



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 2013¹

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	21.60	29.00	32.90	39.90	93.50	125.50	142.40	173.00
2-3 years	23.40	29.70	36.00	43.80	101.60	128.60	155.90	189.80
4-5 years	24.50	31.00	38.30	46.60	106.20	134.30	165.90	202.00
6-8 years	31.30	42.90	52.10	61.50	135.80	185.80	226.00	266.40
9-11 years	35.70	46.90	60.50	70.60	154.90	203.20	262.30	306.10
Male:								
12-13 years	38.10	53.90	67.40	78.90	165.20	233.40	292.10	341.90
14-18 years	39.30	55.10	69.50	79.80	170.20	238.90	301.00	345.80
19-50 years	42.40	54.70	68.50	83.90	183.70	237.20	296.90	363.70
51-70 years	38.70	51.60	63.80	77.10	167.50	223.60	276.40	334.20
71+ years	39.00	51.20	63.40	78.20	168.90	221.70	274.70	338.90
Female:								
12-13 years	38.20	46.60	55.90	68.20	165.70	202.10	242.20	295.60
14-18 years	37.70	46.90	56.50	69.70	163.20	203.40	244.90	302.00
19-50 years	37.70	47.60	58.70	74.90	163.40	206.20	254.30	324.70
51-70 years	37.20	46.40	57.60	68.90	161.10	201.10	249.40	298.50
71+ years	36.60	46.20	57.20	68.80	158.50	200.20	248.00	298.30
Families								
Family of 2:⁴								
19-50 years	88.10	112.60	139.90	174.80	381.90	487.80	606.30	757.30
51-70 years	83.40	107.80	133.50	160.60	361.50	467.10	578.40	696.00
Family of 4:								
Couple, 19-50 years and children—								
2-3 and 4-5 years	128.10	163.00	201.50	249.30	554.90	706.40	873.00	1080.30
6-8 and 9-11 years	147.20	192.10	239.90	291.00	637.80	832.50	1039.50	1260.90

¹The Food Plans represent a nutritious diet at four 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 [Thrifty Food Plan, 2006](#) (2007) and [The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007](#) (2007). All four Food Plans are based on 2001-02 data and updated to current dollars by 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.