

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

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	18.80	23.80	27.50	33.80	81.30	103.10	119.20	146.60
2 years	18.70	23.30	27.80	33.40	81.20	101.00	120.60	144.80
3-5 years	20.70	25.50	31.50	38.40	89.70	110.60	136.30	166.50
6-8 years	26.30	34.80	42.90	50.20	114.00	150.70	186.10	217.50
9-11 years	30.70	39.00	49.90	58.40	132.90	169.00	216.10	253.00
MALE:								
12-14 years	31.90	44.00	54.20	64.80	138.10	190.60	235.00	280.70
15-19 years	33.30	45.60	56.40	66.00	144.30	197.60	244.50	286.20
20-50 years	35.40	45.30	56.40	69.00	153.40	196.30	244.40	299.00
51 years and over	32.40	43.20	53.20	64.30	140.30	187.20	230.50	278.70
FEMALE:								
12-19 years	31.70	38.30	46.10	56.10	137.50	165.80	199.60	243.30
20-50 years	31.90	39.60	48.30	62.30	138.20	171.60	209.30	270.10
51 years and over	31.40	38.40	47.80	57.70	136.20	166.40	207.10	249.90
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	74.00	93.40	115.20	144.50	320.80	404.60	499.00	626.00
51 years and over	70.20	89.80	111.10	134.20	304.10	389.00	481.30	581.50
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	106.70	133.70	164.00	203.20	462.50	579.50	710.60	880.30
6-8 and 9-11 years	124.30	158.70	197.50	239.90	538.50	687.50	855.80	1039.60

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.