

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Food								
Female								
Bread and cereals								
Bagel, wholemeal		Fitzgeralds Family Bakery 6 Pre-Slice Fitzgeralds		Dunnes	€2.26	1.0	2.4 Weeks	€0.94
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	0.4	1.0 Weeks	€1.08
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.4	1.0 Weeks	€0.60
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.9	1.0 Weeks	€1.20
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	3.8 Weeks	€0.26
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	18.8 Weeks	€0.06
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	5.0 Weeks	€0.21
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	20.0 Weeks	€0.09
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	1.0	1.0 Weeks	€5.20
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	4.7 Weeks	€1.37

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Fish fingers, cod		My Family Favourites 15 Omega 3 Fish Fingers	Dunnes Stores	Dunnes	€1.61	1.0	0.0 Weeks	€0.00
Salmon, tinned		John West Wild Pacific Pink Salmon 100g	John West	Dunnes	€2.98	1.0	0.0 Weeks	€0.00
Tuna		Tuna Chunks in Brine 3 x 80g (240g)	Dunnes Stores	Dunnes	€2.45	1.0	4.0 Weeks	€0.61
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 100g	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 400g	Heinz	Dunnes	€4.95	1.0	8.4 Weeks	€0.59
Mayonnaise, light		Hellmann's Condiment Light Mayonnaise 300g	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	6.0 Weeks	€0.33
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 100g	OXO	Dunnes	€2.54	0.0	24.0 Weeks	€0.00
Tomato soup		Cream of Tomato Soup 400g	Heinz	Dunnes	€2.06	1.0	0.0 Weeks	€0.00
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	3.1 Weeks	€0.66
Dried fruit		My Family Favourites Sultanitas 375g	Dunnes Stores	Dunnes	€1.30	1.0	12.5 Weeks	€0.10
Grapes		Handpicked Seedless Mixed Grapes 1kg	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	0.6	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	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	3.5 Weeks	€3.13
Chicken Goujons		Breaded Chicken Goujons 400g	Dunnes Stores	Dunnes	€4.50	1.0	3.0 Weeks	€1.50
Chicken, roast		Medium Irish Chicken 1.5kg	Dunnes Stores	Dunnes	€5.30	1.0	7.0 Weeks	€0.75
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	2.5 Weeks	€1.05
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	3.0 Weeks	€0.75
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	1.3 Weeks	€2.05
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	2.0 Weeks	€0.94
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	1.7 Weeks	€1.70
Milk, low fat	Rural			Local	€3.89	0.6	1.0 Weeks	€2.26
Milk, low fat		Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	0.6	1.0 Weeks	€2.02
Milk, low fat	Urban	Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	1.2	1.0 Weeks	€4.04
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	0.0	52.0 Weeks	€0.00
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	3.6 Weeks	€0.28
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	3.9 Weeks	€0.23
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

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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	€49.86	1.0	52.0 Weeks	€0.96
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€49.90	1.0	52.0 Weeks	€0.96
Soft drinks, juices ...								
Orange juice		Pure Squeezed Orange Juice Smooth	Dunnes Stores	Dunnes	€2.24	0.0	2.2 Weeks	€0.00
Orange, concentrated squash		MiWadi Orange Bottle 2L	MiWadi	Dunnes	€4.00	1.0	10.0 Weeks	€0.40
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	6.6 Weeks	€0.53
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	3.1 Weeks	€0.40
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	0.0	0.0 Weeks	€0.00
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
Hummus		Classic Houmous 200g	Dunnes Stores	Dunnes	€0.77	1.0	2.0 Weeks	€0.39
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	12.7 Weeks	€0.25
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
Potato Waffles		12 Potato Waffles 680g	Dunnes Stores	Dunnes	€1.41	0.0	6.0 Weeks	€0.00
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	2.1 Weeks	€1.62

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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
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
Male								
Bread and cereals								
Bagel, wholemeal		Fitzgeralds Family Bakery 6 Pre-Slice	Fitzgeralds	Dunnes	€2.26	1.0	2.4 Weeks	€0.94
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	0.5	1.0 Weeks	€1.20
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	0.5	1.0 Weeks	€0.67
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	1.0	1.0 Weeks	€1.34
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	3.8 Weeks	€0.26
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	18.8 Weeks	€0.06
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	5.0 Weeks	€0.21
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	15.4 Weeks	€0.12
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	1.0	1.0 Weeks	€5.20
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								

