

Single Adult of Working Age

Urban

Weekly Individualised Expenditure

Mar 2011

Food	€	73.63
Fruit & Vegetables	€	10.68
Groceries	€	16.60
Meat	€	15.82
Milk & Bread	€	3.49
Other	€	27.04
Clothing	€	13.29
Clothes	€	10.05
Footwear	€	2.59
Accessories	€	0.65
Personal Care	€	13.25
Personal Hygiene	€	10.17
Cosmetics	€	3.09
Health	€	4.80
Over the counter items	€	0.55
Health care services	€	4.25
Household Goods	€	8.81
Furnishings	€	0.43
Appliances	€	4.11
Kitchen items	€	0.37
Cleaning & maintenance	€	3.36
Miscellaneous items	€	0.54
Household Services	€	-
Communications	€	16.62
Social Inclusion & Participation	€	54.22
Exercise / Sport Activities	€	7.00
Family Outings	€	-
Holiday	€	9.59
Household items	€	9.92
Newspapers, Books & Magazines	€	10.63
Socialising	€	17.08

Education	€	2.90
Uniforms	€	-
Books, Stationary, etc.	€	-
Computer Equipment	€	-
Other Education Costs	€	2.90
Transport (Public)	€	29.23
Transport (Private)	€	50.69
Household Energy	€	8.95
Electricity	€	3.28
Heating	€	5.67
Personal Costs		
Unemployed	€	2.16
Employed Full-Time	€	4.93
Childcare		
Scenario 1	€	-
Scenario 2	€	-
Insurance	€	28.00
Home Contents	€	-
Health	€	14.56
Car	€	13.43
Savings & Contingencies	€	15.64

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Food

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male						
Fruit & Vegetables						
Bananas	Tesco brand	Tesco	€ 0.31	5	1 Week	€ 1.58
Sultanas (375g)	Tesco brand	Tesco	€ 1.09	1	3 Weeks	€ 0.37
Tomatoes	Tesco brand	Tesco	€ 0.15	4	1 Week	€ 0.61
Apples	Tesco brand	Tesco	€ 0.45	4	1 Week	€ 1.84
Onions	Tesco brand	Tesco	€ 0.15	2	1 Week	€ 0.31
Peppers	Tesco brand	Tesco	€ 0.99	1	1 Week	€ 1.01
Mushrooms (250g)	Tesco brand	Tesco	€ 0.99	1	2 Weeks	€ 0.51
Pears	Tesco brand	Tesco	€ 0.37	2	1 Week	€ 0.75
Kiwi	Tesco brand	Tesco	€ 0.24	2	1 Week	€ 0.49
Oranges	Tesco brand	Tesco	€ 0.48	2	1 Week	€ 0.98
Lettuce	Tesco brand	Tesco	€ 0.99	1	1 Week	€ 1.56
Frozen mixed veg (1kg)	Tesco brand	Tesco	€ 1.99	1	3 Weeks	€ 0.67
Groceries						
Cornflakes (750g)	Kelloggs	Tesco	€ 3.09	1	3 Weeks	€ 1.05
Weetabix (Box of 24)	Weetabix	Tesco	€ 2.25	1	4 Weeks	€ 0.57
Tea bags (80)	Lyons	Tesco	€ 2.58	1	3 Weeks	€ 0.88
Coffee (200g)	Maxwell House	Tesco	€ 5.69	1	6 Weeks	€ 0.97
Sugar (1kg)	Tesco brand	Tesco	€ 1.05	1	26 Weeks	€ 0.04
Marmalade (454g jar)	Tesco brand	Tesco	€ 1.37	1	8 Weeks	€ 0.17
Jam (454g jar)	Tesco brand	Tesco	€ 0.99	1	8 Weeks	€ 0.12
Flora light (1kg)	Flora	Tesco	€ 3.01	1	4 Weeks	€ 0.77
Orange juice (1 litre)	Tesco brand	Tesco	€ 0.59	1	1 Week	€ 0.60
Biscuits (500g)	Tesco rich tea	Tesco	€ 0.52	1	1 Week	€ 0.53
Ham (8 slices)	Tesco brand	Tesco	€ 1.19	1	2 Weeks	€ 0.61
Cheese (8 slices)	Tesco brand	Tesco	€ 1.72	1	2 Weeks	€ 0.88

