

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Food								
Bread and cereals								
Bagel, wholemeal		Fitzgeralds Family Bakery 6 Pre-Slice Fitzgeralds		Dunnes	€2.26	1.0	19.5 Weeks	€0.12
Bread, white		White Pan Freshly Baked 800g	Dunnes Stores	Dunnes	€1.40	0.0	1.0 Weeks	€0.00
Bread, white	Rural			Local	€2.51	0.0	1.0 Weeks	€0.00
Bread, white		White Pan Freshly Baked 800g	Dunnes Stores	Dunnes	€1.40	0.0	1.0 Weeks	€0.00
Bread, wholemeal	Rural			Local	€2.51	0.2	1.0 Weeks	€0.53
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.2	1.0 Weeks	€0.29
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.4	1.0 Weeks	€0.59
Cereal, fortified		Corn Flakes 500g	Dunnes Stores	Dunnes	€1.19	0.0	0.0 Weeks	€0.00
Cereal, High fibre (Shreddies, All		Bran Flakes 500g	Dunnes Stores	Dunnes	€1.00	1.0	8.3 Weeks	€0.12
Crackers, wholegrain		Multigrain Crackers 170g	Dunnes Stores	Dunnes	€1.60	1.0	8.5 Weeks	€0.19
Oats (porridge / overnight)		Irish Porridge Oats 1.5kg	Dunnes Stores	Dunnes	€1.19	1.0	25.0 Weeks	€0.05
Pasta, spaghetti		Spaghetti 500g	Dunnes Stores	Dunnes	€1.49	1.0	0.0 Weeks	€0.00
Pasta, wholemeal		Wholewheat Fusilli 500g	Dunnes Stores	Dunnes	€1.05	1.0	24.8 Weeks	€0.04
Ready Brek		Ready Brek Smooth Porridge Oats O Ready Brek		Dunnes	€4.39	0.0	0.0 Weeks	€0.00
Rice, dry weight		Easy Cook Rice 1kg	Dunnes Stores	Dunnes	€1.78	1.0	25.0 Weeks	€0.07
Scone	Rural			Local	€1.01	1.0	4.0 Weeks	€0.25
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 ...								
Deli - Small baguette, chicken fill				Local	€5.20	0.0	0.0 Weeks	€0.00
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								
Drinking chocolate		Cadbury Bournville Dark Chocolate	Cadbury	Dunnes	€4.88	1.0	6.9 Weeks	€0.70
Fish								
Cod, frozen		Donegal Catch 4 Breaded Cod Atlan	Dunnes Stores	Dunnes	€6.48	1.0	0.0 Weeks	€0.00

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Fish fingers, cod		My Family Favourites 15 Omega 3 Fish Fingers	Dunnes Stores	Dunnes	€1.61	1.0	5.9 Weeks	€0.27
Salmon, tinned		John West Wild Pacific Pink Salmon	John West	Dunnes	€2.80	1.0	0.0 Weeks	€0.00
Tuna		Tuna Chunks in Brine 3 x 80g (240g)	Dunnes Stores	Dunnes	€2.45	1.0	17.3 Weeks	€0.14
Food products n.e.c.								
Chutney		Sweet and Sticky Caramelised Onion Chutney	Dunnes Stores	Dunnes	€1.98	1.0	8.0 Weeks	€0.25
Curry sauce		Ben's Original Mild Curry 440g	Ben's	Dunnes	€2.98	1.0	4.0 Weeks	€0.74
Fruit bar		Raspberry & Apple Soft Oaty Bars To Go	Organix	Dunnes	€4.09	1.0	0.0 Weeks	€0.00
Gravy		Erin Everyday Gravy Granules 170g	Erin	Dunnes	€1.88	1.0	34.0 Weeks	€0.06
Ketchup		Heinz 50% Less Sugar & Salt Tomato Ketchup	Heinz	Dunnes	€4.95	1.0	8.4 Weeks	€0.59
Mayonnaise, light		Hellmann's Condiment Light Mayonnaise	Hellman's	Dunnes	€3.97	1.0	5.5 Weeks	€0.72
Mixed herbs		Mixed Herbs 10g	Dunnes Stores	Dunnes	€1.00	0.0	52.0 Weeks	€0.00
Mixed spice		Cajun Seasoning 35g	Dunnes Stores	Dunnes	€1.00	0.0	52.0 Weeks	€0.00
Pepper		Black Peppercorn Grinder 50g	Dunnes Stores	Dunnes	€1.50	0.0	156.0 Weeks	€0.00
Pesto		Italian Basil Pesto 180g	Dunnes Stores	Dunnes	€1.98	1.0	20.8 Weeks	€0.10
Rice cake, yogurt		8 Yogurt Coated Rice Cakes 120g	Dunnes Stores	Dunnes	€2.00	1.0	0.0 Weeks	€0.00
Salt		Don Carlos Finest Fine Sea Salt 360g	Don Carlos	Dunnes	€1.59	0.0	156.0 Weeks	€0.00
Stock cubes		OXO Reduced Salt Beef Stock Cube	OXO	Dunnes	€2.54	0.0	24.0 Weeks	€0.00
Tomato soup		Cream of Tomato Soup 400g	Heinz	Dunnes	€2.06	1.0	6.9 Weeks	€0.30
Vinegar		Chef Malt Vinegar 284ml	Chef	Dunnes	€1.79	0.0	52.0 Weeks	€0.00
Fruit								
Apple		Handpicked Royal Gala Apples 8	Royal Gala	Dunnes	€2.45	0.3	1.0 Weeks	€0.61
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	4.9 Weeks	€0.42
Dried fruit		My Family Favourites Sultanitas 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	4.2 Weeks	€0.73
Mixed nuts, unsalted		Wholefoods Roasted Nut Mix 250g	Dunnes Stores	Dunnes	€4.35	1.0	0.0 Weeks	€0.00
Mixed seeds / nuts		Wholefoods Pumpkin Seeds 250g	Dunnes Stores	Dunnes	€2.10	1.0	0.0 Weeks	€0.00
Orange		Everyday Savers 5 Oranges	Dunnes Stores	Dunnes	€1.04	0.6	1.0 Weeks	€0.63
Pear		Loose Pears	Dunnes Stores	Dunnes	€0.50	1.0	1.0 Weeks	€0.50

