

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, December 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	18.10	22.80	26.60	32.20	78.50	98.80	115.40	139.60
2 years	18.10	22.50	26.90	32.40	78.30	97.40	116.50	140.20
3-5 years	19.90	24.70	30.50	36.80	86.40	106.80	132.10	159.30
6-8 years	25.10	33.30	41.10	48.00	108.80	144.20	178.10	208.00
9-11 years	29.40	37.40	48.00	55.80	127.30	162.20	207.90	242.00
MALE:								
12-14 years	30.60	42.30	52.30	61.90	132.60	183.20	226.70	268.10
15-19 years	31.70	43.70	54.50	63.40	137.60	189.30	236.10	274.90
20-50 years	33.90	43.60	54.40	66.50	146.70	188.90	235.70	288.00
51 years and over	30.90	41.60	51.30	61.70	134.00	180.20	222.10	267.50
FEMALE:								
12-19 years	30.50	36.70	44.50	53.70	132.40	158.80	192.60	232.90
20-50 years	30.60	38.00	46.50	60.00	132.70	164.90	201.60	259.90
51 years and over	30.20	37.00	46.10	55.40	130.80	160.30	199.70	240.00
FAMILIES:								
FAMILY OF 2⁴:								
20-50 years	70.90	89.80	111.00	139.10	307.40	389.10	481.00	602.80
51 years and over	67.20	86.40	107.10	128.90	291.30	374.50	464.00	558.30
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	102.50	128.80	158.30	195.60	444.10	557.90	685.90	847.40
6-8 and 9-11 years	119.00	152.40	190.00	230.30	515.50	660.20	823.20	998.00

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.