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Cream crackers (200g)	Tesco brand	Tesco	€ 0.28	1	4 Weeks	€ 0.07
Crisps (6 pack)	Tesco brand	Tesco	€ 0.99	1	2 Weeks	€ 0.51
Low-fat yoghurts (125g)	Tesco brand	Tesco	€ 0.14	5	1 Week	€ 0.71
Salt (1 kg)	Tesco brand	Tesco	€ 0.40	1	52 Weeks	€ 0.01
Pepper (25g)	Tesco brand	Tesco	€ 0.45	1	52 Weeks	€ 0.01
Vinegar (568ml)	Tesco brand	Tesco	€ 0.49	1	26 Weeks	€ 0.02
Cooking oil (1 litre)	Tesco brand	Tesco	€ 0.95	1	4 Weeks	€ 0.24
Red sauce (570g)	Tesco brand	Tesco	€ 0.75	1	8 Weeks	€ 0.09
Mayonnaise (700ml)	Tesco brand	Tesco	€ 2.49	1	8 Weeks	€ 0.32
Gravy (270g)	Bisto	Tesco	€ 1.76	1	9 Weeks	€ 0.20
Beans (420g)	Tesco brand	Tesco	€ 0.38	2	1 Week	€ 0.78
Mars bars (10 pack)	Mars	Tesco	€ 2.61	1	2 Weeks	€ 1.34
Diluted orange (1 litre)	Tesco brand	Tesco	€ 0.89	1	2 Weeks	€ 0.46
Curry sauce (390g)	Tesco brand	Tesco	€ 0.54	1	1 Week	€ 0.55
Rice (1kg)	Tesco brand	Tesco	€ 0.89	1	4 Weeks	€ 0.22
Spaghetti (1kg)	Tesco brand	Tesco	€ 0.78	1	4 Weeks	€ 0.20
Bolognese sauce (320g)	Tesco brand	Tesco	€ 0.89	1	2 Weeks	€ 0.46
Tinned tomatoes (400g)	Tesco brand	Tesco	€ 0.29	1	2 Weeks	€ 0.15
Coleslaw (250g)	Tesco brand	Tesco	€ 1.53	1	1 Week	€ 1.56
Frozen oven chips (1.5 kg)	Tesco brand	Tesco	€ 1.99	1	4 Weeks	€ 0.51
Eggs (6)	Tesco brand	Tesco	€ 1.26	1	2 Weeks	€ 0.64
Noodles (65g)	Tesco brand	Tesco	€ 0.15	2	1 Week	€ 0.31
Vinegar (568ml)	Tesco brand	Tesco	€ 0.49	1	17 Weeks	€ 0.03
Meat						
Mince meat (500g)	Tesco brand	Tesco	€ 3.15	1	2 Weeks	€ 1.61
Salmon (212g)	Tesco brand	Tesco	€ 0.86	1	1 Week	€ 0.88
Lamb chops (390g)	Tesco brand	Tesco	€ 3.90	1	1 Week	€ 3.98

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Chicken fillets (Pack of 4)	Tesco brand	Tesco	€ 4.99	1	1 Week	€ 5.09
Frozen cod (450g)	Tesco brand	Tesco	€ 3.19	1	2 Weeks	€ 1.63
Sausages (227g)	Tesco brand	Tesco	€ 0.99	1	2 Weeks	€ 0.51
Rashers (6 pack)	Tesco brand	Tesco	€ 2.49	1	2 Weeks	€ 1.28
Mixed pudding (227g)	Tesco brand	Tesco	€ 1.65	1	2 Weeks	€ 0.85
Milk & Bread						
Brown bread (800g)	Brennans	Tesco	€ 1.33	2	1 Week	€ 2.71
Brown bread rolls	Tesco brand	Tesco	€ 0.38	2	1 Week	€ 0.78
Other						
Friday lunch		Local deli	€ 5.50	1	1 Week	€ 5.61
Chinese takeaway		Local takeaway	€ 11.00	1	1 Week	€ 11.22
Sunday lunch			€ 10.00	1	1 Week	€ 10.20
Total						€ 73.63

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Fruit & Vegetables						
Dried apricots (125g)	Tesco brand	Tesco	€ 1.25	1	3 Weeks	€ 0.43
Bananas	Tesco brand	Tesco	€ 0.31	4	1 Week	€ 1.27
Apples	Tesco brand	Tesco	€ 0.45	4	1 Week	€ 1.84
Oranges	Tesco brand	Tesco	€ 0.48	4	1 Week	€ 1.96
Pears	Tesco brand	Tesco	€ 0.37	2	1 Week	€ 0.75
Tomatoes	Tesco brand	Tesco	€ 0.15	3	1 Week	€ 0.46
Peas (420g)	Tesco brand	Tesco	€ 0.46	1	1 Week	€ 0.47
Cabbage	Tesco brand	Tesco	€ 0.89	1	1 Week	€ 0.91
Carrots	Tesco brand	Tesco	€ 0.18	3	1 Week	€ 0.54
Turnip	Tesco brand	Tesco	€ 0.89	1	1 Week	€ 0.91
Potatoes	Roosters	Tesco	€ 0.26	8	1 Week	€ 2.12
Onions	Tesco brand	Tesco	€ 0.15	4	2 Weeks	€ 0.31
Frozen bag of broccoli (1kg)	Tesco brand	Tesco	€ 1.79	1	3 Weeks	€ 0.61
Cauliflower	Tesco brand	Tesco	€ 1.49	1	1 Week	€ 1.52
Mushrooms (250g)	Tesco brand	Tesco	€ 0.99	1	2 Weeks	€ 0.51
Cucumber	Tesco brand	Tesco	€ 0.99	1	1 Week	€ 1.01
Lettuce	Tesco brand	Tesco	€ 0.99	1	1 Week	€ 1.01
Groceries						
Coffee (200g)	Maxwell House	Tesco	€ 5.69	1	4 Weeks	€ 1.45
Tea bags (80)	Lyons	Tesco	€ 2.58	1	3 Weeks	€ 0.88
Sugar (1kg)	Tesco brand	Tesco	€ 1.05	1	26 Weeks	€ 0.04
Bran flakes (1kg)	Tesco brand	Tesco	€ 2.38	1	3 Weeks	€ 0.81
Weetabix	24 pack	Tesco	€ 2.25	1	4 Weeks	€ 0.57
Flora light (1kg)	Flora	Tesco	€ 3.01	1	4 Weeks	€ 0.77
Orange juice (1 litre)	Tesco brand	Tesco	€ 0.59	1	1 Week	€ 0.60

