

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Food								
Alcohol, at home								
Wine		Douglas Green Merlot 750ml	Douglas Green	Dunnes	€8.00	1.0	1.5 Weeks	€5.33
Bread and cereals								
Oats (porridge / overnight)		Irish Porridge Oats 1.5kg	Dunnes Stores	Dunnes	€1.19	1.0	18.8 Weeks	€0.06
Rice, dry weight		Easy Cook Rice 1kg	Dunnes Stores	Dunnes	€1.78	1.0	13.3 Weeks	€0.13
Scone	Rural			Local	€1.01	1.0	1.0 Weeks	€1.01
Scone	Urban	Dunnes Stores Deluxe Fruit Scone 1!	Dunnes Stores	Dunnes	€4.04	1.0	4.0 Weeks	€1.01
Weetabix		24 Wholegrain Wheat Biscuits	Dunnes Stores	Dunnes	€2.79	1.0	6.0 Weeks	€0.47
Cafes, fast food and take-away ...								
Take-away	Rural	Meal Deal	Pickup	Four Star / Ap€	€8.05	8.0	52.0 Weeks	€1.24
Take-away	Urban	Meal Deal	With delivery	Four Star / Ap€	€9.04	8.0	52.0 Weeks	€1.39
Coffee, tea and cocoa								
Coffee		Kenco Rich Instant Coffee 200g	Kenco	Dunnes	€8.41	1.0	4.8 Weeks	€1.75
Tea		Barry's Tea 80 Tea Bags 250g	Barry's Tea, Gold	Dunnes	€4.18	1.0	2.0 Weeks	€2.09
Fish								
Cod, frozen		Donegal Catch 4 Breaded Cod Atlan	Dunnes Stores	Dunnes	€6.12	1.0	4.7 Weeks	€1.29
Salmon, tinned		John West Wild Pacific Pink Salmon	John West	Dunnes	€2.80	1.0	1.0 Weeks	€2.80
Tuna		Tuna Chunks in Brine 3 x 80g (240g)	Dunnes Stores	Dunnes	€2.60	1.0	3.0 Weeks	€0.87
Food products n.e.c.								
Curry sauce		Ben's Original Mild Curry 440g	Ben's	Dunnes	€2.98	1.0	4.0 Weeks	€0.74
Gravy		Erin Everyday Gravy Granules 170g	Erin	Dunnes	€1.89	1.0	34.0 Weeks	€0.06
Mixed herbs		Mixed Herbs 10g	Dunnes Stores	Dunnes	€1.00	1.0	52.0 Weeks	€0.02
Mixed spice		Cajun Seasoning 35g	Dunnes Stores	Dunnes	€1.00	1.0	52.0 Weeks	€0.02
Pepper		Black Peppercorn Grinder 50g	Dunnes Stores	Dunnes	€1.50	1.0	156.0 Weeks	€0.01
Pesto		Italian Basil Pesto 180g	Dunnes Stores	Dunnes	€1.98	1.0	6.0 Weeks	€0.33
Salt		Don Carlos Finest Fine Sea Salt 360g	Don Carlos	Dunnes	€1.59	1.0	156.0 Weeks	€0.01
Stock cubes		OXO Reduced Salt Beef Stock Cube	OXO	Dunnes	€2.54	1.0	24.0 Weeks	€0.11

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Vinegar		Chef Malt Vinegar 284ml	Chef	Dunnes	€1.79	1.0	52.0 Weeks	€0.03
Fruit								
Apple		Handpicked Royal Gala Apples 8	Royal Gala	Dunnes	€2.45	0.4	1.0 Weeks	€0.92
Banana		6 Fresh Bananas	Dunnes Stores	Dunnes	€1.69	0.7	1.0 Weeks	€1.13
Berries, frozen		Freshly Frozen Mixed Berries 340g	Dunnes Stores	Dunnes	€2.03	1.0	3.1 Weeks	€0.66
Dried fruit		My Family Favourites Sultanas 375g	Dunnes Stores	Dunnes	€1.30	1.0	12.5 Weeks	€0.10
Grapes		Handpicked Seedless Mixed Grapes	Dunnes Stores	Dunnes	€3.05	1.0	3.1 Weeks	€0.97
Mixed nuts, unsalted		Wholefoods Roasted Nut Mix 250g	Dunnes Stores	Dunnes	€4.35	1.0	8.3 Weeks	€0.52
Mixed seeds / nuts		Wholefoods Pumpkin Seeds 250g	Dunnes Stores	Dunnes	€2.10	1.0	8.3 Weeks	€0.25
Orange		Everyday Savers 5 Oranges	Dunnes Stores	Dunnes	€1.04	0.4	1.0 Weeks	€0.42
Pear		Loose Pears	Dunnes Stores	Dunnes	€0.50	1.0	1.0 Weeks	€0.50
Pine nuts		Wholefoods Pine Nuts 70g	Dunnes Stores	Dunnes	€3.03	1.0	2.3 Weeks	€1.30
Meat								
Beef, mince		Irish Beef Mince 5% Fat 800g	Dunnes Stores	Dunnes	€7.89	1.0	6.0 Weeks	€1.32
Beef, stew		Slow Cook Diced Irish Beef 0.600Kg	Dunnes Stores	Dunnes	€6.65	1.0	4.5 Weeks	€1.48
Chicken fillet		Irish Chicken Breast Fillets 840g (6 fi	Dunnes Stores	Dunnes	€10.94	1.0	3.2 Weeks	€3.47
Chicken, roast		Medium Irish Chicken 1.5kg	Dunnes Stores	Dunnes	€5.30	1.0	5.6 Weeks	€0.94
Pork chop		Boneless Irish Pork Loin Chops 440g	Dunnes Stores	Dunnes	€4.50	1.0	4.0 Weeks	€1.13
Sausage		8 Irish Pork Sausages 227g	Dunnes Stores	Dunnes	€1.13	1.0	8.0 Weeks	€0.14
Milk, cheese and eggs								
Milk, low fat	Rural	3 litres		Local	€3.89	0.6	1.0 Weeks	€2.14
Milk, low fat		Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	0.6	1.0 Weeks	€1.92
Milk, low fat	Urban	Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	1.1	1.0 Weeks	€3.83
Yogurt		Fat Free Yogurt with Real Fruit Piece:	Dunnes Stores	Dunnes	€1.98	0.6	1.0 Weeks	€1.24
Oils and fats								
Oil		Pure Rapeseed Oil 1L	Dunnes Stores	Dunnes	€1.46	1.0	52.0 Weeks	€0.03
Service								
Discount Vouchers		DS 'Shop and Save' €10 off €50; €5 o	Dunnes Stores	Dunnes	-€10.00	1.0	1.0 Weeks	-€10.00
Grocery Delivery	Urban			Dunnes	€6.22	1.0	4.0 Weeks	€1.55