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Pine nuts		Wholefoods Pine Nuts 70g	Dunnes Stores	Dunnes	€3.03	1.0	12.1 Weeks	€0.25
Meat								
Beef, mince		Irish Beef Mince 5% Fat 800g	Dunnes Stores	Dunnes	€7.89	1.0	8.6 Weeks	€0.92
Beef, stew		Slow Cook Diced Irish Beef 0.600Kg	Dunnes Stores	Dunnes	€6.65	1.0	6.4 Weeks	€1.03
Chicken fillet		Irish Chicken Breast Fillets 840g (6 fi	Dunnes Stores	Dunnes	€10.94	1.0	5.3 Weeks	€2.08
Chicken Goujons		Breaded Chicken Goujons 400g	Dunnes Stores	Dunnes	€4.20	1.0	0.0 Weeks	€0.00
Chicken, roast		Medium Irish Chicken 1.5kg	Dunnes Stores	Dunnes	€5.30	1.0	9.4 Weeks	€0.56
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	32.5 Weeks	€0.08
Pork chop		Boneless Irish Pork Loin Chops 440g	Dunnes Stores	Dunnes	€4.50	1.0	4.0 Weeks	€1.13
Rasher		6 Smoked Irish Back Rashers 240g	Dunnes Stores	Dunnes	€2.25	1.0	6.0 Weeks	€0.37
Sausage		8 Irish Pork Sausages 227g	Dunnes Stores	Dunnes	€1.05	1.0	8.0 Weeks	€0.13
Turkey, cooked		Roast Turkey Breast 140g	Dunnes Stores	Dunnes	€2.73	1.0	13.0 Weeks	€0.21
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	2.0 Weeks	€0.93
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	4.0 Weeks	€0.73
Milk, low fat	Rural	3 litres		Local	€3.89	0.6	1.0 Weeks	€2.29
Milk, low fat		Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	0.6	1.0 Weeks	€2.05
Milk, low fat	Urban	Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	1.2	1.0 Weeks	€4.10
Yogurt		Fat Free Yogurt with Real Fruit Piece:	Dunnes Stores	Dunnes	€1.98	0.5	1.0 Weeks	€0.97
Oils and fats								
Oil		Pure Rapeseed Oil 1L	Dunnes Stores	Dunnes	€1.46	0.0	52.0 Weeks	€0.00
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	9.8 Weeks	€0.10
Service								
Discount Vouchers		DS 'Shop and Save' €10 off €50; €5 o	Dunnes Stores	Dunnes	-€5.00	1.0	1.0 Weeks	-€5.00
Snacks & treats								
Biscuit, plain		Digestive Biscuits 400g	Dunnes Stores	Dunnes	€0.90	1.0	6.8 Weeks	€0.13
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	7.6 Weeks	€0.14

