



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, September 2010¹

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	19.90	26.40	30.20	36.40	86.10	114.50	130.90	157.90
2-3 years	21.50	27.20	32.80	40.00	93.20	117.70	142.20	173.30
4-5 years	22.40	28.20	35.00	42.40	96.90	122.40	151.50	183.60
6-8 years	28.50	38.90	47.60	55.80	123.70	168.70	206.30	241.90
9-11 years	32.60	42.60	55.20	64.40	141.30	184.50	239.20	279.00
Male:								
12-13 years	34.80	49.10	61.10	71.90	150.90	212.80	264.90	311.70
14-18 years	36.00	50.50	63.20	72.60	156.10	218.80	273.90	314.60
19-50 years	38.60	49.80	62.30	76.40	167.30	215.90	270.00	331.00
51-70 years	35.30	47.10	58.10	70.10	152.80	203.90	251.70	303.80
71+ years	35.40	46.60	57.80	71.00	153.50	201.90	250.60	307.50
Female:								
12-13 years	34.80	42.40	51.10	62.20	150.90	183.90	221.50	269.50
14-18 years	34.40	42.60	51.40	63.10	148.90	184.70	222.70	273.60
19-50 years	34.30	43.20	53.20	68.10	148.60	187.10	230.50	295.00
51-70 years	33.90	42.10	52.30	62.50	147.10	182.40	226.50	270.70
71+ years	33.30	41.70	51.80	62.30	144.20	180.60	224.60	270.10
Families								
Family of 2:⁴								
19-50 years	80.20	102.30	127.10	158.90	347.50	443.30	550.60	688.60
51-70 years	76.10	98.10	121.40	145.80	329.90	425.00	526.10	631.90
Family of 4:								
Couple, 19-50 years and children—								
2-3 and 4-5 years	116.80	148.40	183.30	226.80	506.00	643.10	794.30	982.90
6-8 and 9-11 years	134.10	174.50	218.30	264.70	580.90	756.20	946.00	1146.90

¹The Food Plans represent a nutritious diet at four different cost levels. The nutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 MyPyramid food intake recommendations. In addition to cost, differences among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, see [Thrifty Food Plan, 2006](#) (2007) and [The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007](#) (2007). All four Food Plans are based on 2001-02 data and 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.