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Snacks & treats								
Biscuit, plain		Digestive Biscuits 400g	Dunnes Stores	Dunnes	€0.90	1.0	3.4 Weeks	€0.27
Chocolate		Cadbury Dairy Milk Little Bars Chocc	Cadbury	Dunnes	€2.01	1.0	6.0 Weeks	€0.34
Crisps		Tayto Cheese & Onion Multipack Cri	Tayto	Dunnes	€4.06	1.0	12.0 Weeks	€0.34
Ice-cream		Dunnes Stores My Family Favourites	Dunnes Stores	Dunnes	€1.09	1.0	5.7 Weeks	€0.19
Jelly		Hartley's Strawberry Flavour Crystal	Hartley's	Dunnes	€1.18	1.0	8.0 Weeks	€0.15
Soft drinks, juices ...								
Orange juice		Pure Squeezed Orange Juice Smoot	Dunnes Stores	Dunnes	€2.24	1.0	2.2 Weeks	€1.01
Sugar, jam, honey ...								
Jam		Chivers Strawberry Jam 370g	Chivers	Dunnes	€3.01	1.0	18.5 Weeks	€0.16
Vegetables								
Beans		Batchelors Beans No Added Sugar 6	Batchelors	Dunnes	€3.49	1.0	10.6 Weeks	€0.33
Broccoli		Fresh Broccoli	Dunnes Stores	Dunnes	€1.63	0.3	1.0 Weeks	€0.41
Cabbage		Green Cabbage	Dunnes Stores	Dunnes	€0.50	0.3	1.0 Weeks	€0.13
Carrots		Sweet & Crunchy Fresh Carrots 1kg	Dunnes Stores	Dunnes	€1.26	1.0	4.2 Weeks	€0.30
Cauliflower		Cauliflower	Dunnes Stores	Dunnes	€1.84	0.3	1.0 Weeks	€0.46
Chopped tomatoes		Italian Chopped Tomatoes in a Rich	Dunnes Stores	Dunnes	€1.02	1.0	2.0 Weeks	€0.51
Coleslaw		Classic Coleslaw 250g	Dunnes Stores	Dunnes	€1.21	1.0	1.0 Weeks	€1.21
Cucumber		Fresh Cucumber	Dunnes Stores	Dunnes	€0.88	0.5	1.0 Weeks	€0.44
Garlic		Fresh Spanish Garlic	Dunnes Stores	Dunnes	€0.49	1.0	12.0 Weeks	€0.04
Lettuce		Delicate Irish Butterhead Lettuce	Dunnes Stores	Dunnes	€0.91	0.5	1.0 Weeks	€0.46
Mushrooms		Irish Closed Cup Mushrooms 250g	Dunnes Stores	Dunnes	€1.16	1.0	3.1 Weeks	€0.37
Onion		My Family Favourites Onions 1kg	Dunnes Stores	Dunnes	€1.20	1.0	4.4 Weeks	€0.27
Oven Chips		Finely Sliced Thin & Crispy Oven Chi	Dunnes Stores	Dunnes	€3.14	1.0	11.8 Weeks	€0.27
Parsnips		Fresh Irish Parsnips	Dunnes Stores	Dunnes	€1.50	1.0	2.0 Weeks	€0.75
Peas, frozen		My Family Favourites Garden Peas 1	Dunnes Stores	Dunnes	€1.21	1.0	13.5 Weeks	€0.09
Peppers		Red pepper	Dunnes Stores	Dunnes	€0.99	1.0	1.0 Weeks	€0.99
Spinach		Frozen Whole Leaf Spinach 750g	Dunnes Stores	Dunnes	€1.20	1.0	9.4 Weeks	€0.13
Sweetcorn, frozen		Freshly Frozen Supersweet Sweetco	Dunnes Stores	Dunnes	€0.98	1.0	9.4 Weeks	€0.10

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Tomato		Salad Tomatoes 6's	Dunnes Stores	Dunnes	€1.34	1.0	3.0 Weeks	€0.45
Turnip		Swede	Dunnes Stores	Dunnes	€0.96	0.3	1.0 Weeks	€0.24
Female								
Bread and cereals								
Bagel, wholemeal		Fitzgeralds Family Bakery 6 Pre-Slice Fitzgeralds		Dunnes	€2.26	1.0	3.0 Weeks	€0.75
Bread, wholemeal	Rural			Local	€2.51	0.7	1.0 Weeks	€1.67
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.7	1.0 Weeks	€0.94
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.7	1.0 Weeks	€0.94
Cereal, High fibre (Shreddies, All		Bran Flakes 500g	Dunnes Stores	Dunnes	€1.00	1.0	12.5 Weeks	€0.08
Pasta, spaghetti		Spaghetti 500g	Dunnes Stores	Dunnes	€1.49	1.0	6.7 Weeks	€0.22
Pasta, wholemeal		Wholewheat Fusilli 500g	Dunnes Stores	Dunnes	€1.05	1.0	6.7 Weeks	€0.16
Food products n.e.c.								
Mayonnaise, light		Hellmann's Condiment Light Mayonai	Hellman's	Dunnes	€3.97	1.0	5.5 Weeks	€0.72
Meat								
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	5.0 Weeks	€0.53
Rasher		6 Smoked Irish Back Rashers 240g	Dunnes Stores	Dunnes	€2.25	1.0	6.0 Weeks	€0.37
Turkey, cooked		Roast Turkey Breast 140g	Dunnes Stores	Dunnes	€2.73	1.0	2.0 Weeks	€1.37
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	5.0 Weeks	€0.37
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	2.4 Weeks	€1.21
Oils and fats								
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	6.7 Weeks	€0.15
Social								
Seasonal (Christmas, etc.)	Rural	Allowance of extra week's grocery bu		Dunnes	€59.05	1.0	52.0 Weeks	€1.14
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery bu		Dunnes	€57.11	1.0	52.0 Weeks	€1.10
Vegetables								
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	3.1 Weeks	€1.08
Male								
Bread and cereals								