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Jelly		Hartley's Strawberry Flavour Crystal	Hartley's	Dunnes	€1.18	1.0	8.0 Weeks	€0.15
Social								
Seasonal (Christmas, etc.)	Rural	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€31.17	1.0	52.0 Weeks	€0.60
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€31.46	1.0	52.0 Weeks	€0.60
Soft drinks, juices ...								
Orange juice		Pure Squeezed Orange Juice Smooth	Dunnes Stores	Dunnes	€2.24	0.0	3.3 Weeks	€0.00
Orange, concentrated squash		MiWadi Orange Bottle 2L	MiWadi	Dunnes	€4.00	1.0	8.0 Weeks	€0.50
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	€3.50	1.0	16.8 Weeks	€0.21
Broccoli		Fresh Broccoli	Dunnes Stores	Dunnes	€1.63	0.1	1.0 Weeks	€0.20
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	5.6 Weeks	€0.23
Cauliflower		Cauliflower	Dunnes Stores	Dunnes	€1.84	0.1	1.0 Weeks	€0.23
Chopped tomatoes		Italian Chopped Tomatoes in a Rich	Dunnes Stores	Dunnes	€1.02	1.0	2.7 Weeks	€0.38
Coleslaw		Classic Coleslaw 250g	Dunnes Stores	Dunnes	€1.21	0.0	0.0 Weeks	€0.00
Cucumber		Fresh Cucumber	Dunnes Stores	Dunnes	€0.88	0.3	1.0 Weeks	€0.22
Garlic		Fresh Spanish Garlic	Dunnes Stores	Dunnes	€0.49	1.0	12.0 Weeks	€0.04
Hummus		Classic Houmous 200g	Dunnes Stores	Dunnes	€0.77	1.0	4.0 Weeks	€0.19
Lettuce		Delicate Irish Butterhead Lettuce	Dunnes Stores	Dunnes	€0.91	0.3	1.0 Weeks	€0.23
Mushrooms		Irish Closed Cup Mushrooms 250g	Dunnes Stores	Dunnes	€1.16	1.0	6.3 Weeks	€0.19
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	16.1 Weeks	€0.19
Parsnips		Fresh Irish Parsnips	Dunnes Stores	Dunnes	€1.50	1.0	2.7 Weeks	€0.56
Peas, frozen		My Family Favourites Garden Peas 1	Dunnes Stores	Dunnes	€1.21	1.0	27.0 Weeks	€0.04
Peppers		Red pepper	Dunnes Stores	Dunnes	€0.99	1.0	2.0 Weeks	€0.49
Potato Waffles		12 Potato Waffles 680g	Dunnes Stores	Dunnes	€1.41	0.0	0.0 Weeks	€0.00
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	6.3 Weeks	€0.54

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Spinach		Frozen Whole Leaf Spinach 750g	Dunnes Stores	Dunnes	€1.20	1.0	43.3 Weeks	€0.03
Sweetcorn, frozen		Freshly Frozen Supersweet Sweetco	Dunnes Stores	Dunnes	€0.98	1.0	40.6 Weeks	€0.02
Tomato		Salad Tomatoes 6's	Dunnes Stores	Dunnes	€1.34	0.5	3.0 Weeks	€0.22
Turnip		Swede	Dunnes Stores	Dunnes	€0.96	0.1	1.0 Weeks	€0.12
Clothing								
Female								
Accessories								
Bows				Penneys	€4.04	3.0	52.0 Weeks	€0.23
Cap				Penneys	€3.87	1.0	52.0 Weeks	€0.07
Child's backpack				Penneys	€13.22	1.0	52.0 Weeks	€0.25
Ear piercing + kit				Claire's	€31.10	1.0	416.0 Weeks	€0.07
Gloves			Penneys	Penneys	€1.66	1.0	52.0 Weeks	€0.03
Hair Bobbins		Multi-pack of 60		Penneys	€1.51	1.0	78.0 Weeks	€0.02
Hairbands		2pk		Penneys	€3.53	1.0	52.0 Weeks	€0.07
Hat			Penneys	Penneys	€4.42	1.0	52.0 Weeks	€0.09
Scrunchies		Multi-pack of 3		Penneys	€4.04	1.0	52.0 Weeks	€0.08
Snood				Penneys	€4.42	1.0	52.0 Weeks	€0.09
Sunglasses			Penneys	Penneys	€2.03	1.0	52.0 Weeks	€0.04
Footwear								
Croc style shoes				Penneys	€4.18	2.0	52.0 Weeks	€0.16
Trainers			Converse	Converse	€62.70	1.0	26.0 Weeks	€2.41
Ugg style shoes				Penneys	€9.41	1.0	52.0 Weeks	€0.18
Wellies				Dunnes	€7.09	1.0	130.0 Weeks	€0.05
Main clothing								
county jersey				O'neills	€58.25	1.0	52.0 Weeks	€1.12
Fashion leggings			Penneys	Penneys	€8.79	2.0	52.0 Weeks	€0.34
Fleece			Dunnes	Dunnes	€9.89	3.0	52.0 Weeks	€0.57
Jeans			Penneys	Penneys	€14.29	2.0	52.0 Weeks	€0.55
Leggings			Penneys	Penneys	€2.53	4.0	52.0 Weeks	€0.19

