

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, April 2006¹

AGE-GENDER GROUPS	WEEKLY COST ²				MONTHLY COST ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS³								
CHILD:								
1 year	17.90	22.70	26.40	31.80	77.70	98.20	114.40	137.60
2 years	17.90	22.40	26.60	32.20	77.80	96.90	115.40	139.30
3-5 years	19.90	24.60	30.40	36.60	86.10	106.70	131.60	158.60
6-8 years	25.10	33.30	41.10	47.90	108.60	144.20	177.90	207.60
9-11 years	29.40	37.40	47.90	55.80	127.30	162.10	207.50	241.80
MALE:								
12-14 years	30.60	42.30	52.30	61.80	132.50	183.40	226.40	268.00
15-19 years	31.80	43.80	54.40	63.30	137.60	189.70	235.90	274.40
20-50 years	33.80	43.50	54.30	66.30	146.70	188.60	235.10	287.30
51 years and over	30.80	41.40	51.00	61.50	133.30	179.30	221.10	266.40
FEMALE:								
12-19 years	30.50	36.60	44.30	53.70	132.00	158.60	191.90	232.50
20-50 years	30.60	37.90	46.30	59.70	132.50	164.20	200.70	258.70
51 years and over	30.00	36.80	45.80	55.10	130.00	159.40	198.50	238.70
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	70.90	89.60	110.60	138.60	307.00	388.10	479.40	600.60
51 years and over	66.90	86.00	106.50	128.20	289.70	372.60	461.50	555.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.20	128.40	157.60	194.80	443.00	556.30	682.80	843.90
6-8 and 9-11 years	118.90	152.10	189.50	229.70	515.10	659.20	821.20	995.40

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 *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; 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)*. All four Food Plans are based on 1989-91 data and are updated to current dollars 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.