

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 2005¹

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	17.80	22.40	26.20	31.20	77.30	97.00	113.60	135.30
2 years	17.90	22.20	26.30	31.90	77.40	96.10	113.90	138.20
3-5 years	19.70	24.50	30.20	36.20	85.40	106.00	131.00	156.70
6-8 years	24.70	32.90	40.60	47.40	107.10	142.60	175.80	205.60
9-11 years	29.10	37.10	47.40	55.00	126.00	160.80	205.40	238.30
MALE:								
12-14 years	30.30	42.00	52.10	61.10	131.50	182.10	225.60	264.70
15-19 years	31.30	43.30	54.00	62.60	135.70	187.50	234.20	271.40
20-50 years	33.40	43.10	53.70	65.50	144.90	186.80	232.70	283.90
51 years and over	30.30	40.90	50.50	60.60	131.10	177.40	218.90	262.50
FEMALE:								
12-19 years	30.30	36.20	44.00	53.00	131.30	156.80	190.80	229.50
20-50 years	30.30	37.50	45.80	59.00	131.10	162.30	198.70	255.50
51 years and over	29.60	36.40	45.40	54.30	128.30	157.80	196.80	235.40
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	70.10	88.60	109.50	136.90	303.60	384.10	474.50	593.30
51 years and over	65.90	85.10	105.50	126.40	285.40	368.70	457.30	547.60
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	101.30	127.20	156.10	192.60	438.80	551.30	676.30	834.30
6-8 and 9-11 years	117.50	150.60	187.50	226.90	509.10	652.50	812.50	983.30

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.