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Longsleeved t-shirt				Penneys	€2.53	4.0	52.0 Weeks	€0.19
Shorts		Cycling - pack of 2	Penneys	Penneys	€6.04	2.0	52.0 Weeks	€0.23
Skirt				Penneys	€8.79	2.0	52.0 Weeks	€0.34
Sweatshirt			Penneys	Penneys	€6.04	3.0	52.0 Weeks	€0.35
Swimsuit				Penneys	€4.38	1.0	52.0 Weeks	€0.08
Tracksuit			Penneys	Penneys	€13.19	2.0	52.0 Weeks	€0.51
T-shirt				Penneys	€3.08	6.0	52.0 Weeks	€0.36
Nightwear								
Fleece oversized hoodie			Penneys	Penneys	€20.88	1.0	104.0 Weeks	€0.20
Pyjamas		Heavy	Penneys	Penneys	€10.99	4.0	52.0 Weeks	€0.85
Pyjamas		Light-pack of 2		Penneys	€13.19	2.0	52.0 Weeks	€0.51
Outer clothing								
Light jacket				Penneys	€18.68	1.0	52.0 Weeks	€0.36
Rain coat			Penneys	Penneys	€19.78	1.0	52.0 Weeks	€0.38
Winter coat				Dunnes	€24.18	1.0	52.0 Weeks	€0.46
Underwear								
ankle socks		Pack of 7	Dunnes	Dunnes	€3.85	2.0	52.0 Weeks	€0.15
Crop top/bra		pack of 2		Dunnes	€6.56	2.0	104.0 Weeks	€0.13
long socks		pack of 5	Dunnes	Dunnes	€5.50	2.0	52.0 Weeks	€0.21
Pants		Pack of 7	Dunnes	Dunnes	€5.50	2.0	39.0 Weeks	€0.28
Thermal vests		Pack of 3	Dunnes	Dunnes	€10.99	2.0	104.0 Weeks	€0.21
Tights		Pack of 3	Penneys	Penneys	€3.63	1.0	39.0 Weeks	€0.09
Vests		Pack of 4	Dunnes	Dunnes	€4.40	1.0	104.0 Weeks	€0.04
Male								
Accessories								
Baseball cap			Nike	JD sports	€23.23	1.0	52.0 Weeks	€0.45
Child's backpack			Penneys	Penneys	€13.22	1.0	52.0 Weeks	€0.25
Gloves			Penneys	Penneys	€1.66	1.0	52.0 Weeks	€0.03
Snood			Penneys	Penneys	€4.42	1.0	52.0 Weeks	€0.09