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Marmalade (454g)	Tesco brand	Tesco	€ 1.37	1	4 Weeks	€ 0.35
Biscuits (500g)	Tesco rich tea	Tesco	€ 0.52	1	1 Week	€ 0.53
Cream crackers (200g)	Tesco brand	Tesco	€ 0.28	1	4 Weeks	€ 0.07
Low-fat yoghurts (125g)	Tesco brand	Tesco	€ 0.14	4	1 Week	€ 0.57
Eggs (6)	Tesco brand	Tesco	€ 1.26	1	2 Weeks	€ 0.64
Sweetcorn (325g)	Tesco brand	Tesco	€ 0.37	1	1 Week	€ 0.38
Salmon (212g)	Tesco brand	Tesco	€ 0.86	1	1 Week	€ 0.88
Beans (420g)	Tesco brand	Tesco	€ 0.38	1	1 Week	€ 0.39
Tuna (185g)	Tesco brand	Tesco	€ 0.89	1	1 Week	€ 0.91
Ham (8 slices)	Tesco brand	Tesco	€ 1.19	1	2 Weeks	€ 0.61
Cheese (8 slices)	Tesco brand	Tesco	€ 1.72	1	2 Weeks	€ 0.88
Tin of mixed herbs (11g jar)	Goodalls	Tesco	€ 1.08	1	26 Weeks	€ 0.04
Gravy (270g)	Bisto	Tesco	€ 1.76	1	9 Weeks	€ 0.20
Salt (700g)	Lo Salt	Tesco	€ 2.99	1	52 Weeks	€ 0.06
Pepper (25g)	Tesco brand	Tesco	€ 0.45	1	52 Weeks	€ 0.01
Tinned tomatoes (400g)	Tesco brand	Tesco	€ 0.29	1	2 Weeks	€ 0.15
Sunflower cooking oil (1 litre)	Tesco brand	Tesco	€ 0.81	1	4 Weeks	€ 0.20
Frozen oven chips (1.5kg)	Tesco brand	Tesco	€ 1.99	1	4 Weeks	€ 0.51
Custard (425g)	Tesco brand	Tesco	€ 0.66	1	1 Week	€ 0.67
Bag of sweets (200g)	Tesco brand	Tesco	€ 0.99	1	1 Week	€ 1.01
Funsized mars bars (493g)	Mars	Tesco	€ 4.99	1	2 Weeks	€ 2.55
Extra for visitors			€ 10.00	1	1 Week	€ 10.20
Mayonnaise (700ml)	Tesco brand	Tesco	€ 2.49	1	8 Weeks	€ 0.32
Coleslaw (250g)	Tesco brand	Tesco	€ 1.53	1	1 Week	€ 1.56
Pasta (500g)	Tesco brand	Tesco	€ 0.59	1	2 Weeks	€ 0.31
Pasta sauce (440g)	Tesco brand	Tesco	€ 0.56	1	2 Weeks	€ 0.29
Vinegar (568ml)	Tesco brand	Tesco	€ 0.49	1	17 Weeks	€ 0.03

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Meat						
Stewing steak, beef (346g)	Tesco brand	Tesco	€ 2.27	1	2 Weeks	€ 1.16
Pork chops (2 pack - 348g)	Tesco brand	Tesco	€ 3.00	1	2 Weeks	€ 1.53
Chicken breast (300g)	Tesco brand	Tesco	€ 3.79	2	2 Weeks	€ 3.87
Mince steak (500g)	Tesco brand	Tesco	€ 3.15	1	2 Weeks	€ 1.61
Frozen fish (cod) (450g)	Tesco brand	Tesco	€ 3.19	1	2 Weeks	€ 1.63
Milk & Bread						
Low-fat milk (2 litres)	Tesco brand	Tesco	€ 1.19	1	1 Week	€ 1.21
Brown bread (800g)	Brennans	Tesco	€ 1.33	1	1 Week	€ 1.36
Brown bread rolls	Tesco brand	Tesco	€ 0.38	2	1 Week	€ 0.78
Scones	Tesco brand	Tesco	€ 0.35	2	1 Week	€ 0.71
Other						
Chinese takeaway		Local takeaway	€ 11.00	1	1 Week	€ 11.22
Total						€ 71.13

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Clothing

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Underwear and nightwear						
‡ Bras	Dunnes	Dunnes	€ 8.00	6	52 Weeks	€ 0.92
‡ Pants	Dunnes	Dunnes	€ 4.00	3	52 Weeks	€ 0.23
‡ Socks	Penny's	Penny's	€ 3.00	3	52 Weeks	€ 0.17
‡ Opaque Tights	Penny's	Penny's	€ 3.00	5	52 Weeks	€ 0.29
‡ Sheer Tights	Penny's	Penny's	€ 5.00	2	52 Weeks	€ 0.19
‡ Pyjamas	Penny's	Penny's	€ 7.00	3	52 Weeks	€ 0.40
‡ Dressing Gown	Penny's	Penny's	€ 12.00	1	104 Weeks	€ 0.12
‡ Slippers	Penny's	Penny's	€ 5.00	2	52 Weeks	€ 0.19
Coats, jackets						
‡ Light Casual Jacket	Dunnes	Dunnes	€ 25.00	1	104 Weeks	€ 0.24
‡ Winter Coat	Dunnes	Dunnes	€ 40.00	1	104 Weeks	€ 0.38
Main clothing						
‡ Jumpers	Dunnes	Dunnes	€ 6.00	2	104 Weeks	€ 0.12
‡ Cardigans	Dunnes	Dunnes	€ 15.00	3	104 Weeks	€ 0.43
‡ Leggings/Jeggings	Penny's	Penny's	€ 4.00	2	52 Weeks	€ 0.15
‡ Trousers	Penny's	Penny's	€ 15.00	3	104 Weeks	€ 0.43
‡ Jeans	Penny's	Penny's	€ 19.00	2	104 Weeks	€ 0.37
‡ Track Suit Bottoms	Penny's	Penny's	€ 8.00	2	52 Weeks	€ 0.31
‡ T-Shirts/Tops	Dunnes	Dunnes	€ 3.00	3	52 Weeks	€ 0.17
‡ Smart Tops	Penny's	Penny's	€ 17.00	3	52 Weeks	€ 0.98
‡ Smart Skirts	Penny's	Penny's	€ 13.00	3	52 Weeks	€ 0.75
‡ Suit	Dunnes	Dunnes	€ 30.00	1	104 Weeks	€ 0.29
‡ Casual Dress	Penny's	Penny's	€ 17.00	1	52 Weeks	€ 0.33
‡ Going-Out Dress	New Look	New Look	€ 39.00	1	52 Weeks	€ 0.75
‡ Vest Tops	Penny's	Penny's	€ 2.00	4	52 Weeks	€ 0.15

