Official USDA Food Plans: Cost of Food at Home at Three Levels, U.S. Average, October 2026 [1]

	Low-Cost Plan	Low-Cost Plan	Moderate-Cost Plan	Moderate-Cost Plan	Liberal Plan	Liberal Plan
Age-Sex Groups[2]	Weekly Cost[3]	Monthly Cost[3]	Weekly Cost[3]	Monthly Cost[3]	Weekly Cost[3]	Monthly Cost[3]
Child:						
1 year	$38.30	$165.80	$43.10	$186.90	$52.40	$227.10
2-3 years	$40.10	$173.80	$47.90	$207.70	$58.30	$252.80
4-5 years	$41.40	$179.50	$51.30	$222.40	$62.00	$268.80
6-8 years	$60.50	$262.10	$70.50	$305.60	$82.60	$357.80
9-11 years	$62.60	$271.40	$81.00	$351.20	$94.60	$409.80
Female:						
12-13 years	$62.30	$269.90	$74.50	$322.90	$92.70	$401.70
14-18 years	$62.60	$271.40	$74.50	$322.70	$92.30	$399.80
19-50 years	$63.90	$277.00	$77.80	$337.00	$99.30	$430.20
51-70 years	$62.20	$269.40	$76.60	$331.90	$92.40	$400.40
71+ years	$62.10	$269.00	$76.40	$331.20	$91.40	$395.90
Male:						
12-13 years	$73.20	$317.20	$90.80	$393.50	$106.60	$462.00
14-18 years	$74.50	$323.00	$93.20	$403.70	$109.60	$475.00
19-50 years	$73.50	$318.50	$92.10	$398.90	$112.30	$486.80
51-70 years	$69.20	$299.90	$86.80	$376.00	$103.90	$450.40
71+ years	$68.40	$296.40	$84.30	$365.30	$103.60	$448.70

[1] The Food Plans represent a nutritious diet at three 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, as well as the methodology used to update the monthly costs of the Food Plan market baskets, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007*. All three Food Plans are based on 2001-02 data and updated to current dollars by using the Consumer Price Index for specific food items. Reevaluation of the Thrifty Food Plan, 2021 begins the process to address the three other USDA Food Plans: the Low-Cost, Moderate-Cost, and Liberal Food Plans.

[2] The costs given are for individuals in 4-person households. For individuals in other size households, 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 total foods costs for a household, (1) sum the food costs for each individual in the household and then (2) apply the appropriate adjustment factor based on household size

[3] All costs are rounded to nearest 10 cents. Monthly costs are calculated by multiplying the weekly costs by 4.333.

This file may be accessed at: https://www.fna.usda.gov/research/cnpp/usda-food-plans/cost-food-monthly-reports

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