	Grapefruit	0.58	0.88	0.99
Bread, whole wheat	1.36	1.76	1.88	Grapes, Thompson seedless	2.36	3.14	2.87
Beef:				Lemons	1.11	1.60	1.60
Ground beef, 100% beef	1.63	2.19	2.38	Pears, Anjou	(NA)	1.28	1.42
Ground chuck, 100% beef	1.98	2.83	2.93	Potatoes, white	0.35	0.56	0.58
Ground beef, lean and extra lean	2.33	3.39	3.49	Lettuce, iceberg	0.85	1.19	0.99
Round steak, USDA Choice	3.28	4.18	4.30	Tomatoes, field grown	1.57	1.96	1.59
Sirloin steak, boneless	4.81	5.68	6.07	Processed fruits and vegetables:			
Pork:				Orange juice, frozen concentrate,			
Bacon, sliced	3.03	3.57	4.16	12 oz. can, per 16 oz.	1.88	2.53	2.46
Chops, center cut, bone-in	3.46	3.29	3.58	Sugar and sweets:			
Ham, boneless, excluding				Sugar, white, all sizes	0.41	0.60	0.64
canned	2.75	3.10	3.47	Sugar, white, 33–80 oz. pkg	0.40	0.57	0.62
Poultry, fish, and eggs:				Fats and oils:			
Chicken, fresh, whole	1.08	1.27	1.28	Margarine, stick	(NA)	1.11	1.12
Chicken legs, bone-in	1.26	1.46	1.48	Margarine, tubs, soft	0.84	1.66	1.62
Turkey, frozen, whole	0.99	1.37	1.38	Peanut butter, creamy, all sizes	1.96	2.10	1.99
Eggs, Grade A, large, (dozen)	0.96	1.77	1.79	Nonalcoholic beverages:			
Dairy products:				Coffee, 100% ground roast,			
Milk, fresh, whole, fortified				all sizes	3.21	3.67	4.15
(per gal.)	2.79	3.11	3.32	Other prepared foods:			
Butter, salted, grade AA, stick	2.80	2.67	3.42	Potato chips, per 16 oz.	3.44	4.65	4.74
American processed cheese	3.69	3.86	3.80				
Cheddar cheese, natural	3.76	4.55	4.93				
Ice cream, prepack., bulk, reg.							
(1/2 gal.)	3.66	4.23	4.58				

NA Not available.

Source: U.S. Bureau of Labor Statistics, *CPI Detailed Report*, monthly, <http://www.bls.gov/cpi/cpi_dr.htm>. See also *Monthly Labor Review*, <<http://www.bls.gov/opub/mlr/welcome.htm>>.