

Groceries Booth

COST FOR 1 MONTH

Sex-Age Group	Thrifty Plan	Low-Cost Plan	Moderate Plan	Liberal Plan
Family of 2				
Both age 19-50	\$375.80	\$480.50	\$597.70	\$747.00
Both age 51-70	\$355.50	\$459.60	\$569.90	\$685.60
Family of 4				
Couple both age 19-50 and 2 kids—ages 2-3 and 4-5	\$546.80	\$695.80	\$860.10	\$1,065.60
Couple 19-50 years and 2 kids—ages 6-8 and 9-11	\$627.00	\$821.80	\$1,024.10	\$1243.00
Costs for additional people in family				
Child age 1	\$91.70	\$122.40	\$138.70	\$169.30
Child age 2-3	\$100.40	\$126.80	\$153.80	\$187.20
Child age 4-5	\$104.70	\$132.20	\$163.00	\$199.30
Child age 6-8	\$133.90	\$184.20	\$222.80	\$263.30
Child age 9-11	\$151.40	\$200.70	\$257.90	\$300.70
Boy age 12-13	\$163.20	\$231.00	\$289.50	\$338.10
Boy age 14-18	\$167.80	\$235.60	\$297.50	\$341.20
Male age 19-50	\$180.90	\$233.90	\$292.80	\$359.50
Male age 51-70	\$164.90	\$220.00	\$272.60	\$329.00
Male age 71+	\$166.30	\$218.90	\$269.90	\$333.10
Girl age 12-13	\$163.40	\$199.20	\$237.80	\$291.80
Girl age 14-18	\$160.50	\$200.00	\$241.80	\$297.90
Female age 19-50	\$160.80	\$202.90	\$250.60	\$319.60
Female age 51-70	\$158.30	\$197.80	\$245.40	\$294.30
Female age 71+	\$154.40	\$196.90	\$243.00	\$292.10

1. Assumes that food for all meals and snacks is purchased at the store and prepared at home.

SOURCE: Official USDA Food Plans: Cost of Food at Home. U.S. Average, October 2012

<http://www.cnpp.usda.gov>