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Bagel, wholemeal	Rural	Fitzgeralds Family Bakery 6 Pre-Slice Fitzgeralds		Dunnes	€2.26	1.0	2.0 Weeks	€1.13
Bread, wholemeal				Local	€2.51	0.4	1.0 Weeks	€1.08
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.4	1.0 Weeks	€0.60
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.9	1.0 Weeks	€1.20
Cereal, High fibre (Shreddies, All		Bran Flakes 500g	Dunnes Stores	Dunnes	€1.00	1.0	10.0 Weeks	€0.10
Pasta, spaghetti		Spaghetti 500g	Dunnes Stores	Dunnes	€1.49	1.0	5.0 Weeks	€0.30
Pasta, wholemeal		Wholewheat Fusilli 500g	Dunnes Stores	Dunnes	€1.05	1.0	5.0 Weeks	€0.21
Food products n.e.c.								
Mayonnaise, light		Hellmann's Condiment Light Mayoni	Hellman's	Dunnes	€3.97	1.0	5.5 Weeks	€0.72
Meat								
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	3.3 Weeks	€0.79
Rasher		6 Smoked Irish Back Rashers 240g	Dunnes Stores	Dunnes	€2.25	1.0	3.0 Weeks	€0.75
Turkey, cooked		Roast Turkey Breast 140g	Dunnes Stores	Dunnes	€2.73	1.0	2.0 Weeks	€1.37
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	4.0 Weeks	€0.47
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	1.5 Weeks	€1.94
Oils and fats								
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	5.6 Weeks	€0.18
Social								
Seasonal (Christmas, etc.)	Rural	Allowance of extra week's grocery bu		Dunnes	€60.71	1.0	52.0 Weeks	€1.17
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery bu		Dunnes	€59.99	1.0	52.0 Weeks	€1.15
Vegetables								
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	2.1 Weeks	€1.62
Clothing								
Female								
Accessories								
Backpack				Penneys	€9.27	1.0	156.0 Weeks	€0.06
Battery replacement			4 pack	Curry's	€10.02	1.0	208.0 Weeks	€0.05
Belt		2 Pack	Dunnes	Dunnes	€5.55	1.0	156.0 Weeks	€0.04

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Earrings				H. Samuel	€27.27	1.0	260.0 Weeks	€0.10
Gloves				Penneys	€8.87	1.0	52.0 Weeks	€0.17
Hair Bobbins		Multi-pack of 60		Penneys	€1.48	1.0	39.0 Weeks	€0.04
Hair grips		Multi-pack of 60		Penneys	€1.48	1.0	39.0 Weeks	€0.04
Handbag				Penneys	€7.21	2.0	52.0 Weeks	€0.28
Hat				Penneys	€4.44	1.0	156.0 Weeks	€0.03
Necklace		multi-pack		Penneys	€2.53	1.0	52.0 Weeks	€0.05
Purse			Penneys	Penneys	€5.15	1.0	156.0 Weeks	€0.03
Scarf				Penneys	€11.09	1.0	156.0 Weeks	€0.07
Sunglasses			Atmosphere	Penneys	€1.55	1.0	52.0 Weeks	€0.03
Watch				Tkmaxx	€45.53	1.0	260.0 Weeks	€0.18
Footwear								
Boots				Penneys	€35.25	1.0	104.0 Weeks	€0.34
Flip flops			Penneys	Penneys	€1.53	1.0	52.0 Weeks	€0.03
Heels				Penneys	€16.45	1.0	104.0 Weeks	€0.16
Leather shoes		Loafers		MandM direct	€46.99	1.0	104.0 Weeks	€0.45
Sandals			Dunnes	Dunnes	€10.58	1.0	104.0 Weeks	€0.10
Trainers		Branded	Adidas	Sports direct	€38.78	1.0	52.0 Weeks	€0.75
Trainers		Unbranded		Penneys	€12.93	1.0	104.0 Weeks	€0.12
Wellies				Penneys	€23.50	1.0	520.0 Weeks	€0.05
Main clothing								
3/4 summer trousers				Penneys	€13.13	2.0	52.0 Weeks	€0.50
Cotton leggings				Penneys	€4.38	1.0	52.0 Weeks	€0.08
Fleece			Penneys	Penneys	€8.75	2.0	104.0 Weeks	€0.17
Jeans				Dunnes	€21.88	2.0	52.0 Weeks	€0.84
Jumpers			Dunnes	Dunnes	€13.13	2.0	52.0 Weeks	€0.50
Shirt				Dunnes	€8.75	2.0	52.0 Weeks	€0.34
Smart skirt			Dunnes	Dunnes	€27.35	1.0	52.0 Weeks	€0.53
Smart top			Dunnes	Dunnes	€10.94	3.0	52.0 Weeks	€0.63

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Sports leggings				Penneys	€9.85	1.0	104.0 Weeks	€0.09
Sports t shirt				Dunnes or per	€4.92	2.0	52.0 Weeks	€0.19
Summer dress				Dunnes or per	€10.94	2.0	156.0 Weeks	€0.14
Swimsuit			Atmosphere	Penneys	€15.32	1.0	104.0 Weeks	€0.15
Tracksuit bottoms			Dunnes	Dunnes	€10.94	2.0	104.0 Weeks	€0.21
Trousers			Dunnes	Dunnes	€10.94	3.0	52.0 Weeks	€0.63
T-shirt			Dunnes	Dunnes	€4.38	5.0	52.0 Weeks	€0.42
Winter dress				Dunnes or per	€9.85	2.0	156.0 Weeks	€0.13
Work blazer				Dunnes or per	€24.07	1.0	208.0 Weeks	€0.12
Nightwear								
Dressing gown			Penneys	Penneys	€13.13	1.0	104.0 Weeks	€0.13
Pyjamas		Light	Penneys	Penneys	€8.75	2.0	52.0 Weeks	€0.34
Pyjamas		Thick Fleece	Penneys	Penneys	€14.22	2.0	52.0 Weeks	€0.55
Pyjamas		Thin Fleece	Penneys	Penneys	€13.13	2.0	52.0 Weeks	€0.50
Slippers		Pair	Penneys	Penneys	€4.70	1.0	52.0 Weeks	€0.09
Outer clothing								
Coat		Heavy	Trespass or regatta	M&M direct	€54.69	1.0	260.0 Weeks	€0.21
Light jacket		waterproof	Atmosphere	Penneys	€15.32	1.0	104.0 Weeks	€0.15
Smart coat		Soft button coat		Zara	€43.71	1.0	208.0 Weeks	€0.21
Underwear								
Bras		3 pack		M&S	€27.35	2.0	52.0 Weeks	€1.05
Cami tops			Penneys	Penneys	€2.74	6.0	52.0 Weeks	€0.32
Pants		4 pack		Penneys	€4.38	5.0	52.0 Weeks	€0.42
Socks		5 pack	Penneys	Penneys	€3.83	4.0	52.0 Weeks	€0.29
Sports bra		Nike indy high support	Nike	Sports direct	€27.35	2.0	104.0 Weeks	€0.53
Thermal tights				Penneys	€4.38	3.0	52.0 Weeks	€0.25
Tights		5 pack	Penneys	Penneys	€6.56	1.0	52.0 Weeks	€0.13