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Drinking chocolate		Cadbury Bournville Dark Chocolate 100g	Cadbury	Dunnes	€4.88	1.0	6.9 Weeks	€0.70
Fish								
Cod, frozen		Donegal Catch 4 Breaded Cod 400g	Donegal Catch	Dunnes Stores	€6.48	1.0	4.7 Weeks	€1.37
Fish fingers, cod		My Family Favourites 15 Omega 3 Fish Fingers 150g	My Family Favourites	Dunnes Stores	€1.61	1.0	0.0 Weeks	€0.00
Salmon, tinned		John West Wild Pacific Pink Salmon 100g	John West	Dunnes	€2.98	1.0	0.0 Weeks	€0.00
Tuna		Tuna Chunks in Brine 3 x 80g (240g)		Dunnes Stores	€2.45	1.0	3.0 Weeks	€0.82
Food products n.e.c.								
Chutney		Sweet and Sticky Caramelised Onion Chutney 100g		Dunnes Stores	€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 100g	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 400g	Heinz	Dunnes	€4.95	1.0	8.4 Weeks	€0.59
Mayonnaise, light		Hellmann's Condiment Light Mayonnaise 300g	Hellman's	Dunnes	€3.97	1.0	5.5 Weeks	€0.72
Mixed herbs		Mixed Herbs 10g		Dunnes Stores	€1.00	0.0	52.0 Weeks	€0.00
Mixed spice		Cajun Seasoning 35g		Dunnes Stores	€1.00	0.0	52.0 Weeks	€0.00
Pepper		Black Peppercorn Grinder 50g		Dunnes Stores	€1.50	0.0	156.0 Weeks	€0.00
Pesto		Italian Basil Pesto 180g		Dunnes Stores	€1.98	1.0	6.0 Weeks	€0.33
Rice cake, yogurt		8 Yogurt Coated Rice Cakes 120g		Dunnes Stores	€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 100g	OXO	Dunnes	€2.54	0.0	24.0 Weeks	€0.00
Tomato soup		Cream of Tomato Soup 400g	Heinz	Dunnes	€2.06	1.0	0.0 Weeks	€0.00
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	€1.69	0.7	1.0 Weeks	€1.13
Berries, frozen		Freshly Frozen Mixed Berries 340g		Dunnes Stores	€2.03	1.0	3.1 Weeks	€0.66
Dried fruit		My Family Favourites Sultanas 375g		Dunnes Stores	€1.30	1.0	12.5 Weeks	€0.10
Grapes		Handpicked Seedless Mixed Grapes 1kg		Dunnes Stores	€3.05	1.0	3.1 Weeks	€0.97
Mixed nuts, unsalted		Wholefoods Roasted Nut Mix 250g		Dunnes Stores	€4.35	1.0	8.3 Weeks	€0.52

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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	0.6	1.0 Weeks	€0.63
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	3.3 Weeks	€3.30
Chicken Goujons		Breaded Chicken Goujons 400g	Dunnes Stores	Dunnes	€4.50	1.0	3.0 Weeks	€1.50
Chicken, roast		Medium Irish Chicken 1.5kg	Dunnes Stores	Dunnes	€5.30	1.0	6.3 Weeks	€0.85
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	2.5 Weeks	€1.05
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	3.0 Weeks	€0.75
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	1.3 Weeks	€2.05
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	2.0 Weeks	€0.94
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	1.5 Weeks	€1.94
Milk, low fat	Rural			Local	€3.89	0.6	1.0 Weeks	€2.26
Milk, low fat		Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	0.6	1.0 Weeks	€2.02
Milk, low fat	Urban	Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	1.2	1.0 Weeks	€4.04
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	0.0	52.0 Weeks	€0.00
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	3.6 Weeks	€0.28
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	3.9 Weeks	€0.23

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Chocolate		Cadbury Dairy Milk Little Bars Choc	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
Social								
Seasonal (Christmas, etc.)	Rural	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€51.17	1.0	52.0 Weeks	€0.98
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€51.16	1.0	52.0 Weeks	€0.98
Soft drinks, juices ...								
Orange juice		Pure Squeezed Orange Juice Smoot	Dunnes Stores	Dunnes	€2.24	0.0	2.2 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	€3.49	1.0	4.8 Weeks	€0.72
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	3.1 Weeks	€0.40
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	0.0	0.0 Weeks	€0.00
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
Hummus		Classic Houmous 200g	Dunnes Stores	Dunnes	€0.77	1.0	2.0 Weeks	€0.39
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	10.4 Weeks	€0.30
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