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Clothing

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
‡ Swimsuit	Dunnes	Dunnes	€ 8.00	1	104 Weeks	€ 0.08
‡ Hat Scarf & Glove Set	Penny's	Penny's	€ 8.00	1	52 Weeks	€ 0.15
‡ Belt	Penny's	Penny's	€ 3.00	2	156 Weeks	€ 0.04
Footwear						
‡ Sandals	Dunnes	Dunnes	€ 10.00	1	52 Weeks	€ 0.19
‡ Shoes	Penny's	Penny's	€ 15.00	1	52 Weeks	€ 0.29
‡ Trainers	Nike	Lifestyle Sports	€ 50.00	1	52 Weeks	€ 0.96
‡ Boots	Dunnes	Dunnes	€ 20.00	1	52 Weeks	€ 0.38
‡ Flip Flops	Penny's	Penny's	€ 3.00	1	52 Weeks	€ 0.06
Personal Accessories						
‡ Purse	Penny's	Penny's	€ 4.00	1	156 Weeks	€ 0.03
‡ Handbag	Penny's	Penny's	€ 13.00	1	52 Weeks	€ 0.25
‡ Battery Replacement	Argos	Argos	€ 3.64	1	104 Weeks	€ 0.04
‡ Watch		H.S. Sammuel	€ 49.99	1	260 Weeks	€ 0.19
‡ Sunglasses	Penny's	Penny's	€ 3.00	1	52 Weeks	€ 0.06
‡ Costume Jewellery	Penny's	Penny's	€ 4.00	1	52 Weeks	€ 0.08
Dry Cleaning - Suit		Dry Cleaners	€ 15.00	1	26 Weeks	€ 0.42
Female Total						€ 11.59

‡ Indicates items which were re-priced / newly added in March 2011

Male

Underwear and nightwear						
Pants	Pack of 3	Penny's	Penny's	€ 5.00	3	52 Weeks € 0.21
Vests	Pack of 2	Penny's	Penny's	€ 5.00	2	52 Weeks € 0.14
Socks	Pack 6	Penny's	Penny's	€ 5.00	3	52 Weeks € 0.21
Slippers		Penny's	Penny's	€ 6.00	1	156 Weeks € 0.03
Bath robe		Dunnes	Dunnes	€ 20.00	2	260 Weeks € 0.11
Coats, jackets						

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Clothing

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Heavy jacket	Dunnes	Dunnes	€ 45.00	1	52 Weeks	€ 0.63
Light casual jacket	Penny's	Penny's	€ 21.00	1	104 Weeks	€ 0.15
Fleece	Penny's	Penny's	€ 10.00	1	104 Weeks	€ 0.07
Main clothing						
Suit		Burtons	€ 144.00	1	156 Weeks	€ 0.67
Jumper		Unique	€ 25.00	3	52 Weeks	€ 1.05
Trousers		Unique	€ 25.00	2	52 Weeks	€ 0.70
Tracksuit bottoms	O'Neills	Lifestyle	€ 40.00	2	52 Weeks	€ 1.12
T-shirts		Unique	€ 15.00	6	52 Weeks	€ 1.26
Swimsuit	Dunnes	Dunnes	€ 6.00	1	104 Weeks	€ 0.04
Jeans		Unique	€ 30.00	3	52 Weeks	€ 1.26
Smart shirt		Unique	€ 20.00	3	52 Weeks	€ 0.84
Casual shirt	Dunnes	Dunnes	€ 15.00	3	52 Weeks	€ 0.63
Smart trousers	Dunnes	Dunnes	€ 25.00	2	52 Weeks	€ 0.70
Shorts	Dunnes	Dunnes	€ 8.00	3	104 Weeks	€ 0.17
Hat, scarf & glove set	Penny's	Penny's	€ 8.00	1	104 Weeks	€ 0.06
Footwear						
Shoes	Dunnes	Dunnes	€ 30.00	2	52 Weeks	€ 0.84
Trainers	Asics	Lifestyle	€ 60.00	2	52 Weeks	€ 1.68
Sandals	Dunnes	Dunnes	€ 10.00	1	104 Weeks	€ 0.07
Personal Accessories						
Wallet	Penny's	Penny's	€ 5.00	1	260 Weeks	€ 0.01
Watch	Seiko	H. Samuel	€ 49.99	1	260 Weeks	€ 0.14
Battery replacement		Argos	€ 5.00	1	104 Weeks	€ 0.04
Sunglasses	Penny's	Penny's	€ 3.00	1	52 Weeks	€ 0.04
Dry Cleaning - Suit		Dry Cleaners	€ 15.00	1	26 Weeks	€ 0.42
Male Total						€ 13.29

