

Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, June 2015 ¹

Pan	Age-gender groups	Weekly cost ²				Monthly cost ²			
Individuals 3						•			Liberal plan
Child: 1 year \$21.80 \$29.20 \$33.00 \$40.10 \$94.40 \$126.30 \$142.80 \$12.3		ріан	pian	cost plan	ріан	pian	pian	cost plan	pian
Child: 1 year \$21.80 \$29.20 \$33.00 \$40.10 \$94.40 \$126.30 \$142.80 \$12.3	dividuals ³								
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6-8 years		\$25.00	\$31.40	\$39.00	\$47.50				\$205.60
9-11 years \$36.10 \$47.70 \$61.70 \$71.80 \$156.30 \$206.70 \$267.40 \$3 Male: 12-13 years \$39.00 \$55.10 \$69.10 \$80.90 \$168.80 \$238.80 \$299.30 \$3 14-18 years \$40.00 \$55.80 \$71.40 \$82.00 \$173.30 \$241.90 \$309.50 \$3 19-50 years \$43.10 \$55.60 \$70.00 \$86.20 \$186.80 \$240.90 \$303.30 \$3 51-70 years \$39.30 \$52.40 \$65.60 \$78.70 \$170.30 \$227.00 \$284.20 \$3 71+ years \$39.60 \$52.10 \$64.30 \$79.90 \$171.50 \$225.60 \$278.70 \$3 Female: 12-13 years \$38.90 \$47.30 \$56.90 \$70.10 \$168.70 \$205.00 \$246.40 \$3 14-18 years \$38.10 \$47.50 \$57.80 \$71.10 \$165.10 \$205.90 \$250.60 \$3 19-50 years \$387.7		\$32.20					\$195.50	\$231.60	\$273.00
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71+ years \$39.60 \$52.10 \$64.30 \$79.90 \$171.50 \$225.60 \$278.70 \$33.60 Female: 12-13 years \$38.90 \$47.30 \$56.90 \$70.10 \$168.70 \$205.00 \$246.40 \$30.10 14-18 years \$38.10 \$47.50 \$57.80 \$71.10 \$165.10 \$205.90 \$250.60 \$30.10 19-50 years \$38.10 \$48.20 \$59.70 \$75.90 \$165.20 \$208.80 \$258.70 \$33.70 51-70 years \$36.70 \$46.60 \$57.70 \$69.50 \$158.80 \$201.90 \$250.10 \$36.70 Family (Male & Female) of 2: 4 19-50 years \$89.40 \$114.20 \$142.70 \$178.30 \$387.20 \$494.70 \$618.20 \$7.70 51-70 years \$84.70 \$109.30 \$136.50 \$164.00 \$367.10 \$473.50 \$591.30 \$7		\$39.30	\$52.40	\$65.60	\$78.70	\$170.30	\$227.00	\$284.20	\$341.10
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12-13 years	emale:								
19-50 years \$38.10		\$38.90	\$47.30	\$56.90	\$70.10	\$168.70	\$205.00	\$246.40	\$303.90
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Family (Male & Female) of 2: 4 19-50 years \$89.40 \$114.20 \$142.70 \$178.30 \$387.20 \$494.70 \$618.20 \$7' 51-70 years \$84.70 \$109.30 \$136.50 \$164.00 \$367.10 \$473.50 \$591.30 \$7 Family of 4:	-70 years	\$37.70	\$47.00	\$58.50	\$70.30	\$163.50	\$203.50	\$253.40	\$304.70
Family (Male & Female) of 2: 4 \$89.40 \$114.20 \$142.70 \$178.30 \$387.20 \$494.70 \$618.20 \$751.70 \$751.70 \$109.30 \$136.50 \$164.00 \$367.10 \$473.50 \$591.30 \$751.30 \$751.30 \$751.30 \$751.30 \$84.70	+ years	\$36.70	\$46.60	\$57.70	\$69.50	\$158.80	\$201.90	\$250.10	\$301.00
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	amily of 4.								
ICounte I I I I I I I I I I I I I I I I I I I	ouple								
(Male & Female),									
19-50 years and									
children—									
		\$130.10	\$165.60	\$205.30	\$254.20	\$563.80	\$717.70	\$889.60	\$1101.40
									\$1286.10

¹ The 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 <u>Thrifty Food Plan, 2006</u> (2007) and <u>The Low-Cost. Moderate-Cost, and Liberal Food Plans, 2007</u> (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.

This file may be accessed on the Center for Nutrition Policy and Promotion's home page at: http://www.cnpp.usda.gov. Issued August 2015.

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.