Personal Care

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Mouthwash		500ml		Dealz	€1.48	1.0	26.0 Weeks	€0.06
Personal Hygiene								
Blades		x5	Energy Triple3 head	Dealz	€0.99	1.0	16.7 Weeks	€0.06
Conditioner		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Ear buds				Dunnes	€0.98	1.0	17.0 Weeks	€0.06
Face wash		150ml	Simple Refreshing F	Dealz	€2.97	1.0	6.0 Weeks	€0.49
Hairbrush		Detangling paddle brush	Penneys	Penneys	€1.98	1.0	52.0 Weeks	€0.04
Liquid soap		250ml	Simple	Dunnes	€1.36	1.0	2.0 Weeks	€0.68
Nail brush		2pk		Dealz	€1.98	1.0	26.0 Weeks	€0.08
Nail Clippers		Boots Finger Nail Clipper	Boots	boots	€3.45	1.0	520.0 Weeks	€0.01
Razor		includes 1 razor & 5 blades	Energy Triple3 Blade	Dealz	€1.98	1.0	104.0 Weeks	€0.02
Scissors		Boots straight scissors		boots	€3.95	1.0	520.0 Weeks	€0.01
Shampoo		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Shaving cream		200ml	Gillette	Dealz	€2.73	1.0	6.0 Weeks	€0.46
Shower gel		500ml	Carex Shower Gel	Dealz	€1.49	1.0	4.0 Weeks	€0.37
Suntan lotion (50+)		200ml	Soltan	boots	€4.95	1.0	104.0 Weeks	€0.05
Toilet bag		Toiletry Bag	Penneys	Penneys	€7.21	1.0	260.0 Weeks	€0.03
Toothbrush		2 Pack	Colgate	Dunnes	€1.97	1.0	26.0 Weeks	€0.08
Toothpaste		100ml	Colgate	Dealz	€1.48	1.0	2.0 Weeks	€0.74
Tweezers		Boots Everyday Slanted Tweezers		boots	€2.96	1.0	520.0 Weeks	€0.01
Female								
Cosmetics								
Body Lotion (500ml)		500ml	XBC Aloe Vera	Dealz	€1.49	2.0	65.0 Weeks	€0.05
Exfoliating gloves		2pk		Penneys	€1.78	1.0	104.0 Weeks	€0.02
Eye shadow		Mono Eyeshadow	Natural collection	boots	€2.76	1.0	52.0 Weeks	€0.05
Fake tan		Self tanning mousse	cocoa brown	Penneys	€6.92	3.0	52.0 Weeks	€0.40
Foundation		HD foundation 30ml	W7	boots	€4.94	1.0	20.0 Weeks	€0.25
Lipstick		ps... matte lipstick		Penneys	€1.98	1.0	26.0 Weeks	€0.08

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Mascara		Extra Super Lash Mascara	Rimmel	boots	€6.91	1.0	17.3 Weeks	€0.40
Moisturiser		125ml	Simple replenishing Dealz		€2.98	2.0	57.9 Weeks	€0.10
Perfume		Coty l'aimant parfum de toilette sprc		boots	€18.79	1.0	52.0 Weeks	€0.36
Tanning mit				Penneys	€2.97	1.0	52.0 Weeks	€0.06
Personal Hygiene								
Deodorant: woman		50ml	Sanex	Dunnes	€1.65	1.0	4.0 Weeks	€0.41
Hair dye (box)		Schwarzkopf LIVE urban brown 088		boots	€8.40	1.0	5.0 Weeks	€1.68
Haircut: woman	Rural			Local hairdres	€49.16	3.0	52.0 Weeks	€2.84
Haircut: woman	Urban			Local hairdres	€48.99	3.0	52.0 Weeks	€2.83
Loofah				Dealz	€1.98	1.0	7.0 Weeks	€0.28
Makeup wipes		baby wipes		Penneys	€1.78	1.0	2.0 Weeks	€0.89
Sanitary towels		14pk, with wings	Dunnes own brand	Dunnes	€0.94	1.0	4.3 Weeks	€0.22
Tampons		20pk, with applicator	Tampax	Dunnes	€3.07	2.0	5.0 Weeks	€1.23

Health

Products

Antihistamine			Cetrine	Local chemist	€10.47	1.0	52.0 Weeks	€0.20
Cough mixture		125ml	Benylin	Local chemist	€6.67	1.0	52.0 Weeks	€0.13
Cough mixture		200ml	Exputex	Local chemist	€6.06	1.0	52.0 Weeks	€0.12
Family first aid kit				Homestore an	€11.91	1.0	260.0 Weeks	€0.05
Ibuprofen		box of 24	Easofen	Local chemist	€5.41	3.0	52.0 Weeks	€0.31
Multivitamin		3 for 2		boots	€6.06	2.0	102.0 Weeks	€0.12
Paracetamol		box of 24	Rowalief	Local chemist	€3.09	3.0	52.0 Weeks	€0.18
Thermometer			Boots Digital Therm	boots	€12.80	1.0	260.0 Weeks	€0.05
Vaporub		50g		Local chemist	€7.03	1.0	208.0 Weeks	€0.03
Waterproof plasters		40 pack		boots	€1.48	1.0	104.0 Weeks	€0.01

Services

Dentist	Rural	Exam, Scale & Polish		Local dentist	€86.27	1.0	52.0 Weeks	€1.66
Dentist	Urban	Exam, Scale & Polish		Local dentist	€87.98	1.0	52.0 Weeks	€1.69