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Winter Hat			Penneys	Penneys	€5.53	1.0	52.0 Weeks	€0.11
Footwear								
Sliders				Penneys	€4.18	1.0	52.0 Weeks	€0.08
Trainers			Adidas	Sports direct	€40.13	1.0	19.5 Weeks	€2.06
Wellies				Dunnes	€7.09	1.0	130.0 Weeks	€0.05
Main clothing								
county jersey				O'neills	€57.24	1.0	52.0 Weeks	€1.10
Hoodie				Penneys	€16.20	2.0	78.0 Weeks	€0.42
Jeans			Dunnes	Dunnes	€9.72	1.0	52.0 Weeks	€0.19
Longsleeved t-shirts		Pack of 3		Penneys	€11.88	1.0	52.0 Weeks	€0.23
Shirt				Penneys	€9.72	1.0	52.0 Weeks	€0.19
Shorts		Cotton Jersey		Penneys	€3.78	3.0	52.0 Weeks	€0.22
Swimsuit				Penneys	€3.79	1.0	52.0 Weeks	€0.07
Tracksuit bottoms				Penneys	€7.56	2.0	39.0 Weeks	€0.39
Tracksuits			Adidas	JD sports	€48.60	2.0	52.0 Weeks	€1.87
T-shirt			Rebel	Penneys	€3.02	7.0	52.0 Weeks	€0.41
Nightwear								
Oversized fleece hoodie				Penneys	€20.52	1.0	104.0 Weeks	€0.20
Pyjamas		Light-pack of 2		Penneys	€12.96	2.0	104.0 Weeks	€0.25
Pyjamas		Winter		Penneys	€14.04	3.0	104.0 Weeks	€0.41
Outer clothing								
Rain coat			Penneys	Penneys	€10.80	1.0	52.0 Weeks	€0.21
Winter coat				Penneys	€23.76	1.0	52.0 Weeks	€0.46
Underwear								
ankle socks		Pack of 7		Dunnes	€3.78	1.0	52.0 Weeks	€0.07
Longer socks		pack of 5		Dunnes	€5.40	2.0	52.0 Weeks	€0.21
Pants		Pack of 7		Dunnes	€5.40	2.0	52.0 Weeks	€0.21
Thermal vests		Pack of 3		Dunnes	€10.80	2.0	104.0 Weeks	€0.21
Vests		Pack of 4		Dunnes	€6.48	1.0	104.0 Weeks	€0.06

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Personal Care								
Personal Hygiene								
Conditioner		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Deodorant		50ml	Sanex	Dunnes	€1.65	2.0	4.3 Weeks	€0.76
Hairbrush				Penneys	€1.98	1.0	208.0 Weeks	€0.01
Headlice lotion			Lyclear (with comb)	boots	€20.37	2.0	52.0 Weeks	€0.78
Liquid soap		250ml	Simple	Dunnes	€1.36	1.0	2.0 Weeks	€0.68
Shampoo		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Shower gel		500ml	Carex Shower Gel	Dealz	€1.49	1.0	4.0 Weeks	€0.37
Suntan lotion (40+)		200ml	Soltan	boots	€4.97	1.0	104.0 Weeks	€0.05
Toothbrush		2 Pack		Dunnes	€1.97	1.0	26.0 Weeks	€0.08
Toothpaste		100ml	Colgate	Dealz	€1.48	1.0	3.0 Weeks	€0.49
Female								
Personal Hygiene								
Hair gel		473ml	Eco Style Olive Oil S	boots	€7.90	1.0	52.0 Weeks	€0.15
Haircut	Rural			Local hairdres	€17.83	1.0	26.0 Weeks	€0.69
Haircut	Urban			Local hairdres	€27.38	1.0	26.0 Weeks	€1.05
Sanitary towels		14pk, with wings	Dunnes own brand	Dunnes	€0.94	2.0	4.3 Weeks	€0.43
Washbag				Penneys	€6.18	1.0	104.0 Weeks	€0.06
Male								
Personal Hygiene								
Hair product		VO5 styling wax 75ml		boots	€6.42	1.0	13.0 Weeks	€0.49
Haircut	Rural			Local hairdres	€15.20	1.0	8.0 Weeks	€1.90
Haircut	Urban			Local hairdres	€18.00	1.0	8.0 Weeks	€2.25
Health								
Products								
Antihistamine		Liquid	Cetrine 200ml	Local chemist	€10.92	1.0	52.0 Weeks	€0.21

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Calpol six plus		100ml	Calpol 6+	Local chemist	€7.07	4.0	52.0 Weeks	€0.54
Cough mixture		125ml	Benlyn Cough Medi	Local chemist	€8.09	1.0	78.0 Weeks	€0.10
Nurofen		200ml	Nurofen 6+	boots	€17.19	2.0	52.0 Weeks	€0.66
Vaporub		50g		boots	€7.03	1.0	208.0 Weeks	€0.03
Waterproof plasters (box)		40 pack		boots	€1.48	1.0	104.0 Weeks	€0.01
Services								
Dentist				Local dentist	€0.00	2.0	260.0 Weeks	€0.00
GP	Rural			Local doctor	€58.02	2.0	52.0 Weeks	€2.23
GP	Urban			Local doctor	€66.06	2.0	52.0 Weeks	€2.54
Optician				Local optician	€0.00	2.0	260.0 Weeks	€0.00
Prescription				Pharmacy	€18.43	2.0	52.0 Weeks	€0.71