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Personal Care

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Personal Hygiene						
‡ Soap	Tesco Pure Soap	Tesco	€ 1.39	1	12 Weeks	€ 0.12
‡ Dental Floss	Tesco Total Care	Tesco	€ 1.69	1	8 Weeks	€ 0.21
‡ Toothbrush	Tesco	Tesco	€ 1.89	1	12 Weeks	€ 0.16
‡ Toothpaste	Colgate	Tesco	€ 3.99	1	4 Weeks	€ 1.00
‡ Hairbrush	Tresemme	Boots	€ 4.49	1	104 Weeks	€ 0.04
‡ Shampoo	Tesco Benefit Nutriviv	Tesco	€ 1.49	1	4 Weeks	€ 0.37
‡ Conditioner	Tesco Benefit Nutriviv	Tesco	€ 1.49	1	4 Weeks	€ 0.37
‡ Shower Gel	Tesco Sea Minerals	Tesco	€ 0.99	1	3 Weeks	€ 0.33
‡ Hairspray	Silvikrin Natural Hold	Tesco	€ 2.98	1	8 Weeks	€ 0.37
‡ Cotton Wool	Babykind	Tesco	€ 2.99	1	4 Weeks	€ 0.75
‡ Cotton Buds	Johnsons	Tesco	€ 1.55	1	24 Weeks	€ 0.06
‡ Tissues	Tesco	Tesco	€ 1.30	1	4 Weeks	€ 0.33
‡ Disposable Blades	Wilkinson Sword	Tesco	€ 3.85	1	4 Weeks	€ 0.96
‡ Deodrant	Tesco Active	Tesco	€ 1.09	1	4 Weeks	€ 0.27
‡ Facial Cleanser	Tesco	Tesco	€ 0.95	1	4 Weeks	€ 0.24
‡ Face Moisturiser	Nivea	Tesco	€ 4.95	1	8 Weeks	€ 0.62
‡ Body Moisturiser	Nivea	Tesco	€ 3.99	1	10 Weeks	€ 0.40
‡ Suncream	Soltan	Boots	€ 15.49	1	52 Weeks	€ 0.30
‡ Sanitary Towels	Always Ultra	Tesco	€ 2.59	1	4 Weeks	€ 0.65
‡ Tampons	Tampax	Tesco	€ 1.59	1	4 Weeks	€ 0.40
‡ Hair Cut		Locally	€ 35.00	3	52 Weeks	€ 2.02
‡ Toiletries Bag	Boots	Boots	€ 3.29	1	260 Weeks	€ 0.01
‡ Umbrella	Dunnes	Dunnes	€ 5.00	1	26 Weeks	€ 0.19
Cosmetics						
‡ Foundation	Max Factor	Boots	€ 19.99	1	26 Weeks	€ 0.77

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Personal Care

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
‡ Lipstick	Rimmel	Boots	€ 6.55	1	26 Weeks	€ 0.25
‡ Mascara	Rimmel	Boots	€ 8.99	1	26 Weeks	€ 0.35
‡ Blusher	Rimmel	Boots	€ 5.29	1	26 Weeks	€ 0.20
‡ Eye Shadow	Rimmel	Boots	€ 6.29	1	26 Weeks	€ 0.24
‡ Eye Pencil	Rimmel	Boots	€ 3.65	1	26 Weeks	€ 0.14
‡ Fake Tan	Sun Shimmer	Boots	€ 7.99	1	16 Weeks	€ 0.50
‡ Nail Polish	Rimmel	Boots	€ 4.49	1	26 Weeks	€ 0.17
‡ Perfume	Cerruti 1881	Boots	€ 23.99	1	52 Weeks	€ 0.46
Female Total						€ 13.25

‡ Indicates items which were re-priced / newly added in March 2011

Male

Personal Hygiene						
Suntan lotion	200ml	Soltan	Boots	€ 14.90	1	52 Weeks € 0.27
Soap	Pack of 4	Tesco lemon	Tesco	€ 1.90	1	12 Weeks € 0.15
Toothpaste	150ml	Colgate regular	Tesco	€ 2.04	1	4 Weeks € 0.48
Comb			Tesco	€ 1.50	1	260 Weeks € 0.01
Shampoo	300ml	Tesco brand	Tesco	€ 0.99	1	4 Weeks € 0.24
Shower gel	400ml	Tesco brand	Tesco	€ 1.64	1	2 Weeks € 0.78
Dental floss (50m)	50m	Tesco total care	Tesco	€ 0.99	1	4 Weeks € 0.24
Hair gel	250ml	Brylcream	Boots	€ 4.45	1	4 Weeks € 1.05
Cotton buds	€ 200.00	Johnson's	Tesco	€ 2.15	1	26 Weeks € 0.08
Tissues, 2ply		Tesco brand	Tesco	€ 1.85	1	4 Weeks € 0.43
Razor		Wilkinson sword	Tesco	€ 3.59	1	104 Weeks € 0.04
Blades	Pack of 4	Wilkinson sword	Tesco	€ 7.75	1	4 Weeks € 1.83
Deodorant	150ml	Tesco men's	Tesco	€ 1.49	1	3 Weeks € 0.47
Shaving cream	250ml	Tesco value	Tesco	€ 1.19	1	4 Weeks € 0.28

