Official USDA Thrifty Food Plan: U.S. Average, October 2026 [1]

Age-Sex Groups[2]	Weekly Cost[3]	Monthly Cost[3]
Child:		
1 year	$26.40	$114.20
2-3 years	$39.80	$172.60
4-5 years	$43.50	$188.50
6-8 years	$48.30	$209.30
9-11 years	$55.80	$242.00
Female:		
12-13 years	$51.70	$223.90
14-19 years	$60.10	$260.50
20-50 years	$58.70	$254.20
51-70 years	$54.60	$236.60
71+ years	$60.30	$261.40
Male:		
12-13 years	$59.70	$258.60
14-19 years	$75.30	$326.50
20-50 years	$73.70	$319.10
51-70 years	$65.00	$281.70
71+ years	$62.00	$268.70
Reference Family:[4]		
Male and Female, 20–50 years and Two Children, 6–8 and 9–11 years	$236.50	$1,024.60

[1] The Thrifty Food Plan, 2021 represents a nutritious, practical, cost-effective diet. The nutritional bases of the Thrifty Food Plan are the Dietary Reference Intakes and the *Dietary Guidelines for Americans, 2020-2025* (including Healthy U.S.-Style Dietary Pattern food-group and -subgroup amounts). Another basis of the Thrifty Food Plan is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see Thrifty Food Plan, 2021. The Thrifty Food Plan is based on 2013-16 consumption and 2015-16 price data and updated to current dollars by using the Consumer Price Index for specific food items.

[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.

[4] Defined in the Food and Nutrition Act of 2008, this reference family of four is used to determine the maximum Supplemental Nutrition Assistance Program (SNAP) allotment, which is then adjusted downward for smaller households and upward for larger households.

Note: To account for changes in food prices, the costs of the Thrifty Food Plan, 2021 Market Baskets for each age-sex group are updated monthly by using the Consumer Price Indexes (CPIs). Each Market Basket Category of the Thrifty Food Plan, 2021 is matched to one or more CPIs (e.g., the Market Basket Category "eggs" is matched to the CPI for eggs and the Market Basket Category "dark-green vegetables" is matched to CPIs for fresh vegetables, frozen vegetables, and canned vegetables). The costs of Market Basket Categories matched to one CPI are adjusted based on the percentage change in the matched CPI compared to June 2021. The costs of Market Basket Categories matched to more than one CPI are adjusted based on a weighted average of the percentage changes in the matched CPIs compared to June 2021, with weights based on expenditure patterns as outlined in BLS' relative importance of CPI components for 2017-18 (the most current at the time of the 2021 update). After the CPI adjustments are applied to each Market Basket Category, the updated costs of the Market Basket Categories are summed to determine the new monthly total cost of the Thrifty Food Plan, 2021 Market Basket for each age-sex group.

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

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