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
GP	Rural			Local doctor	€58.02	3.0	52.0 Weeks	€3.35
GP	Urban			Local doctor	€66.06	3.0	52.0 Weeks	€3.81
Optician		E.g., specsavers		Local optician	€32.70	1.0	104.0 Weeks	€0.31
Prescription		Antibiotic		Pharmacy	€13.42	1.0	52.0 Weeks	€0.26
Female								
Services								
Prescription		Contraception	Nordiy	Pharmacy	€25.20	2.0	52.0 Weeks	€0.97
Household Goods								
Furniture assembly		for beds, chest of drawers			€61.02	1.0	260.0 Weeks	€0.23
Furniture delivery				ikea	€62.16	1.0	260.0 Weeks	€0.24
Microfibre mop pad				Dealz	€1.81	1.0	260.0 Weeks	€0.01
Appliances								
Airfryer		1 basket	POWERPOINT 5LITR	Powercity	€60.85	1.0	234.0 Weeks	€0.26
Electric cooker		BEKO 50CM TWIN CAVITY "CONVEN	Beko	Powercity	€331.27	1.0	520.0 Weeks	€0.64
Fridge/freezer		BEKO 175/87 LITRE 171 X 54 CM FRI	Beko	Powercity	€351.35	1.0	520.0 Weeks	€0.68
Iron		LOGIK L220IR20 Steam Iron - Purple	Logik	Currys	€19.37	1.0	260.0 Weeks	€0.07
Kettle		BOSCH 1.7LITRE DESIGN LINE KETT	Bosch	Powercity	€35.26	1.0	260.0 Weeks	€0.14
Lawnmower		M3E1032G Corded		B&Q	€77.58	1.0	520.0 Weeks	€0.15
Microwave		POWERPOINT 700 WATT 20 LITRE 5	Powerpoint	Powercity	€70.30	1.0	520.0 Weeks	€0.14
Stick blender		BOSCH 300W HAND BLENDER WITH		Powercity	€23.06	1.0	520.0 Weeks	€0.04
Toaster		Essentials CO2TW1		Currys	€13.05	1.0	312.0 Weeks	€0.04
Vacuum cleaner		NUMATIC James JVP180-11 Cylinder		Currys	€165.59	1.0	780.0 Weeks	€0.21
Washing machine		BEKO 9KG 1400RPM WASHING MAC	Beko	Powercity	€345.40	1.0	364.0 Weeks	€0.95
Bathroom								
Bath mat		Chenille bath mat	Primark Home	Penneys	€7.01	1.0	780.0 Weeks	€0.01
Bath towels			Ultrasoft Bath Towel	Penneys	€8.36	3.0	182.0 Weeks	€0.14
Bathroom cabinet		Enhel cabinet with doors		ikea	€64.68	1.0	650.0 Weeks	€0.10

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Bathroom, Blind		120x195cm		ikea	€24.21	1.0	624.0 Weeks	€0.04
Face cloths			Pack of 3	Penneys	€1.86	1.0	104.0 Weeks	€0.02
Hand towels		Single	Primark Home	Penneys	€4.65	4.0	52.0 Weeks	€0.36
non slip shower mat				Penneys	€4.48	1.0	780.0 Weeks	€0.01
Pedal bin		Toftan waste bin	Pedal bin	ikea	€12.01	1.0	520.0 Weeks	€0.02
Shower shelving unit		Krokfjorden shower hanger		ikea	€13.01	1.0	260.0 Weeks	€0.05
Toilet brush set			Toilet brush with ho	Dealz	€5.01	2.0	104.0 Weeks	€0.10
Toilet cleaner			1 litre	Dealz	€1.51	1.0	2.0 Weeks	€0.75
Toilet paper		Toilet Tissue 12 Rolls	Dunnes Stores	Dunnes	€3.48	1.0	5.3 Weeks	€0.65
toothbrush holder				Dealz	€3.00	1.0	104.0 Weeks	€0.03
Bedroom								
Bedroom 1 , Blind		200x195cm		ikea	€34.45	1.0	416.0 Weeks	€0.08
Bedrooms, Curtain		145x137cm	Room darkening cu	ikea	€25.14	1.0	624.0 Weeks	€0.04
Bedside lamp		lampan table lamp		ikea	€6.88	2.0	520.0 Weeks	€0.03
Bedside locker		Malm chest of two drawers		ikea	€54.73	2.0	910.0 Weeks	€0.12
Blankets			Fleece throw	Dunnes	€9.56	3.0	416.0 Weeks	€0.07
Chest of drawers		Songesand chest of 4 drawers		ikea	€178.11	1.0	910.0 Weeks	€0.20
Double Bed		Tallasen upholstered bed frame		ikea	€297.51	1.0	780.0 Weeks	€0.38
Double Duvet		Safferot double duvet 7.5 tog		ikea	€16.25	1.0	260.0 Weeks	€0.06
Double fitted sheet		Luxury Percale Fitted Sheet 180 Thre		Dunnes	€11.47	2.0	104.0 Weeks	€0.22
Duvet Cover		Geo embroidered duvet set		Dunnes	€19.12	2.0	156.0 Weeks	€0.25
Hangers		7pk		Dealz	€4.49	3.0	#####	€0.01
Mattress		Double - Valevag mattress and matt		ikea	€362.18	1.0	520.0 Weeks	€0.70
Mattress protector		waterproof	Waterproof anti alla	Dunnes	€19.12	1.0	520.0 Weeks	€0.04
Mirror		Nissedal mirror 65x150cm		ikea	€47.45	1.0	910.0 Weeks	€0.05
Pillow protector		2pk		Penneys	€4.78	2.0	260.0 Weeks	€0.04
Pillows		2pk		Dunnes	€9.56	2.0	260.0 Weeks	€0.07
Plastic storage boxes		Samla 78x56x18cm boxes, 55l		ikea	€10.01	6.0	780.0 Weeks	€0.08
Speaker		Nedis bluetooth portable speaker	nedis	Powercity	€38.71	1.0	390.0 Weeks	€0.10

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Flooring								
Bedroom, laminate		13m2		Des Kelly	€557.91	1.0	#####	€0.43
Hall laminate		7.1m2			€416.46	1.0	#####	€0.32
Lounge, laminate		14.4m2		Des Kelly	€617.99	1.0	#####	€0.48
Stairs and landing, carpet		10.2m2		Des Kelly	€416.56	1.0	520.0 Weeks	€0.80
Hall								
Coat hooks		Rack with 5 hooks		ikea	€17.05	1.0	442.0 Weeks	€0.04
Door chain		Liamgus door chain		Amazon	€5.40	1.0	#####	€0.01
Doormat				Woodies	€6.00	2.0	520.0 Weeks	€0.02
Shoe basket		Storage with 7 compartments	Stuk	ikea	€8.98	1.0	260.0 Weeks	€0.03
Home maintenance								
Curtain pole and fittings		Curtain rod set 120-210cm	Bekrafta	ikea	€9.03	3.0	#####	€0.03
Extention lead				Extension Lead 4 O Homestore an	€8.01	1.0	520.0 Weeks	€0.02
Fire Extinguisher				Kidde 1kg fire exting Woodies	€30.23	1.0	416.0 Weeks	€0.07
Garden tools				Dealz	€2.03	3.0	780.0 Weeks	€0.01
Home tool set				Onsite 41 Piece Hor Woodies	€26.33	1.0	520.0 Weeks	€0.05
Lampshades				Linen Empire Lamp Dunnes	€5.69	5.0	780.0 Weeks	€0.04
Light bulbs		B22 806lm, 8.5w		Osram Led Base A6 Woodies	€8.01	4.0	364.0 Weeks	€0.09
Light bulbs		E27 806lm, 8.5w		Osram Led Base A6 Woodies	€8.01	2.0	364.0 Weeks	€0.04
Pack of nails		100pk	Box	Woodies	€2.46	1.0	520.0 Weeks	€0.00
Paint		Emulsion		Dulux 2.5lt Vinyl Sol Woodies DIY	€34.53	4.5	520.0 Weeks	€0.30
Paint		Gloss		Dulux 2.5lt Stay Wh Woodies DIY	€35.55	4.0	520.0 Weeks	€0.27
Paint brushes, 5 set				Basics 5 Piece Pain Woodies DIY	€8.63	1.0	520.0 Weeks	€0.02
Paint, roller set, 9"				Basics 9" Roller Set Woodies DIY	€5.08	1.0	520.0 Weeks	€0.01
Plant Budget				Budget	€48.95	1.0	520.0 Weeks	€0.09
Plunger		Suki toilet plunger		Woodies	€2.94	1.0	520.0 Weeks	€0.01
Telescopic brush/squeegee		2 in 1 telescopic window squeegee v		Amazon	€12.36	1.0	260.0 Weeks	€0.05
Window cleaning solution			750ml	Dealz	€1.51	1.0	52.0 Weeks	€0.03
Kitchen								