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Peppers		Red pepper	Dunnes Stores	Dunnes	€0.99	1.0	1.0 Weeks	€0.99
Potato Waffles		12 Potato Waffles 680g	Dunnes Stores	Dunnes	€1.41	0.0	6.0 Weeks	€0.00
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	2.1 Weeks	€1.62
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
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
Clothing								
Female								
Accessories								
Bows			Penneys	Penneys	€4.04	3.0	156.0 Weeks	€0.08
Gloves		2 Pack	Penneys	Penneys	€2.21	1.0	104.0 Weeks	€0.02
Hair Bobbins		Multi-pack of 60	Penneys	Penneys	€1.51	2.0	13.0 Weeks	€0.23
Handbag		Medium	Penneys	Penneys	€12.20	1.0	26.0 Weeks	€0.47
Hat			Penneys	Penneys	€4.42	1.0	104.0 Weeks	€0.04
Scarf			Penneys	Penneys	€6.64	1.0	104.0 Weeks	€0.06
Scrunchies		Multi-pack of 3	Penneys	Penneys	€4.04	1.0	156.0 Weeks	€0.03
Sunglasses			Penneys	Penneys	€1.53	2.0	52.0 Weeks	€0.06
Footwear								
Boots		E.g., doc style ankle boots	Penneys	Penneys	€25.63	1.0	104.0 Weeks	€0.25
Summer shoes		Grand Court Base Womens Trainers	Addidas	Sports direct	€46.59	1.0	52.0 Weeks	€0.90
Trainers		Branded	Addidas	Sports direct	€139.80	1.0	52.0 Weeks	€2.69
Main clothing								
3/4 length leggings		For summer	Penneys	Penneys	€4.92	1.0	52.0 Weeks	€0.09
Fleece			Penneys	Penneys	€8.79	2.0	52.0 Weeks	€0.34
Gym Hoodie		Half zip, tighter than regular	Penneys	Penneys	€15.39	2.0	52.0 Weeks	€0.59
Hoodie			Shein	Shein	€8.79	3.0	26.0 Weeks	€1.01
Jeans		E.g., MOM / Boyfriend / Skinny etc.	Penneys	Penneys	€10.99	2.0	52.0 Weeks	€0.42
Leggings			Penneys	Penneys	€3.85	5.0	52.0 Weeks	€0.37

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Shorts		Summer/cycling	Penneys	Penneys	€3.85	2.0	52.0 Weeks	€0.15
Shorts		Summer/denim	Penneys	Penneys	€14.29	1.0	52.0 Weeks	€0.27
Shorts		Summer/sports	Penneys	Penneys	€6.44	2.0	52.0 Weeks	€0.25
Summer dress			Shein	Shein	€13.07	2.0	52.0 Weeks	€0.50
Swimsuit			Penneys	Penney/Decat	€15.39	1.0	104.0 Weeks	€0.15
Tracksuit bottoms		Branded (e.g., Puma/Nike)	Nike	Lifestyle Sport	€60.45	2.0	52.0 Weeks	€2.32
Tracksuit bottoms		Generic/plain	Penneys	Penneys	€7.69	2.0	52.0 Weeks	€0.30
T-shirt		3 pack	Shein	Shein	€9.33	4.0	62.4 Weeks	€0.60
Vest tops			Penneys	Penneys	€3.30	5.0	52.0 Weeks	€0.32
Winter dress			Shein	Shein	€6.52	2.0	52.0 Weeks	€0.25
Nightwear								
Dressing gown			Penneys	Penneys	€13.13	1.0	104.0 Weeks	€0.13
Pyjamas		Fleece, heavy	Penneys	Penneys	€14.29	2.0	52.0 Weeks	€0.55
Pyjamas		Light - Shorts & t-shirt	Penneys	Penneys	€9.89	2.0	52.0 Weeks	€0.38
Slippers			Penneys	Penneys	€6.59	1.0	52.0 Weeks	€0.13
Vest tops			Penneys	Penneys	€3.30	5.0	52.0 Weeks	€0.32
Outer clothing								
Heavy jacket		Hooded	Zara	Zara	€54.90	1.0	104.0 Weeks	€0.53
Light casual jacket		E.g., denim jacket or equiv.	Penneys	Penneys	€20.88	2.0	104.0 Weeks	€0.40
Underwear								
Ankle (trainer) socks		Pack of 7	Penneys	Penneys	€3.85	3.0	52.0 Weeks	€0.22
Bras			Penneys	Penneys	€3.85	5.0	52.0 Weeks	€0.37
Fluffy socks		Multi-pack	Penneys	Penneys	€2.75	1.0	52.0 Weeks	€0.05
Pants		Pack of 4	Penneys	Penneys	€4.95	7.0	52.0 Weeks	€0.67
Tights		Pack of 3	Penneys	Penneys	€6.59	4.0	124.8 Weeks	€0.21
Winter socks		pack of 5	Penneys	Penneys	€4.40	4.0	52.0 Weeks	€0.34
Male								
Accessories								
Cap		Branded (e.g., underarmour/nike)	Underarmour	Sports direct	€12.17	1.0	52.0 Weeks	€0.23