Household Goods

Hangers			7 pack	Dealz	€4.49	3.0	#####	€0.01
Bathroom								
Bath towels			Ultrasoft Bath Towe	Penneys	€8.36	2.0	182.0 Weeks	€0.09
Face cloths			Pack of 3	Penneys	€1.86	1.0	208.0 Weeks	€0.01
Hand towels		Single	Primark Home	Penneys	€4.65	1.0	52.0 Weeks	€0.09
Toilet paper		Toilet Tissue 12 Rolls	Dunnes Stores	Dunnes	€3.48	1.0	5.3 Weeks	€0.65
Bedroom								
Bedroom Blind		200x195cm		ikea	€34.45	1.0	416.0 Weeks	€0.08
Bedroom Curtain		145x137cm	Room darkening cu	ikea	€25.14	1.0	624.0 Weeks	€0.04
Bedside locker		Malm chest of two drawers		ikea	€54.73	1.0	910.0 Weeks	€0.06
Blanket		Fleece throw		Penneys	€4.78	1.0	130.0 Weeks	€0.04
Curtain pole and fittings		Curtain rod set 120-210cm	Bekrafta	ikea	€9.04	1.0	#####	€0.01
Duvet Cover				Penneys	€10.52	3.0	260.0 Weeks	€0.12
Floating shelf			LACK Wall Shelf 11	ikea	€14.93	1.0	936.0 Weeks	€0.02
Laminate Flooring		7.95m2		Des Kelly	€341.18	1.0	#####	€0.33

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Lampshades			Linen Empire Shade	Dunnes	€5.74	1.0	780.0 Weeks	€0.01
Light bulbs		B22 806lm, 8.5w	Osram Led Base A6	Woodies	€8.02	1.0	728.0 Weeks	€0.01
Mattress		Single - Abygda foam mattress		ikea	€168.16	1.0	468.0 Weeks	€0.36
Mattress protector		waterproof		Dunnes	€14.34	1.0	208.0 Weeks	€0.07
Pillow protector		2pk		Penneys	€4.78	1.0	260.0 Weeks	€0.02
Pillows		2pk		Dunnes	€9.56	1.0	260.0 Weeks	€0.04
Single bed		Hemnes bed frame with slatted bed		ikea	€217.91	1.0	780.0 Weeks	€0.28
Single duvet		Safferot single duvet 7.5 tog		ikea	€12.43	1.0	104.0 Weeks	€0.12
Single fitted sheets				Penneys	€6.69	3.0	260.0 Weeks	€0.08
Underbed storage boxes		Samla 78x56x18cm boxes, 55l		ikea	€9.95	3.0	936.0 Weeks	€0.03
Wall hooks			SEKINERHook for dr	ikea	€1.00	1.0	780.0 Weeks	€0.00
Home maintenance								
Paint, gloss		Coloured	Dulux Heritage Matl	Woodies DIY	€55.87	1.0	#####	€0.05
Kitchen, cleaning								
Refuse sacks			Killeen - 20X50L	Dunnes	€1.73	1.0	20.0 Weeks	€0.09
Kitchen, laundry								
Clothes washing detergent			Bold washing powd	Dunnes	€8.94	1.0	20.0 Weeks	€0.45
Misc								
Car seat		Toddler - primary age	miniuno JourniieFix	Smyths	€97.65	1.0	520.0 Weeks	€0.19
Suitcase			10kg suitcase	Penneys	€20.60	0.8	520.0 Weeks	€0.03

Social Inclusion

GAA club membership	Rural	membership fee average for rural are		Rural club	€52.40	1.0	52.0 Weeks	€1.01
Entertainment and media								
Other occasion cards				Dealz	€1.52	2.0	52.0 Weeks	€0.06
Exercise & sport								
Base layer			Kids' Long-Sleeved	Decathlon	€9.66	1.0	52.0 Weeks	€0.19
Football boots			O'neills	O'neills	€24.15	1.0	52.0 Weeks	€0.46