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Baking tray				Tesco	€8.01	1.0	780.0 Weeks	€0.01
Colander			Tesco Basics Colan	Tesco	€5.51	1.0	780.0 Weeks	€0.01
compostable bags		20 Compostable Waste Bags 20L	BioBag	Dunnes	€1.97	1.0	4.0 Weeks	€0.49
Egg cups (set of 4)		4pk	Simply White Egg C	Dunnes	€5.96	1.0	780.0 Weeks	€0.01
Fruit bowl		Natbarb serving bowl		ikea	€2.24	1.0	390.0 Weeks	€0.01
Glass oven dish			Mixtur	ikea	€7.01	1.0	390.0 Weeks	€0.02
Kitchen scales			Salter Mechanical K	Tesco	€10.05	1.0	780.0 Weeks	€0.01
Mixing bowl				ikea or tesco	€0.85	1.0	780.0 Weeks	€0.00
Ovenproof dish set		Roasting dish		ikea	€6.51	3.0	780.0 Weeks	€0.03
Patio door, Curtain		Blackout curtain, 210x250cm	Bengta	ikea	€10.24	1.0	624.0 Weeks	€0.02
Placemat and coaster set		4pk		Dunnes	€7.43	1.0	520.0 Weeks	€0.01
Plastic chopping board			Tesco Basics All Pu	Tesco	€3.50	1.0	52.0 Weeks	€0.07
Saucepan set		Annon's 5 piece cookware set		ikea	€12.01	1.0	520.0 Weeks	€0.02
Tea Towels		4pk	Dunnes	Dunnes	€5.01	1.0	42.0 Weeks	€0.12
Towel hooks		Hook with suction cup	2pk	ikea	€3.51	1.0	390.0 Weeks	€0.01
Tupperware		multipack	Pruta set of 17	ikea	€6.01	1.0	52.0 Weeks	€0.12
Vacuum flask			axentia Stainless St	Amazon	€9.54	1.0	#####	€0.01
Wooden chopping board				Tesco	€5.53	1.0	234.0 Weeks	€0.02
Kitchen, cleaning								
Bleach			750ml	Dealz	€2.76	1.0	4.0 Weeks	€0.69
Brillo pads		10pk		Dealz	€2.01	1.0	43.0 Weeks	€0.05
Broom				Homestore an	€5.01	1.0	260.0 Weeks	€0.02
Bucket				Dunnes	€3.02	1.0	260.0 Weeks	€0.01
Candles			tealights 100pk	Dealz	€1.51	2.0	156.0 Weeks	€0.02
Dish cloths			10pk	Dealz	€2.01	2.0	104.0 Weeks	€0.04
Disinfectant			850ml	Dealz	€3.02	1.0	26.0 Weeks	€0.12
Dust pan & brush				Dealz	€1.30	1.0	104.0 Weeks	€0.01
Dustbin		wham casa 8l swing bin		Homestore an	€6.02	3.0	104.0 Weeks	€0.17
Feather duster		MSV feather duster 61cm		Amazon	€1.71	1.0	52.0 Weeks	€0.03

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Hoover bags		Numatic Numatic Henry Cleaner Bag		Amazon	€10.82	1.0	52.0 Weeks	€0.21
Household gloves			1 pack	Dealz	€1.51	2.0	52.0 Weeks	€0.06
Mop handle				Dealz	€1.01	1.0	260.0 Weeks	€0.00
Oven cleaner				Dealz	€3.02	1.0	52.0 Weeks	€0.06
Refuse sacks			Killeen - 20X50L	Dunnes	€1.73	1.0	10.0 Weeks	€0.17
Scrubbing brush with handle				Dealz	€2.01	1.0	104.0 Weeks	€0.02
Washing up basin		Round basin		Dunnes	€2.01	1.0	520.0 Weeks	€0.00
Washing up brush				Dealz	€2.01	2.0	52.0 Weeks	€0.08
Washing up liquid		500ml	Fairy	Dealz	€1.51	1.0	3.0 Weeks	€0.50
Kitchen, consumables								
Cling film				Dealz	€1.48	6.0	52.0 Weeks	€0.17
Kitchen roll				Dealz	€0.99	1.0	1.0 Weeks	€0.99
Tin foil				Dealz	€1.48	6.0	52.0 Weeks	€0.17
Kitchen, laundry								
Clothes airer			butterfly clothes air	Homestore an	€19.71	1.0	780.0 Weeks	€0.03
Clothes pegs			Wooden Pegs, Pack	Dunnes	€2.96	1.0	104.0 Weeks	€0.03
Clothes washing detergent			Bold washing powd	Dunnes	€9.05	1.0	20.0 Weeks	€0.45
Ironing board				ikea	€22.11	1.0	780.0 Weeks	€0.03
Laundry basket		Corduroy square laundry basket	Primark Home	Penneys	€7.01	1.0	260.0 Weeks	€0.03
Shoe polish		Shoe polish wax	Broga brothers	Dunnes	€2.51	1.0	52.0 Weeks	€0.05
Stain remover		1litre		Dealz	€2.01	1.0	104.0 Weeks	€0.02
Washing line			20m	Homestore an	€2.98	1.0	780.0 Weeks	€0.00
Kitchen, tableware								
Coffee mugs				Dunnes	€1.48	6.0	104.0 Weeks	€0.09
Crockery set		18 piece set	Godmiddag	ikea	€24.68	1.0	260.0 Weeks	€0.09
Cutlery set			Salter Elegance Nev	Homestore an	€23.87	1.0	520.0 Weeks	€0.05
Glasses set			set of 6 glasses	ikea	€4.94	2.0	130.0 Weeks	€0.08
Tea pot		Simply white teapot		Dunnes	€11.84	1.0	780.0 Weeks	€0.02
Wine glasses set		6pk	svalka	ikea	€4.94	6.0	260.0 Weeks	€0.11