Single Adult of Working Age

Urban

Personal Care

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Haircut		Local hairdresser	€ 12.00	1	4 Weeks	€ 2.84
Toilet bag	Dunnes	Dunnes	€ 6.00	1	260 Weeks	€ 0.02
Cosmetics						
Aftershave	50ml Adidas	Boots	€ 10.70	1	52 Weeks	€ 0.20
Male Total						€ 9.40

Single Adult of Working Age

Urban

Health

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Over the counter health items						
‡ Waterproof plasters	Tesco Waterproof	Tesco	€ 1.49	1	52 Weeks	€ 0.03
‡ Paracetamol	Pack of 24 Boots	Boots	€ 2.49	1	26 Weeks	€ 0.10
‡ Neurofen	Neurofen	Boots	€ 5.49	4	52 Weeks	€ 0.42
Main Care						
‡ Doctors Visits		Local Doctor	€ 29.36	2	52 Weeks	€ 1.13
‡ Prescriptions		Local Chemsit	€ 16.68	2	52 Weeks	€ 0.64
‡ Contraceptive	Nordiy	Local Chemist	€ 38.00	2	52 Weeks	€ 1.46
‡ Optican Visits		Opticians	€ 38.71	1	104 Weeks	€ 0.37
‡ Dentist Visits		Local Dentist	€ 33.71	1	52 Weeks	€ 0.65
Female Total						€ 4.80
Male						
Over the counter health items						
Waterproof plasters	Tesco brand	Tesco	€ 2.19	1	52 Weeks	€ 0.05
Paracetamol	Pack of 24	Local chemist	€ 2.00	2	52 Weeks	€ 0.09
Main Care						
‡ Doctor Visits			€ 29.36	1	52 Weeks	€ 0.56
‡ Prescriptions			€ 16.68	2	52 Weeks	€ 0.64
‡ Optican Visits			€ 38.71	1	104 Weeks	€ 0.37
‡ Dentist Visits			€ 33.71	1	52 Weeks	€ 0.65
Male Total						€ 2.37

‡ Indicates items which were re-priced / newly added in March 2011

Single Adult of Working Age

Urban

Household Goods

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Furnishings						
Sofa	Provided by landlord		€ -	1	0 Week	€ -
Bookshelf	Provided by landlord		€ -	1	0 Week	€ -
Table and 2 chairs	Provided by landlord		€ -	1	0 Week	€ -
Coffee table	Provided by landlord		€ -	1	0 Week	€ -
Single bed	Provided by landlord		€ -	1	0 Week	€ -
Single mattress	Provided by landlord		€ -	1	0 Week	€ -
Wardrobe	Provided by landlord		€ -	1	0 Week	€ -
Bedside locker	Provided by landlord		€ -	1	0 Week	€ -
Bathroom cabinet	Provided by landlord		€ -	1	0 Week	€ -
Floor coverings	Provided by landlord		€ -	1	0 Week	€ -
Curtains	Provided by landlord		€ -	1	0 Week	€ -
Lampshades	Provided by landlord		€ -	1	0 Week	€ -
Textiles and soft furnishings						
Single duvet	13.5tog hollowfibre	Dunnes	€ 20.00	1	312 Weeks	€ 0.05
Pillows	Pack of 2	Dunnes	€ 14.00	1	312 Weeks	€ 0.04
Single duvet cover & 1 pillowcase		Guineys	€ 10.00	2	312 Weeks	€ 0.05
Single fitted sheet		Guineys	€ 6.50	2	312 Weeks	€ 0.04
Hand towels		Guineys	€ 2.00	3	156 Weeks	€ 0.04
Face cloths		Guineys	€ 1.00	3	52 Weeks	€ 0.05
Tea towels		Guineys	€ 2.00	3	52 Weeks	€ 0.11
Bath towels		Guineys	€ 5.00	2	156 Weeks	€ 0.05
Appliances						
Television	Beko 20"	Powercity	€ 119.95	1	520 Weeks	€ 0.20
Stereo system	Jwin	Powercity	€ 49.95	1	520 Weeks	€ 0.09
Kettle	Cookworks	Argos	€ 26.99	1	260 Weeks	€ 0.09
Toaster	Moulinex	Argos	€ 16.99	1	520 Weeks	€ 0.03

Single Adult of Working Age

Urban

Household Goods

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Iron		Argos	€ 16.99	1	520 Weeks	€ 0.03
Vacuum cleaner	Provided by landlord		€ -	1	0 Week	€ -
Fridge/freezer	Provided by landlord		€ -	1	0 Week	€ -
Cooker (gas hob)	Provided by landlord		€ -	1	0 Week	€ -
Washing machine		Local charge	€ 2.00	2	1 Week	€ 3.53
Kitchen and hardware						
Crockery set- 24 piece		Argos	€ 32.00	1	520 Weeks	€ 0.05
Coffee mugs	Pack of 2	Poundworld	€ 2.00	4	156 Weeks	€ 0.03
3 piece ovenproof dish set	Pyrex	Argos	€ 16.49	1	1,040 Weeks	€ 0.02
Egg cups	Pack of 2	Poundworld	€ 1.00	2	520 Weeks	€ 0.00
Glasses set	Pack of 4	Poundworld	€ 2.00	4	104 Weeks	€ 0.02
Cutlery set, stainless steel		Tesco	€ 5.24	1	520 Weeks	€ 0.01
Colander		Tesco	€ 1.49	1	1,040 Weeks	€ 0.00
3 piece saucepan set	Le Chef	Argos	€ 39.99	1	1,040 Weeks	€ 0.04
Knife set and rack		Argos	€ 29.99	1	780 Weeks	€ 0.04
Utensil set and rack		Argos	€ 9.99	1	780 Weeks	€ 0.01
Tin opener		Tesco	€ 0.99	1	260 Weeks	€ 0.00
Potato peeler		Tesco	€ 0.99	1	260 Weeks	€ 0.00
Kitchen scissors		Tesco	€ 2.15	1	260 Weeks	€ 0.01
Wooden spoon set		Tesco	€ 1.99	1	1,040 Weeks	€ 0.00
Chopping board		Tesco	€ 6.95	1	260 Weeks	€ 0.03
Freezer bags (50)	Tesco brand	Tesco	€ 0.69	1	26 Weeks	€ 0.03
Cling film (35cmx15cm)	Tesco brand	Tesco	€ 0.79	1	17 Weeks	€ 0.04
Tin foil (45cmx5m)	Tesco brand	Tesco	€ 0.99	1	17 Weeks	€ 0.05
Other Household Items						
Gear/Gym Bag		Lifestyle	€ 30.00	1	260 Weeks	€ 0.11
Suit case (27")	Dunnes	Dunnes	€ 45.00	1	520 Weeks	€ 0.08

