



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

| Age-gender groups | Weekly cost ² | Monthly cost ² |
|-----------------------------------|--------------------------|---------------------------|
| | Thrifty plan | |
| Individuals³ | | |
| Child: | | |
| 1 year | 19.00 | 82.10 |
| 2-3 years | 20.00 | 86.70 |
| 4-5 years | 20.90 | 90.70 |
| 6-8 years | 26.50 | 114.90 |
| 9-11 years | 30.50 | 132.30 |
| Male: | | |
| 12-13 years | 32.30 | 139.90 |
| 14-18 years | 33.50 | 145.00 |
| 19-50 years | 35.80 | 155.20 |
| 51-70 years | 32.70 | 141.90 |
| 71+ years | 32.90 | 142.40 |
| Female: | | |
| 12-13 years | 32.20 | 139.50 |
| 14-18 years | 32.00 | 138.70 |
| 19-50 years | 32.20 | 139.70 |
| 51-70 years | 31.80 | 137.60 |
| 71+ years | 31.20 | 135.10 |
| Families | | |
| Family of 2:⁴ | | |
| 19-50 years | 74.90 | 324.40 |
| 51-70 years | 70.90 | 307.40 |
| 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 | 125.10 | 542.10 |

| 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 | 24.40 | 28.10 | 34.00 | 105.80 | 121.90 | 147.50 |
| 2 years | 23.90 | 28.40 | 34.30 | 103.60 | 123.00 | 148.80 |
| 3-5 years | 26.20 | 32.20 | 39.10 | 113.40 | 139.50 | 169.50 |
| 6-8 years | 35.50 | 43.80 | 51.40 | 154.00 | 190.00 | 222.70 |
| 9-11 years | 39.90 | 50.90 | 59.60 | 173.10 | 220.60 | 258.10 |
| Male: | | | | | | |
| 12-14 years | 45.10 | 55.70 | 66.10 | 195.60 | 241.50 | 286.30 |
| 15-19 years | 46.70 | 57.80 | 67.40 | 202.30 | 250.50 | 292.10 |
| 20-50 years | 46.20 | 57.40 | 70.30 | 200.20 | 248.70 | 304.60 |
| 51 years and over | 43.80 | 54.00 | 65.10 | 189.80 | 234.20 | 282.10 |
| Female: | | | | | | |
| 12-19 years | 39.10 | 47.10 | 57.30 | 169.20 | 204.20 | 248.10 |
| 20-50 years | 40.20 | 49.10 | 63.30 | 174.10 | 212.70 | 274.10 |
| 51 years and over | 39.00 | 48.50 | 58.30 | 168.90 | 210.20 | 252.50 |
| Families | | | | | | |
| Family of 2:⁴ | | | | | | |
| 20-50 years | 95.00 | 117.10 | 146.90 | 411.60 | 507.50 | 636.50 |
| 51 years and over | 91.10 | 112.80 | 135.70 | 394.60 | 488.80 | 588.00 |
| Family of 4: | | | | | | |
| Couple, 20-50 years and children | | | | | | |
| 2 and 3-5 years | 136.50 | 167.00 | 207.00 | 591.30 | 723.80 | 896.90 |
| 6-8 and 9-11 years | 161.80 | 201.20 | 244.50 | 701.30 | 871.80 | 1059.50 |

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.