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Kitchen, utensils								
4 piece kitchen utensil set		spatula, spoon, slotted spoon, ladle		ikea	€7.01	1.0	780.0 Weeks	€0.01
Carving fork and knife				ikea	€23.88	1.0	780.0 Weeks	€0.03
Corkscrew				ikea	€2.50	1.0	780.0 Weeks	€0.00
Frying pan set		Middagsmat frying pan set of 2		ikea	€15.02	1.0	520.0 Weeks	€0.03
Grater		Handheld grater		Homestore an	€2.99	1.0	780.0 Weeks	€0.00
Kitchen scissors			Trojka	ikea	€1.50	1.0	780.0 Weeks	€0.00
Knife set (5 piece)			5 Piece Knife Block	Tesco	€17.02	1.0	520.0 Weeks	€0.03
Large silicone spoon			Fullandad spoon	ikea	€1.00	1.0	416.0 Weeks	€0.00
Meat thermometer			Fantast meat therm	ikea	€7.01	1.0	780.0 Weeks	€0.01
Potato masher				ikea	€5.01	1.0	416.0 Weeks	€0.01
Potato peeler			Uppfylld	ikea	€1.25	1.0	260.0 Weeks	€0.00
Rolling pin			Magasin	ikea	€4.25	1.0	780.0 Weeks	€0.01
Tin opener			Facklemann	Homestore an	€1.99	1.0	260.0 Weeks	€0.01
Tongs		Apollow kitchen serving tongs		Homestore an	€2.49	1.0	780.0 Weeks	€0.00
Whisk		stainless steel balloon whisk	mason cash	Homestore an	€4.99	1.0	780.0 Weeks	€0.01
Wooden spoon			Rort	ikea	€1.75	1.0	156.0 Weeks	€0.01
Living area								
Coffee table		Fjallbo		ikea	€59.70	1.0	260.0 Weeks	€0.23
Couches		Klippan 2 seater		ikea	€297.51	1.0	780.0 Weeks	€0.38
Cushion		slub texture cushion		Dunnes	€9.49	2.0	260.0 Weeks	€0.07
Kitchen/dining table & 4 chairs		Torsby/lustebo table and 4 chairs		ikea	€536.31	1.0	650.0 Weeks	€0.83
Lounge, Blind		200x195cm		ikea	€34.45	1.0	416.0 Weeks	€0.08
Lounge, Curtain		Blackout curtain, 210x250cm	Bengta	ikea	€10.24	1.0	624.0 Weeks	€0.02
Standing lamp		Barlast floor lamp		ikea	€8.85	1.0	520.0 Weeks	€0.02
Television		Smart tv 32 inch	JVC LT-32CR230 Ro	Currys	€175.78	1.0	520.0 Weeks	€0.34
Television cabinet		Besta tv bench with doors		ikea	€159.20	1.0	650.0 Weeks	€0.24
Misc								
Batteries			Kodak AA batteries	Dealz	€3.01	1.0	52.0 Weeks	€0.06

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Hand torch			EMOS Ultra LED Tor	Amazon	€3.74	1.0	520.0 Weeks	€0.01
Lighter			utility lighter	Dealz	€1.80	1.0	52.0 Weeks	€0.03
Pens			Bic Round Stic Blac	Dealz	€2.99	1.0	104.0 Weeks	€0.03
Reusable shopping bag				Dunnes	€3.93	8.0	260.0 Weeks	€0.12
Scissors			school and office sc	Dealz	€1.29	1.0	260.0 Weeks	€0.00
Sellotape				Dealz	€1.49	1.0	52.0 Weeks	€0.03
Suitcase			Soft panel suitcase	Dunnes	€61.80	1.0	520.0 Weeks	€0.12
Umbrella			Primark	Penneys	€6.18	1.0	52.0 Weeks	€0.12
Writing pad				Dealz	€1.99	1.0	52.0 Weeks	€0.04
Outdoor								
Outdoor furniture		set of plastic table and 2 chairs		ikea or woodie	€41.22	1.0	364.0 Weeks	€0.11
Shed		Keter Darwin 6x4 ft Apex Shed with fl		B&Q	€425.02	1.0	#####	€0.41
Female								
Appliances								
Hair straightener		Remington Ceramic Slim 220 Straigh	Remington	boots	€23.57	1.0	416.0 Weeks	€0.06
Hairdryer		Remington Power Dry Hair Dryer	Remington	boots	€22.62	1.0	520.0 Weeks	€0.04
Household Services								
Boiler Service			Bord Gais	Bord Gais	€151.24	1.0	52.0 Weeks	€2.91
Waste charge	Rural		240LITE 3BIN RU 25 Wiser Recyclir		€35.82	1.0	4.0 Weeks	€8.95
Waste charge	Urban		Eco band	Thornton's	€317.24	1.0	52.0 Weeks	€6.10
Communications								
Broadband								
Broadband	Rural	12-month contract			€29.91	1.0	4.3 Weeks	€6.90
Broadband	Urban	12-month contract			€29.91	1.0	4.3 Weeks	€6.90
Phone								
Mobile phone			Samsung galaxy a1t	Samsung	€189.35	1.0	156.0 Weeks	€1.21

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Phone case				Amazon	€7.25	1.0	156.0 Weeks	€0.05
Plug		usb-c plug		Amazon	€9.88	1.0	156.0 Weeks	€0.06
Service provider		SIM only		GoMo	€15.39	1.0	4.3 Weeks	€3.55
Post								
Stamps			International	An Post	€3.10	5.0	52.0 Weeks	€0.30
Stamps			National	An Post	€1.93	10.0	52.0 Weeks	€0.37

Social Inclusion

Computer Equipment

Laptop			ACER Aspire 3 15.6'	Currys	€383.96	1.0	208.0 Weeks	€1.85
Laptop bag		LOGIC L15SGY24 15.6" laptop sleeve		Currys	€20.59	1.0	208.0 Weeks	€0.10