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
GAA club membership	Urban	Membership fee average for dublin c		Dublin club	€146.72	1.0	52.0 Weeks	€2.82
GAA socks		Kids Koolite Max premium sports so		O'neills	€8.21	4.0	52.0 Weeks	€0.63
Gaelic gloves		Kids gravity GAA gloves	O'neills	O'neills	€15.46	1.0	52.0 Weeks	€0.30
Gumshield				O'neills	€2.90	2.0	52.0 Weeks	€0.11
Helmet		Hurling helmet junior	MARC helmets	Sports direct	€67.62	1.0	416.0 Weeks	€0.16
Hurl		30inch	Cúltec Carbon Fibre	O'neills	€36.71	1.0	416.0 Weeks	€0.09
Shin guards				Sports direct	€8.68	1.0	156.0 Weeks	€0.06
Shorts		Crumlin GAA Mourne Shorts	O'neills	O'neills	€19.32	2.0	52.0 Weeks	€0.74
Sliotar				O'neills	€6.76	1.0	52.0 Weeks	€0.13
Swim cap			Nabaiji	Decathlon	€1.93	1.0	130.0 Weeks	€0.01
Swim goggles			Nabaiji	Decathlon	€4.83	1.0	130.0 Weeks	€0.04
Swimming (Children's Learn to S	Urban		Summer Months	Local swimmi	€100.87	1.0	52.0 Weeks	€1.94
Swimming lessons	Rural		Summer Months	Local swimmi	€92.57	1.0	52.0 Weeks	€1.78
Team training top/hoodie		Crumlin GAA Kids Synergy Squad Ha	O'neills	O'neills	€36.71	1.0	130.0 Weeks	€0.28
Water bottle		Popup water bottle with straw		Penneys	€3.00	1.0	52.0 Weeks	€0.06
Family activities								
Birthday Party		cake from dunnes, happy birthday si		Budget	€61.38	1.0	52.0 Weeks	€1.18
Family event budget				Budget	€130.38	1.0	52.0 Weeks	€2.51
Family meal out				Milanos	€29.32	1.0	52.0 Weeks	€0.56
Holiday								
Bucket and spade			Sand set mix	Dealz	€2.57	1.0	52.0 Weeks	€0.05
Dublin-Waterford	Urban		Child return	Irish rail	€14.73	1.0	52.0 Weeks	€0.28
Spending money				Budget	€103.80	1.0	52.0 Weeks	€2.00
Wetsuit				Decathlon	€13.52	1.0	52.0 Weeks	€0.26
Seasonal								
Birthday Present				Budget	€102.80	1.0	52.0 Weeks	€1.98
christmas jumper				Penneys	€13.79	1.0	52.0 Weeks	€0.27
Christmas stocking					€6.02	1.0	936.0 Weeks	€0.01
Easter Egg					€10.07	1.0	52.0 Weeks	€0.19

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Halloween costume		Batman costume		Dunnes	€20.46	1.0	52.0 Weeks	€0.39
St patrick's day accessory				Dealz	€1.53	1.0	52.0 Weeks	€0.03
Social activities								
Attending Birthday Parties				Budget	€20.72	5.0	52.0 Weeks	€1.99
Birthday cards				Dealz	€1.52	5.0	52.0 Weeks	€0.15
Toys								
Bike		Second hand		Adverts	€72.75	1.0	104.0 Weeks	€0.70
Christmas Present				Budget	€135.75	1.0	52.0 Weeks	€2.61
Controller		Extra	Xbox Wireless contr	Smyths	€54.29	1.0	260.0 Weeks	€0.21
Football			size 5 football	Smyths	€6.75	1.0	52.0 Weeks	€0.13
Gaming headset			Xbox stero headset	Smyths	€54.00	1.0	156.0 Weeks	€0.35
Helmet			Bike Helmet	Smyths	€17.35	1.0	260.0 Weeks	€0.07
Lego		Lego Minecraft The Mooshrooom Ho		Smyths	€53.19	1.0	52.0 Weeks	€1.02
Markers			Crayola markers su	Smyths	€6.96	1.0	52.0 Weeks	€0.13
Pocket money				Budget	€5.18	1.0	1.0 Weeks	€5.18
Skipping rope			7ft jump rope	Smyths	€3.18	1.0	156.0 Weeks	€0.02
Education								
Water bottle		Popup water bottle with straw		Penneys	€3.09	1.0	52.0 Weeks	€0.06
Other costs								
After-school activity				Local school	€28.44	1.0	52.0 Weeks	€0.55
Book from book fair		e.g scholastic book fair	Dork Diaries: sister		€10.22	1.0	52.0 Weeks	€0.20
Education trips				Local school	€10.34	2.0	52.0 Weeks	€0.40
School concert				Local school	€2.07	1.0	52.0 Weeks	€0.04
School fee				Local school	€155.10	1.0	52.0 Weeks	€2.98
School trips				Local school	€25.85	1.0	52.0 Weeks	€0.50
Stationery, etc.								
Ball point pens		Multipack of 8		Dealz	€0.80	1.0	52.0 Weeks	€0.02

