

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, February 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	18.00	22.80	26.60	32.00	77.90	98.80	115.10	138.60
2 years	18.00	22.50	26.90	32.30	77.90	97.30	116.40	139.90
3-5 years	20.00	24.70	30.50	36.80	86.60	107.20	132.20	159.60
6-8 years	25.30	33.50	41.30	48.30	109.50	145.10	179.10	209.30
9-11 years	29.60	37.70	48.20	56.20	128.10	163.20	209.00	243.50
MALE:								
12-14 years	30.80	42.60	52.60	62.30	133.50	184.40	228.00	270.20
15-19 years	32.10	44.10	54.80	63.90	139.00	191.00	237.50	276.70
20-50 years	34.10	43.80	54.60	66.80	147.80	190.00	236.80	289.60
51 years and over	31.10	41.70	51.40	62.00	134.70	180.60	222.80	268.80
FEMALE:								
12-19 years	30.70	36.90	44.60	54.10	133.10	159.90	193.40	234.40
20-50 years	30.80	38.20	46.70	60.20	133.50	165.60	202.40	261.00
51 years and over	30.30	37.10	46.20	55.60	131.30	160.70	200.20	241.10
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	71.40	90.30	111.50	139.80	309.50	391.10	483.10	605.60
51 years and over	67.50	86.70	107.40	129.40	292.60	375.50	465.30	560.90
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.90	129.30	158.70	196.20	445.80	560.10	687.70	850.10
6-8 and 9-11 years	119.80	153.20	190.90	231.60	519.00	663.90	827.30	1,003.40

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.