Entertainment and media

Calendar			Real Ireland Large C		€13.20	1.0	52.0 Weeks	€0.25
Deck of playing cards			Playing Cards Pack	Smyths	€2.05	1.0	260.0 Weeks	€0.01
Game set (10 in 1)			Classic Games Coll	Smyths	€13.35	1.0	520.0 Weeks	€0.03
Games console		xbox series S	Xbox	Smyths	€271.49	1.0	260.0 Weeks	€1.04
Novel book			OH MY GOD, WHAT	Easons	€14.37	2.0	52.0 Weeks	€0.55
Photo printing			delivery fee - up to 4 freeprints		€5.27	3.0	52.0 Weeks	€0.30
Streaming service		Standard (mid tier)	Netflix		€17.36	1.0	4.3 Weeks	€4.01
Television Licence				An Post	€160.00	1.0	52.0 Weeks	€3.08

Exercise & sport

Fitness class	Rural		Part of year		€8.56	36.0	52.0 Weeks	€5.93
Fitness class	Urban		Part of year		€8.29	36.0	52.0 Weeks	€5.74
Swim cap			Nabaiji	Decathlon	€1.93	1.0	52.0 Weeks	€0.04
Swim goggles			Nabaiji	Decathlon	€4.83	1.0	156.0 Weeks	€0.03
Swimming	Rural			Local swimmer	€8.96	12.0	52.0 Weeks	€2.07
Swimming	Urban			Local swimmer	€7.24	12.0	52.0 Weeks	€1.67

Family activities

Family activity budget					€88.66	1.0	52.0 Weeks	€1.70
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One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Family meal out				Milanos	€32.02	1.0	52.0 Weeks	€0.62
Holiday								
Dublin-Waterford	Urban		Adult return	Irish rail	€24.33	2.0	52.0 Weeks	€0.94
Mobile home to rent				Fitzmaurice's Caravan	€781.20	1.0	52.0 Weeks	€15.02
Spending money					€155.70	1.0	52.0 Weeks	€2.99
Seasonal								
Artificial Christmas tree & stand			6ft christmas tree	Woodies	€75.30	1.0	520.0 Weeks	€0.14
Balloons			Pack	Dealz	€1.53	1.0	52.0 Weeks	€0.03
Birthday cards				Dealz	€1.52	2.0	52.0 Weeks	€0.06
Christmas cards			Box of 15	Dealz	€1.52	2.0	52.0 Weeks	€0.06
Christmas stocking				Penneys	€6.02	1.0	#####	€0.01
Christmas tree decorations			Tree ornament set c ikea		€6.02	3.0	260.0 Weeks	€0.07
Christmas tree lights			520 multicoloured l	Woodies	€20.08	1.0	260.0 Weeks	€0.08
Christmas Wreath			Berry and Pine Cones	Homestore and	€13.04	1.0	624.0 Weeks	€0.02
Halloween decorations				Budget	€20.46	1.0	260.0 Weeks	€0.08
Halloween sweets			Budget for halloween		€20.36	1.0	52.0 Weeks	€0.39
Other occasion cards				Dealz	€1.52	2.0	52.0 Weeks	€0.06
Pumpkin					€4.66	1.0	52.0 Weeks	€0.09
Wrapping paper			150cm	Dealz	€1.49	2.0	52.0 Weeks	€0.06
Social activities								
Babysitting					€50.85	3.0	52.0 Weeks	€2.93
Female								
Social activities								
Night out - OP					€103.80	6.0	52.0 Weeks	€11.98
Transport								
Car - Scenario 1								
Annual Service				Local	€223.53	1.0	52.0 Weeks	€4.30
Car Tax				Based on engine size	€180.00	1.0	52.0 Weeks	€3.46

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Diesel	Rural			CPI National A	€2.05	15.5	1.0 Weeks	€31.78
Diesel	Urban			CPI National A	€2.10	12.0	1.0 Weeks	€25.22
Maintenance			Allowance for period		€226.66	1.0	52.0 Weeks	€4.36
NCT					€60.00	4.0	260.0 Weeks	€0.92
Parking Allowance					€20.54	1.0	1.0 Weeks	€20.54
Used car, 12 years old		Trade in value with dealer	Dealer	Carzone	#####	1.0	260.0 Weeks	-€20.31
Used car, 7 years old		Renault Megane, 1.5 Diesel	Carzone	Carzone	#####	1.0	260.0 Weeks	€53.29
Public Transport								
Leap Card	Urban	Weekly cap		Leapcard	€24.00	1.0	1.0 Weeks	€24.00

Household Energy

Electricity

Electricity Account Credit					€0.00	1.0	52.0 Weeks	€0.00
PSO					€19.10	1.0	52.0 Weeks	€0.37
Standing Charge	Rural		Standard Electricity Water Power		€322.26	1.0	52.0 Weeks	€6.20
Standing Charge	Urban		Dual Fuel 28% Disc Flogas		€275.39	1.0	52.0 Weeks	€5.30
Units	Rural		Standard Electricity Water Power		€0.28	56.5	1.0 Weeks	€15.68
Units	Urban		Dual Fuel 28% Disc Flogas		€0.29	56.5	1.0 Weeks	€16.13
Welcome Credit	Rural		Standard Electricity Water Power		€0.00	1.0	52.0 Weeks	€0.00
Welcome Credit	Urban		Dual Fuel 28% Disc Flogas		€0.00	1.0	52.0 Weeks	€0.00

Gas

Carbon Tax	Urban				€0.01	11,731.0	52.0 Weeks	€2.83
Standing Charge	Urban		Dual Fuel 28% Disc Flogas		€151.18	1.0	52.0 Weeks	€2.91
Units	Urban		Dual Fuel 28% Disc Flogas		€0.08	11,730.6	52.0 Weeks	€18.25

Oil

Units	Rural	Kerosene (typical discounted price)	SEAI Average Price		€0.17	11,730.6	52.0 Weeks	€38.80
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Personal Costs

All scenarios

One Parent

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Bank Account			Current Account	Permanent TSB	€95.71	1.0	52.0 Weeks	€1.84
Donations to charity					€3.04	1.0	1.0 Weeks	€3.04
Driving Licence				Motor Tax Office	€65.00	1.0	520.0 Weeks	€0.13
Passport Fee				Passport Office	€75.90	1.0	520.0 Weeks	€0.15
Full-Time								
Trade Union		Membership fee		SIPTU	€5.06	1.0	1.0 Weeks	€5.06
Insurance								
Car - Scenario 1								
Car Insurance	Rural		Comprehensive		€443.62	1.0	52.0 Weeks	€8.53
Car Insurance	Urban		Comprehensive		€500.52	1.0	52.0 Weeks	€9.63
Health								
Health contingencies budget					€518.00	1.0	52.0 Weeks	€9.96
Home								
Home Contents Insurance				An Post	€87.84	1.0	52.0 Weeks	€1.69
Contingencies								
Contingencies / Emergencies					€10.36	1.0	1.0 Weeks	€10.36
Life Assurance			Single	Zurich	€19.95	1.0	4.3 Weeks	€4.60