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Shoulder bag		Branded (e.g., underarmour/nike)	Nike	Sports direct	€18.92	1.0	52.0 Weeks	€0.36
Sunglasses			Penneys	Penneys	€2.03	1.0	52.0 Weeks	€0.04
Winter Hat			Penneys	Penneys	€5.53	2.0	104.0 Weeks	€0.11
Footwear								
Summer shoes		Branded	Addidas	Sports direct	€20.30	1.0	52.0 Weeks	€0.39
Trainers		Branded	Nike	JD	€112.80	2.0	52.0 Weeks	€4.34
Trainers		Unbranded	Dunnes	Dunnes	€20.30	1.0	52.0 Weeks	€0.39
Main clothing								
Cargos			Shein	Shein	€14.57	1.0	52.0 Weeks	€0.28
Half zip			Penneys	Penneys	€17.28	2.0	52.0 Weeks	€0.66
Heavy jacket		Branded	North Face	JD	€129.60	1.0	104.0 Weeks	€1.25
Hoodie		Branded	Nike	Sports direct	€59.40	2.0	52.0 Weeks	€2.28
Hoodie		Unbranded	Next	Next	€25.38	3.0	52.0 Weeks	€1.46
Jeans			Next	Next	€38.88	1.0	52.0 Weeks	€0.75
Oodie			Shein	Shein	€20.29	1.0	104.0 Weeks	€0.20
Shorts		Branded (e.g., underarmour/nike)	Underarmour	Sports direct	€16.20	4.0	104.0 Weeks	€0.62
Shorts		Generic/plain	Dunnes	Dunnes	€12.96	2.0	104.0 Weeks	€0.25
Swimsuit			Penneys	Penneys	€7.56	1.0	104.0 Weeks	€0.07
Tracksuit bottoms		Branded	Nike	Sports direct	€50.76	2.0	52.0 Weeks	€1.95
Tracksuit bottoms		Unbranded	Dunnes	Dunnes	€17.28	3.0	52.0 Weeks	€1.00
T-shirt		4 pack, generic	Next	Next	€28.08	1.0	41.6 Weeks	€0.68
T-shirt		Branded (Nike/Addidas)		Sports direct	€23.76	3.0	52.0 Weeks	€1.37
T-shirt		Gym/active wear	Penneys	Penneys	€5.40	3.0	52.0 Weeks	€0.31
Nightwear								
Pyjamas		Summer	Penneys	Penneys	€8.64	1.0	52.0 Weeks	€0.17
Pyjamas		Winter	Penneys	Penneys	€12.96	1.0	52.0 Weeks	€0.25
Underwear								
Ankle (trainer) socks		5 pack	Penneys	Penneys	€3.24	4.0	52.0 Weeks	€0.25
long socks		5 pack	Penneys	Penneys	€4.32	4.0	52.0 Weeks	€0.33

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Pants		Pack of 3	Penneys	Penneys	€6.48	5.0	52.0 Weeks	€0.62
Personal Care								
Personal Hygiene								
Conditioner		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Headlice lotion		200ml	Lyclear (with comb)	boots	€20.26	1.0	52.0 Weeks	€0.39
Liquid soap		250ml	Simple Kind to Skin	Dunnes	€1.36	1.0	2.0 Weeks	€0.68
Shampoo		900ml	Tresemme	Dealz	€4.95	1.0	11.0 Weeks	€0.45
Shaving cream		200ml	Gillette Shave Gel	Dealz	€2.73	1.0	8.7 Weeks	€0.32
Shower gel		500ml	Carex Shower Gel	Dealz	€1.49	1.0	4.0 Weeks	€0.37
Suntan lotion (40+)		200ml	Soltan Protect & Mo	boots	€4.95	1.0	104.0 Weeks	€0.05
Toilet bag			Penneys	Penneys	€7.21	3.0	260.0 Weeks	€0.08
Toothbrush		2 Pack	Colgate	Dunnes	€1.97	1.0	13.0 Weeks	€0.15
Toothpaste		100ml		Dealz	€1.48	1.0	3.0 Weeks	€0.49
Female								
Cosmetics								
Body Lotion (500ml)		500ml	XBC Aloe Vera	Dealz	€1.49	2.0	65.0 Weeks	€0.05
Cleanser		200ml	Simple Micellar Wa	Dealz	€2.98	1.0	8.7 Weeks	€0.34
Cotton pads			Dunnes Stores Clea	Dunnes	€0.67	1.0	8.7 Weeks	€0.08
Eye shadow			Natural collection	boots	€3.46	1.0	52.0 Weeks	€0.07
Eyelashes		Individual lashes, multi-pack	PS 30pk individual l	Penneys	€1.98	1.0	4.3 Weeks	€0.46
Face wash		150ml	Simple Refreshing F	Dealz	€2.98	1.0	8.7 Weeks	€0.34
Foundation			Rimmel Lasting Fini	Penneys	€12.36	2.0	52.0 Weeks	€0.48
Hair gel		473ml	Eco Style Olive Oil S	boots	€7.90	1.0	52.0 Weeks	€0.15
Lip gloss			Natural collection	boots	€4.94	1.0	26.0 Weeks	€0.19
Mascara			Rimmel Extra Super	boots	€6.91	1.0	17.3 Weeks	€0.40
Moisturiser		125ml	Simple Replenishin	Dealz	€2.98	1.0	14.5 Weeks	€0.21
Nail varnish			PS Gel Effect Longw	Penneys	€1.48	2.0	52.0 Weeks	€0.06
Nail varnish remover			PS Acetone Free Na	Penneys	€2.47	1.0	52.0 Weeks	€0.05