Single Adult of Working Age

Urban

Household Goods

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Stationary and paper goods:						
Birthday cards	Pack of 2	Poundworld	€ 2.50	2	52 Weeks	€ 0.09
Occasion cards	Pack of 2	Poundworld	€ 2.50	2	52 Weeks	€ 0.09
Christmas cards	Pack of 20	Poundworld	€ 2.00	1	52 Weeks	€ 0.04
Gift wrap		Poundworld	€ 2.00	1	52 Weeks	€ 0.04
Christmas wrapping paper		Penny's	€ 1.50	2	52 Weeks	€ 0.05
Writing pad		Poundworld	€ 1.00	1	52 Weeks	€ 0.02
Envelopes		Poundworld	€ 1.00	1	52 Weeks	€ 0.02
Sellotape	Two rolls	Poundworld	€ 1.50	1	104 Weeks	€ 0.01
Pens	10 pack	Poundworld	€ 2.00	1	156 Weeks	€ 0.01
Cleaning & maintenance						
Dust pan and brush		Poundworld	€ 2.00	1	104 Weeks	€ 0.02
Washing up brush		Tesco	€ 0.39	2	52 Weeks	€ 0.02
Washing up bowl		Poundworld	€ 7.95	1	260 Weeks	€ 0.03
Dustbin		Poundworld	€ 7.95	1	260 Weeks	€ 0.03
Mop		Dunnes	€ 6.00	1	26 Weeks	€ 0.20
Bucket		Dunnes	€ 6.00	1	520 Weeks	€ 0.01
Batteries	4 x Ever Ready AA	Tesco	€ 2.78	4	52 Weeks	€ 0.63
Candles	Pack of 4	Poundworld	€ 1.25	1	260 Weeks	€ 0.00
Ironing board		Argos	€ 14.99	1	780 Weeks	€ 0.02
Clothes airer		Roches	€ 10.95	1	1,040 Weeks	€ 0.01
Toilet brush set		Poundworld	€ 3.00	1	52 Weeks	€ 0.05
Toilet paper	Tesco ecosoft (12)	Tesco	€ 5.99	1	6 Weeks	€ 0.88
Household matches	Maigure & Paterson	Tesco	€ 0.84	1	52 Weeks	€ 0.02
Washing up liquid (500ml)	Fairy	Tesco	€ 1.49	1	4 Weeks	€ 0.33
Bleach (750ml)	Tesco brand	Tesco	€ 0.65	1	4 Weeks	€ 0.14
Toilet cleaner (750ml)	Tesco brand	Tesco	€ 1.09	1	4 Weeks	€ 0.24

Single Adult of Working Age

Urban

Household Goods

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Shoe polish (50ml)	Punch	Tesco	€ 0.50	1	52 Weeks	€ 0.01
Dish cloths (6)		Poundworld	€ 2.00	1	52 Weeks	€ 0.04
Household gloves (2 paris)	Tesco brand	Tesco	€ 1.29	1	52 Weeks	€ 0.04
Bin liners (40)	Killeen	Tesco	€ 5.89	1	9 Weeks	€ 0.60
Light bulbs (2 Pack)	Tesco 60 watt	Tesco	€ 0.79	4	52 Weeks	€ 0.05
Total						€ 8.66
Additional items for Female						
‡ Hairdryer	Boots	Boots	€ 24.99	1	520 Weeks	€ 0.05
‡ Hair Straightner	Toni & Guy	Boots	€ 26.99	1	260 Weeks	€ 0.10
Total						€ 8.81

‡ Indicates items which were re-priced / newly added in March 2011

Single Adult of Working Age

Urban

Household Services

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Window cleaning	Provided by landlord		€ -	1	13 Weeks	€ -
Waste	Provided by landlord		€ -	1	2 Weeks	€ -
Waste	Provided by landlord		€ -	1	2 Weeks	€ -
Waste Standing Charge	Provided by landlord		€ -	1	52 Weeks	€ -
Boiler Service	Provided by landlord		€ -	1	52 Weeks	€ -
Total						€ -

Single Adult of Working Age

Urban

Communications

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Post						
† Stamps	55c	An Post	€ 0.55	30	52 Weeks	€ 0.33
Phone						
† Mobile phone	Nokia	Vodafone	€ 59.99	1	104 Weeks	€ 0.60
† Phone credit	Vodafone	Vodafone	€ 10.00	1	1 Week	€ 10.39
Internet						
Web café		Local	€ 5.00	1	1 Week	€ 5.30
Total						€ 16.62

