

Official USDA Food Plans: Cost of Food at Home at Three Levels, U.S. Average, June 2021¹

Age-Gender groups	Weekly cost ²			Monthly cost ²		
	Low-cost plan	Moderate-cost plan	Liberal plan	Low-cost plan	Moderate-cost plan	Liberal plan
Individuals ³						
Child:						
1 year	\$31.30	\$35.40	\$43.30	\$135.60	\$153.50	\$187.50
2-3 years	\$33.00	\$39.40	\$47.90	\$143.10	\$170.70	\$207.60
4-5 years	\$33.80	\$42.20	\$51.20	\$146.30	\$182.90	\$221.70
6-8 years	\$48.50	\$57.60	\$68.10	\$210.30	\$249.70	\$295.10
9-11 years	\$51.30	\$66.70	\$77.80	\$222.10	\$289.10	\$337.00
Male:						
12-13 years	\$59.10	\$73.80	\$86.90	\$255.90	\$319.70	\$376.40
14-18 years	\$59.80	\$75.90	\$88.40	\$259.30	\$328.80	\$383.00
19-50 years	\$59.50	\$74.40	\$91.20	\$257.70	\$322.30	\$395.30
51-70 years	\$56.20	\$70.40	\$84.80	\$243.50	\$305.00	\$367.50
71+ years	\$55.20	\$68.60	\$84.70	\$239.30	\$297.30	\$366.90
Female:						
12-13 years	\$50.70	\$61.40	\$75.50	\$219.80	\$266.00	\$327.00
14-18 years	\$50.60	\$60.50	\$74.90	\$219.20	\$262.30	\$324.70
19-50 years	\$51.70	\$63.20	\$80.90	\$223.90	\$273.80	\$350.40
51-70 years	\$50.30	\$62.50	\$76.00	\$217.80	\$271.00	\$329.20
71+ years	\$49.60	\$61.80	\$74.50	\$215.10	\$268.00	\$323.00
Families						
Family (Male & Female) of 2:⁴						
19-50 years	\$122.30	\$151.30	\$189.30	\$529.70	\$655.70	\$820.30
51-70 years	\$117.10	\$146.20	\$176.90	\$507.50	\$633.60	\$766.40
Family of 4:						
Couple (Male & Female),						
19-50 years and children—						
2-3 and 4-5 years	\$177.90	\$219.20	\$271.20	\$771.00	\$949.70	\$1175.10
6-8 and 9-11 years	\$210.90	\$261.90	\$318.00	\$914.00	\$1134.80	\$1377.90

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, see [The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007](#) (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.

² All costs are rounded to nearest 10 cents.

³ 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.

⁴ Ten percent added for family size adjustment.

Note: The Thrifty Food Plan has recently been reevaluated. For June 2021 costs of the Thrifty Food Plan, please see [Thrifty Food Plan, 2021](#)

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

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