

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 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	18.20	23.00	26.80	32.50	78.90	99.40	116.00	140.70
2 years	18.20	22.60	27.10	32.50	78.70	97.90	117.30	140.80
3-5 years	20.10	24.80	30.70	37.10	87.10	107.60	133.00	160.60
6-8 years	25.40	33.60	41.50	48.50	110.00	145.70	179.90	210.10
9-11 years	29.70	37.80	48.50	56.40	128.60	163.80	210.00	244.40
MALE:								
12-14 years	30.90	42.70	52.80	62.60	134.00	185.00	228.70	271.10
15-19 years	32.20	44.20	55.00	64.10	139.40	191.50	238.20	277.60
20-50 years	34.20	44.00	54.90	67.10	148.30	190.70	237.80	290.70
51 years and over	31.30	42.00	51.70	62.40	135.70	181.90	224.10	270.40
FEMALE:								
12-19 years	30.80	37.10	44.80	54.30	133.60	160.60	194.20	235.30
20-50 years	30.90	38.40	47.00	60.60	134.10	166.60	203.50	262.50
51 years and over	30.50	37.30	46.50	56.00	132.20	161.70	201.50	242.80
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	71.70	90.70	112.00	140.40	310.60	393.10	485.40	608.40
51 years and over	68.00	87.20	108.10	130.30	294.70	378.00	468.20	564.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	103.40	129.90	159.60	197.20	448.20	562.90	691.50	854.50
6-8 and 9-11 years	120.30	153.90	191.80	232.60	521.10	666.80	831.20	1,007.70

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.