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Calculater (not scientific)				Dealz	€2.43	1.0	104.0 Weeks	€0.02
Colouring pencils		12 double sided colouring pencils	Pack	Dealz	€1.79	1.0	52.0 Weeks	€0.03
Erasers				Dealz	€1.00	4.0	52.0 Weeks	€0.08
Felt tip pens			12pk	Dealz	€1.79	1.0	52.0 Weeks	€0.03
Geometry set		Oxford maths set with storage tin	Helix	Amazon	€4.26	1.0	416.0 Weeks	€0.01
Glue stick		3pk	bic	Dealz	€2.49	1.0	52.0 Weeks	€0.05
Pencil case		LILOVE kawaii pencil case		Amazon	€11.42	1.0	52.0 Weeks	€0.22
Pencil sharpener				Dealz	€0.50	1.0	52.0 Weeks	€0.01
Pencils with erasers			6pk	Dealz	€0.40	10.0	52.0 Weeks	€0.08
Ruler			Helix Plastic Ruler 3	Dealz	€1.49	1.0	52.0 Weeks	€0.03
School bag		Unisex classic badge of sport backp	Adidas		€19.78	1.0	52.0 Weeks	€0.38
Scissors				Dealz	€0.80	1.0	52.0 Weeks	€0.02
Whiteboard markers		4pk		Amazon	€2.59	1.0	52.0 Weeks	€0.05
Female								
Uniform								
Shirt		Long sleeved - 3pk		Dunnes	€12.04	1.0	52.0 Weeks	€0.23
Shoes			Scala Dress Kids Bl	Clarks	€53.69	1.0	52.0 Weeks	€1.03
Skirt/pinafore				Dunnes	€12.54	1.0	52.0 Weeks	€0.24
Socks			Pack of five, Girls C	Dunnes	€6.02	2.0	52.0 Weeks	€0.23
Tights		2pk		Dunnes	€6.02	2.0	52.0 Weeks	€0.23
Trousers		Cotton rich knitted trousers		Dunnes	€9.03	1.0	52.0 Weeks	€0.17
Male								
Uniform								
Shirt		Long sleeved - 3pk		Dunnes	€12.04	1.0	52.0 Weeks	€0.23
Shoes		knitted junior trainers	Donnay	Sports direct	€19.25	1.0	52.0 Weeks	€0.37
Socks		5pk		Dunnes	€5.02	2.0	52.0 Weeks	€0.19
Trousers			Boys regular leg troi	Dunnes	€7.02	2.0	52.0 Weeks	€0.27
Neutral								
Uniform								

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Jumper	Rural	pique polo shirt 3pk	Branded	Local uniform	€30.19	1.0	52.0 Weeks	€0.58
Jumper	Urban		Branded	Local uniform	€29.44	1.0	52.0 Weeks	€0.57
Polo T-shirt				Dunnes	€10.03	1.0	52.0 Weeks	€0.19
School tracksuit	Rural	Tracksuit - 2pk	Branded	Local uniform	€42.63	2.0	52.0 Weeks	€1.64
School tracksuit	Urban		Branded	Local uniform	€40.69	1.0	52.0 Weeks	€0.78
Shorts				Dunnes	€14.04	1.0	104.0 Weeks	€0.14
Tie	Rural		Generic	Schoolwear Co	€3.01	1.0	130.0 Weeks	€0.02
Tie	Urban		Generic	Schoolwear H	€6.27	1.0	130.0 Weeks	€0.05

Transport

Public Transport								
Leap Card	Urban		Daily Fare Cap	Leap Card	€1.99	1.0	1.0 Weeks	€1.99

Household Energy

Electricity								
Units	Rural		Standard Electricity	Water Power	€0.28	12.5	1.0 Weeks	€3.47
Units	Urban		Dual Fuel 28% Disc	Flogas	€0.29	12.5	1.0 Weeks	€3.57

Personal Costs

All scenarios								
Passport Fee					€25.30	1.0	260.0 Weeks	€0.10

Contingencies

Savings					€4.99	1.0	1.0 Weeks	€4.99
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Childcare

Full-Time								
After-School	Rural		Term-time	Creche/After-s	€85.51	37.0	52.0 Weeks	€60.85

Primary School

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
After-School	Urban		Term-time	Creche/After-school	€91.14	37.0	52.0 Weeks	€64.85
Full-time, non-term	Rural		Out of term	Creche/After-school	€188.70	15.0	52.0 Weeks	€54.43
Full-time, non-term	Urban		Out of term	Creche/After-school	€193.93	15.0	52.0 Weeks	€55.94
Part-Time								
Part-time childcare (30 hours)			12 weeks of year	Relative / Frier	€101.90	12.0	52.0 Weeks	€23.52