

**Official USDA Food Plans: Cost of Food at Home at Four Levels,  
U.S. Average, November 2006<sup>1</sup>**

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	18.20	23.10	26.80	32.40	78.70	99.90	116.20	140.50
2 years	18.20	22.70	27.10	32.70	78.90	98.50	117.60	141.70
3-5 years	20.20	25.00	30.80	37.30	87.50	108.30	133.50	161.60
6-8 years	25.60	33.90	41.90	48.90	110.90	147.00	181.60	211.90
9-11 years	30.00	38.10	48.80	57.00	129.80	165.20	211.40	246.90
<b>MALE:</b>								
12-14 years	31.10	43.10	53.10	63.20	135.00	186.70	230.30	273.60
15-19 years	32.40	44.60	55.40	64.70	140.50	193.50	240.00	280.10
20-50 years	34.60	44.40	55.30	67.60	149.80	192.20	239.60	293.10
51 years and over	31.50	42.20	52.00	62.80	136.30	182.80	225.30	272.10
<b>FEMALE:</b>								
12-19 years	31.00	37.30	45.10	54.80	134.30	161.70	195.20	237.50
20-50 years	31.20	38.60	47.20	60.90	135.10	167.40	204.60	263.80
51 years and over	30.60	37.50	46.70	56.20	132.70	162.50	202.20	243.60
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	72.30	91.30	112.80	141.40	313.40	395.60	488.60	612.60
51 years and over	68.30	87.70	108.50	130.90	296.00	379.80	470.30	567.30
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	104.20	130.70	160.50	198.50	451.30	566.40	695.30	860.20
6-8 and 9-11 years	121.30	155.10	193.20	234.40	525.60	671.90	837.10	1015.70

<sup>1</sup>Basis 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.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</sup>The 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.

<sup>4</sup>Ten percent added for family size adjustment.