

What Does Your Family Need To Spend for Healthy Food?

How much do you think your family spends per month for:

1. Groceries? _____
 2. Going out to eat? _____
 3. Vending machine food? _____
- Estimated TOTAL: _____



USDA Thrifty Food Plan per Month (October 2008)

Directions: Complete the number of family members in each of the age groups. Multiply (x) the number of family members in each group by the amount of money needed. Total (=) for the family. (Costs are given for persons in a 4-person family. For persons in other sized families, suggested adjustments follow: 1 -person-add 20%; 2-person-add 10%; 3-person-add 5%; 5 or 6-person-subtract 5%; and 7 or more person-subtract 10%.)

Family Age Group	Number of Members in the Age Group	Dollars Needed Per Member	Cost for Age Group
Infant, Birth to 6 Months		Infant Formula Only, \$120	
Infant, 6 - 12 Months		Infant Formula Only, \$160	
Children, Age 1-3 years		\$96	\$
Children, Age 4-5 years		\$101	\$
Children, Age 6-8 years		\$128	\$
Children, Age 9-11 years		\$148	\$
Females, Age 12 years or older		\$157	\$
Males, Age 12-18 or over 51 yrs		\$164	\$
Males, Age 19-50		\$175	\$
Total Family Food Budget Per Month:			\$

Now decide what you plan to spend each Month for your monthly food budget:

\$ _____ Per Month