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Perfume		50ml bottle	Zara Fields at Night	Zara	€15.77	2.0	52.0 Weeks	€0.61
Tan			Coca Brown	Penneys	€6.92	2.0	52.0 Weeks	€0.27
Tanning mit				Penneys	€2.97	1.0	52.0 Weeks	€0.06
Personal Hygiene								
Blades		x5	Energy Triple3	head Dealz	€0.99	1.0	16.7 Weeks	€0.06
Deodorant			Sanex 50ml roll-on	Dunnes	€1.65	1.0	4.0 Weeks	€0.41
Deodorant		Travel size	NIVEA Black & Whit	Dunnes	€2.47	1.0	2.0 Weeks	€1.24
Hairbrush				Penneys	€1.98	1.0	208.0 Weeks	€0.01
Haircut	Rural			Local hairdres	€43.98	1.0	26.0 Weeks	€1.69
Haircut	Urban			Local hairdres	€45.04	1.0	26.0 Weeks	€1.73
Lip balm		10g	Carmex	Dunnes	€2.72	2.0	17.3 Weeks	€0.31
Sanitary bag				Penneys	€5.93	1.0	156.0 Weeks	€0.04
Sanitary towels		14pk, with wings	Dunnes Stores 14 N	Dunnes	€0.94	1.0	4.3 Weeks	€0.22
Slick back comb				boots	€5.43	1.0	104.0 Weeks	€0.05
Tampons		20pk, with applicator	Tampax	Dunnes	€3.07	1.0	5.0 Weeks	€0.61
Wipes		2 Pack		Penneys	€1.78	1.0	4.0 Weeks	€0.45
Male								
Cosmetics								
Aftershave		50ml bottle	For Him Red Edition	Zara	€15.77	2.0	52.0 Weeks	€0.61
Aftershave balm		100ml	Nivea Post Shave B:	Dealz	€3.98	1.0	13.0 Weeks	€0.31
Personal Hygiene								
Blades		x5	Energy Triple3	head Dealz	€0.99	2.0	8.0 Weeks	€0.25
Comb		Pocket brush/comb		Penneys	€1.48	1.0	52.0 Weeks	€0.03
Deodorant		50ml	Sanex Men Roll On	Dunnes	€1.65	1.0	4.0 Weeks	€0.41
Hairbrush				Penneys	€1.98	1.0	208.0 Weeks	€0.01
Haircut	Rural		Student	Local barbers	€16.48	1.0	6.0 Weeks	€2.75
Haircut	Urban		Student	Local barbers	€20.82	1.0	6.0 Weeks	€3.47
Neutral								
Personal Hygiene								

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Health								
Razor		includes 1 razor & 5 blades	Energy Triple3 Blade	Dealz	€1.99	1.0	104.0 Weeks	€0.02
Products								
Acne cream		Bottle	Clean & Clear Rapid	boots	€6.01	2.0	52.0 Weeks	€0.23
Antihistamine		Cetrine	30 pack	Local chemist	€10.47	1.0	52.0 Weeks	€0.20
Cough mixture		125ml	Benylin Cough Medicine	Local chemist	€8.09	1.0	69.4 Weeks	€0.12
Multivitamin		3 for 2	Boots everyday Multivitamin	boots	€6.06	2.0	102.0 Weeks	€0.12
Prescription				Local chemist	€13.42	2.0	52.0 Weeks	€0.52
Throat Lozenges		Packet	Jakemans 73g	Local chemist	€1.91	2.0	52.0 Weeks	€0.07
Vaporub			Vicks VapoRub 50g	boots	€6.87	1.0	208.0 Weeks	€0.03
Waterproof plasters (box)		Box of 40	Boots	boots	€2.97	1.0	104.0 Weeks	€0.03
Zovirax		Cold sore cream	Cold Sore Cream 50g	Local chemist	€12.14	1.0	52.0 Weeks	€0.23
Services								
Dentist	Rural	Exam, Scale & Polish		Local dentist	€87.13	1.0	52.0 Weeks	€1.68
Dentist	Urban	Exam, Scale & Polish		Local dentist	€87.98	1.0	52.0 Weeks	€1.69
GP	Rural			Local doctor	€56.29	2.0	52.0 Weeks	€2.17
GP	Urban			Local doctor	€66.06	2.0	52.0 Weeks	€2.54
Optician		E.g., specsavers		Local optician	€32.70	1.0	104.0 Weeks	€0.31
Female								
Products								
Ibuprofen		box of 24	Easofen Ibuprofen 400mg	Local chemist	€5.41	2.0	52.0 Weeks	€0.21
Paracetamol		box of 24	Rowalief	Local chemist	€3.09	5.0	52.0 Weeks	€0.30
Male								
Products								
Paracetamol		box of 24	Rowalief	Local chemist	€3.09	1.0	52.0 Weeks	€0.06
Household Goods								
Bathroom								