† Indicates items which were re-priced / newly added in December 2009

Single Adult of Working Age

Urban

Social Inclusion

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Exercise / Sport Activities						
Swimming		Local pool	€ 5.00	24	52 Weeks	€ 2.30
Football	9 months of year	Local football club	€ 5.00	1	1 Week	€ 3.74
Football boots	Nike	Lifestyle	€ 50.00	1	52 Weeks	€ 0.96
Holiday						
	1 week in Galway					
Dublin-Galway	Return ticket	Bus Eireann	€ 18.00	1	52 Weeks	€ 0.35
Sleepzone, Galway city	Per night		€ 25.00	4	52 Weeks	€ 1.92
Sleepzone, Connemara	Per night		€ 25.00	3	52 Weeks	€ 1.44
Galway-Connemara	Return ticket	Private bus	€ 8.00	1	52 Weeks	€ 0.15
Spending money			€ 299.00	1	52 Weeks	€ 5.74
Household Items						
Camera	Polaroid 340AF	Argos	€ 26.99	1	364 Weeks	€ 0.07
Film processing		Local chemist	€ 6.45	2	52 Weeks	€ 0.25
Television Licence		An Post	€ 160.00	1	52 Weeks	€ 3.08
Cable Television		NTL	€ 56.64	1	9 Weeks	€ 6.52
Newspapers, Books & Magazines						
Popular CD's		Music store	€ 19.99	6	52 Weeks	€ 2.30
Novels		Second hand bookstore	€ 3.00	2	52 Weeks	€ 0.12
Daily newspaper	Evening Herald	Local Newsagent	€ 1.00	6	1 Week	€ 5.99
Sunday newspaper	Sunday Independent	Local Newsagent	€ 2.20	1	1 Week	€ 2.19
Telephone and address book		Easons	€ 3.99	1	260 Weeks	€ 0.02
Pocket dictionary	Oxford	Easons	€ 6.70	1	1,040 Weeks	€ 0.01
Socialising						
Cinema		Omniplex, Santry	€ 8.50	1	4 Weeks	€ 2.12
Socialising/entertainment			€ 15.00	1	1 Week	€ 14.96
Total						€ 54.22

Single Adult of Working Age

Urban

Education

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Other Education Costs						
Training Course	ECDL	FAS	€ 5.00	24	52 Weeks	€ 2.90
Total						€ 2.90

Single Adult of Working Age

Urban

Public Transport

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Bus						
‡ Multi-trip bus ticket	30 Day Rambler	Dublin Bus	€ 105.00	1	4 Weeks	€ 24.23
‡ Night bus	Nite Link	Dublin Bus	€ 5.00	1	1 Week	€ 5.00
						€ 29.23

Private Transport

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
‡ Punto (2005, 1.2 litre, 3 door)	Fiat	Premier Cars, Phibsbc	€ 3,450.00	1	208 Weeks	€ 16.59
‡ Tax			€ 310.00	1	52 Weeks	€ 5.96
‡ NCT			€ 50.00	1	104 Weeks	€ 0.48
‡ Maintenance		Karfix	€ 138.51	1	52 Weeks	€ 2.66
‡ Petrol			€ 25.00	1	1 Week	€ 25.00
Total						€ 50.69

‡ Indicates items which were re-priced / newly added in March 2011

Single Adult of Working Age

Urban

Household Energy

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male						
Electricity		ESB	€ 2.46	1	1 Week	€ 2.83
Gas		Bord Gais	€ 5.39	1	1 Week	€ 5.67
Home Heating Oil						€ -
Male Total						€ 8.50
Female						
‡ Electricity		ESB	€ 3.28	1	1 Week	€ 3.28
Gas		Bord Gais	€ 4.00	1	1 Week	€ 5.67
Home Heating Oil						€ -
Female Total						€ 8.95

‡ Indicates items which were re-priced / newly added in March 2011

Single Adult of Working Age

Urban

Personal Costs

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Unemployed						
Donations to charity			€ 2.00	1	1 Week	€ 2.16
Trade Union Subscription	None		€ -	0	0 Week	€ -
Total						€ 2.16
Employed Full-Time						
Donations to charity			€ 2.00	1	1 Week	€ 2.16
Trade Union Subscription	Full-time	SIPTU	€ 2.80	1	1 Week	€ 2.76
Total						€ 4.93

Single Adult of Working Age

Urban

Insurance

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Home Contents Insurance	None	-	€ -	0	0 Week	€ -
‡ Private Health Insurance	Healthcare Manager S	Quinn	€ 757.28	1	52 Weeks	€ 14.56
‡ Car Insurance	Fully Comprehensive	Quinn Direct	€ 530.45	1	52 Weeks	€ 10.20
Female Total						€ 24.76
Male						
Home Contents Insurance	None	-	€ -	0	0 Week	€ -
‡ Private Health Insurance	Healthcare Manager S	Quinn	€ 757.28	1	52 Weeks	€ 14.56
‡ Car Insurance	Fully Comprehensive	Quinn Direct	€ 698.54	1	52 Weeks	€ 13.43
Male Total						€ 28.00

‡ Indicates items which were re-priced / newly added in March 2011

Single Adult of Working Age

Urban

Savings & Contingencies

Mar 2011

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Personal Savings	Credit Union		€ 10.00	1	1 Week	€ 10.42
Contingencies / Emergencies			€ 5.00	1	1 Week	€ 5.21
Total						€ 15.64