Embodiments of low cost prosthetic feet include a footplate with a connection mechanism embedded within a first foam element having a first stiffness. A second foam element is bonded to the footplate and has a recess in a proximal surface and a stiffness greater than the first foam element. The second foam element may have a portion extending past the terminal end of the footplate. A cosmesis encloses the components of the prosthetic foot. A third foam element that extends through the cosmesis into the second foam element may be provided. The third foam element may have a higher stiffness than the first and second foam elements.

10 Claims, 2 Drawing Sheets