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week	
Bath towels			Ultrasoft Bath Towel	Penneys	€8.36	2.0	182.0 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 curtain	ikea	€25.14	1.0	624.0 Weeks	€0.04	
Bedside locker		Malm chest of two drawers		ikea	€54.73	1.0	780.0 Weeks	€0.07	
Blanket		Fluffy	Super Soft Small Plush	Penneys	€4.78	1.0	130.0 Weeks	€0.04	
Curtain pole and fittings		Curtain rod set 120-210cm	Bekrafta	ikea	€9.03	1.0	#####	€0.01	
Desk angled lamp			Kori Desk Lamp - Grey	Homestore & Ikea	€9.82	1.0	260.0 Weeks	€0.04	
Duvet Cover		Single & One Pillowcase	Primark Home	Penneys	€10.52	3.0	260.0 Weeks	€0.12	
Floating shelf			LACK Wall Shelf 11cm	ikea	€14.93	1.0	936.0 Weeks	€0.02	
Hangers			7 pack	Dealz	€4.49	3.0	#####	€0.01	
Laminate Floor		7.95m2		Des Kelly	€341.18	1.0	#####	€0.33	
Lampshades			Linen Empire Shade	Dunnes	€5.69	1.0	780.0 Weeks	€0.01	
Light bulbs		B22 806lm, 8.5w	Osram Led Base A60	Woodies	€8.01	1.0	728.0 Weeks	€0.01	
Light bulbs		E14 470lm, 5.5w	Osram LED 5.5W(40lm)	Woodies	€8.01	1.0	728.0 Weeks	€0.01	
Mattress		Single - Abygda foam mattress		ikea	€168.16	1.0	312.0 Weeks	€0.54	
Mattress protector				Dunnes	€14.34	1.0	208.0 Weeks	€0.07	
Mirror		Small	BLODLÖNN Mirror, 60x80cm	ikea	€4.75	1.0	520.0 Weeks	€0.01	
Pillow protector			2 pack	Penneys	€4.78	1.0	260.0 Weeks	€0.02	
Pillows				Dunnes	€19.12	2.0	260.0 Weeks	€0.15	
Single bed		Hemnes bed frame with slatted bed		ikea	€217.91	1.0	780.0 Weeks	€0.28	
Single duvet		Mid-weight	Safferot double duvet	ikea	€10.99	1.0	104.0 Weeks	€0.11	
Single fitted sheets				Penneys	€6.69	3.0	260.0 Weeks	€0.08	
Study Chair		swivel chair	BLECKBERGETS	swiv ikea	€49.75	1.0	520.0 Weeks	€0.10	
Study Desk		with drawers	MICKE Desk, white	ikea	€84.58	1.0	520.0 Weeks	€0.16	
Underbed storage		Plastic boxes	Samla 78x56x18cm	ikea	€9.95	3.0	780.0 Weeks	€0.04	
Wall hooks			SEKINER	Hook for door	ikea	€1.00	1.0	780.0 Weeks	€0.00
Home maintenance									

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Paint		Coloured	Dulux Heritage Matt	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		40 washes	Bold washing powd	Dunnes	€9.05	1.0	20.0 Weeks	€0.45
Misc								
Birthday cards				Dealz	€1.52	5.0	52.0 Weeks	€0.15
Suitcase			55(H)x35(W)x18cm	Penneys	€20.60	0.8	520.0 Weeks	€0.03
Female								
Bathroom								
Face cloths			3 pack	Penneys	€1.86	1.0	104.0 Weeks	€0.02
Communications								
Phone								
Charging Cable		Apple USB-C to Lightning Cable 1m	Apple	Harvey Norman	€23.23	1.0	156.0 Weeks	€0.15
Charging Plug		Apple 20W USB-C Power Adapter	Apple	Harvey Norman	€23.23	1.0	156.0 Weeks	€0.15
Mobile phone		2nd hand, 128GB, excellent condition	iPhone 12	Refurbed	€267.50	1.0	156.0 Weeks	€1.71
Phone case		With card holder	Aolcev for iPhone 12	Amazon	€15.80	1.0	156.0 Weeks	€0.10
Phone Credit				GoMo	€15.39	1.0	4.3 Weeks	€3.55
Screen Protector				Local phone shop	€9.12	2.0	52.0 Weeks	€0.35
Social Inclusion								
Entertainment and media								
Books		Monday's are Murder	The Works		€7.44	3.0	52.0 Weeks	€0.43
Controller			Xbox Wireless Cont	Smyths	€54.29	1.0	260.0 Weeks	€0.21
Ear buds			Wireless Earbuds, £	Amazon	€17.00	1.0	78.0 Weeks	€0.22
Game		E.g., latest Fifa game	EA SPORTS FC 25 X	Smyths	€72.39	1.0	52.0 Weeks	€1.39
Gaming headset			Xbox Stereo Headset	Smyths	€54.00	1.0	156.0 Weeks	€0.35
Online subscription			Xbox Game Pass Core	Smyths	€71.53	1.0	52.0 Weeks	€1.38

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Exercise & sport								
Base layer		Bottoms	Adult Thermal Tight	Decathlon	€11.59	2.0	52.0 Weeks	€0.45
Base layer		Top	Adult Long-Sleeved	Decathlon	€13.52	2.0	52.0 Weeks	€0.52
Football boots			adidasPredator Acc	Sports direct	€43.47	1.0	52.0 Weeks	€0.84
GAA	Rural		Annual membership		€52.40	1.0	52.0 Weeks	€1.01
GAA	Urban		Annual membership		€146.72	1.0	52.0 Weeks	€2.82
GAA shorts			Crumlin GAA Mourr	O'Neill's	€24.15	2.0	52.0 Weeks	€0.93
GAA socks			Koolite Max Premiur	O'Neill's	€10.63	2.0	52.0 Weeks	€0.41
Gaelic gloves			ATAK Sports Trax Gl	Elvery's	€14.49	2.0	52.0 Weeks	€0.56
Gum shields			ATAK Fortis Gel Sen	Elvery's	€9.66	2.0	52.0 Weeks	€0.37
Shin guards			Men's Precision Ori	O'Neill's	€14.49	1.0	156.0 Weeks	€0.09
Swim cap			Nabaiji	Decathlon	€1.93	1.0	260.0 Weeks	€0.01
Swim goggles			Nabaiji	Decathlon	€4.83	1.0	260.0 Weeks	€0.02
Swimming	Rural		Summer Months	Local pool	€6.09	12.0	52.0 Weeks	€1.41
Swimming	Urban		Summer Months	Local pool	€3.75	12.0	52.0 Weeks	€0.87
Team training top			Crumlin GAA Tour B	O'Neill's	€57.96	1.0	130.0 Weeks	€0.45
Family activities								
Family meal out				Milanos	€29.32	1.0	52.0 Weeks	€0.56
Holiday								
Dublin-Waterford	Urban		Child return	Irish rail	€14.73	1.0	52.0 Weeks	€0.28
Spending money					€181.65	1.0	52.0 Weeks	€3.49
Seasonal								
Birthday Present					€102.80	1.0	52.0 Weeks	€1.98
Christmas Present					€154.20	1.0	52.0 Weeks	€2.97
Christmas stocking				Penneys	€6.02	1.0	936.0 Weeks	€0.01
Easter Egg				Dunnes	€10.07	1.0	52.0 Weeks	€0.19
Social activities								
Birthday Party		(own)			€50.60	1.0	52.0 Weeks	€0.97
Celebrating friends Birthdays					€20.72	5.0	52.0 Weeks	€1.99

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Pocket money					€15.54	1.0	1.0 Weeks	€15.54
Socialising Budget		E.g., sports event; concert; disco; cinema			€161.67	1.0	52.0 Weeks	€3.11
Toys								
Football			size 5 football	Smyths	€9.65	1.0	52.0 Weeks	€0.19
Education								
Books								
Civics, Social & Political Education - Make a Difference			Folens	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
English - Fire and Ice			Gill and MacMillan	Local Bookstore	€0.00	1.0	52.0 Weeks	€0.00
English - Wonder			Corgi Childrens	Easons	€0.00	1.0	52.0 Weeks	€0.00
Geography - Real World			Folens School Book	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
German - Abenteuer Deutsch			edco	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
German/English Dictionary			Collins	Easons	€0.00	1.0	156.0 Weeks	€0.00
History - History Alive			edco	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Home Economics - Skills for Life			Folens	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Irish - Cinnte 3			edco	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Irish- Collins Gem Irish Dictionary 5Ed			Collins	Easons	€0.00	1.0	156.0 Weeks	€0.00
Maths - Active Maths 2			Folens	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (English)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (Geography)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (German)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (History)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (Home Economics)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (Irish)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (Maths)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Past Exam Papers (Science)			edco	Local Bookshc	€0.00	1.0	156.0 Weeks	€0.00
Religion - a question of faith			edco	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Science - Cataylst			educate	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00
Social, Personal, Health Education - Health and			edco	Local Bookstore	€0.00	1.0	156.0 Weeks	€0.00

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Other costs								
Education trips				Local school	€15.62	2.0	52.0 Weeks	€0.60
Event days		E.g., non-school uniform day		Local school	€10.41	1.0	52.0 Weeks	€0.20
Junior Certificate Examination Fee				Department of	€0.00	1.0	156.0 Weeks	€0.00
Junior Certificate Mock Fee				Local school	€60.82	1.0	156.0 Weeks	€0.39
Practical subject materials		Additional art materials			€41.64	1.0	156.0 Weeks	€0.27
Practical subject materials		E.g., home economics ingredients			€20.82	1.0	52.0 Weeks	€0.40
Printing		Coloured paper		Local library	€25.78	1.0	156.0 Weeks	€0.17
School fee				Local school	€75.73	1.0	52.0 Weeks	€1.46
School trips (includes spending money)				Local school	€20.82	2.0	104.0 Weeks	€0.40
Sports trips		Attending away matches		Local school	€5.21	2.0	52.0 Weeks	€0.20
Stationery, etc.								
Ball point pens		Multipack of 10	Bic Cristal Assorted	Easons/Mr.Pri	€0.00	1.0	52.0 Weeks	€0.00
Copies			Aisling Sum Copy B	Easons	€0.65	2.0	52.0 Weeks	€0.02
Erasers			Milan 4 Pack Synthe	Easons/Mr.Pri	€0.00	2.0	52.0 Weeks	€0.00
Felt tip pens		Multipack of 10	Faber Castell 10 Re	Easons/Mr.Pri	€0.00	1.0	52.0 Weeks	€0.00
Food flask			Thermos Wide Mou	Homestore & I	€19.01	1.0	156.0 Weeks	€0.12
Hardback copy		Large	Eason 144 Page A4	Easons	€5.97	2.0	62.4 Weeks	€0.19
Hardback copy		Small	Eason 120 page Ha	Easons	€5.97	2.0	62.4 Weeks	€0.19
Highlighters		Pack of 4	Card 4 Sharpie Asst	Easons/Mr.Pri	€0.00	1.0	52.0 Weeks	€0.00
Mathematical instruments set			Helix Oxford Maths	Easons/Mr.Pri	€0.00	1.0	156.0 Weeks	€0.00
Pencil case				Easons	€4.47	1.0	52.0 Weeks	€0.09
Pencil sharpener		4 pack	Milan Sphere Sharp	Easons/Mr.Pri	€0.00	1.0	104.0 Weeks	€0.00
Pencils		Multipack of 10	BIC Conte Evolutio	Easons/Mr.Pri	€0.00	1.0	52.0 Weeks	€0.00
Refill pad			Club A4 Refill Pad 1	Easons	€0.00	2.0	52.0 Weeks	€0.00
Ruler			Helix Plastic Ruler 3	Easons/Mr.Pri	€0.00	1.0	52.0 Weeks	€0.00
School bag			Addidas Badge of S	Sports direct	€20.59	1.0	52.0 Weeks	€0.40
School journal				Local school	€0.00	1.0	52.0 Weeks	€0.00
Scientific calculator			Sharp EL531THBWH	Easons/Mr.Pri	€0.00	1.0	260.0 Weeks	€0.00

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Water bottle				Penneys	€3.00	1.0	52.0 Weeks	€0.06
Female								
Uniform								
Shirt		3 pack	Generic	M&S	€26.08	1.0	52.0 Weeks	€0.50
Shoes	Urban		Zara	Zara	€35.19	1.0	52.0 Weeks	€0.68
Skirt	Rural	Branded		Local uniform	€46.14	2.0	312.0 Weeks	€0.30
Skirt	Urban	Branded		Schoolwear H	€66.15	2.0	312.0 Weeks	€0.42
Socks		5 pack	Knee high socks	M&S	€9.53	2.0	104.0 Weeks	€0.18
Male								
Uniform								
Shirt		3 pack		M&S	€26.08	1.0	52.0 Weeks	€0.50
Shoes			Nike Airforce 1 (blac	JD	€128.64	1.0	52.0 Weeks	€2.47
Trousers		2 Pack	Boys' Regular Leg S	M&S	€23.07	1.0	52.0 Weeks	€0.44
Neutral								
Uniform								
Jumper	Rural	Branded		Local uniform	€37.30	1.0	156.0 Weeks	€0.24
Jumper	Urban	Branded		Schoolwear H	€46.34	1.0	156.0 Weeks	€0.30
Polo T-shirt		2 Pack	Generic	M&S	€13.54	2.0	52.0 Weeks	€0.52
School tracksuit	Rural	Bottom	Branded	Local uniform	€38.11	1.0	104.0 Weeks	€0.37
School tracksuit		Top	Branded	Local uniform	€28.08	1.0	104.0 Weeks	€0.27
School tracksuit	Urban	Bottom	Branded	Schoolwear H	€24.52	1.0	104.0 Weeks	€0.24
School tracksuit		Top	Branded	Schoolwear H	€36.06	1.0	104.0 Weeks	€0.35
Tie	Rural		Generic	Schoolwear C	€3.01	1.0	312.0 Weeks	€0.01
Tie	Urban		Generic	Schoolwear H	€6.27	1.0	312.0 Weeks	€0.02
Transport								
Public Transport								
Leap Card	Urban	Child	Weekly cap	Leap Card	€6.45	1.0	1.0 Weeks	€6.45
Household Energy								

Second Level

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Electricity								
Units	Rural		Standard Electricity	Water Power	€0.28	15.5	1.0 Weeks	€4.30
Units	Urban		Dual Fuel Discount	Flogas	€0.29	15.5	1.0 Weeks	€4.42
Personal Costs								
All scenarios								
Passport Fee				Passport Offic	€25.30	1.0	260.0 Weeks	€0.10
Revolut card		Delivery fee		Revolut	€5.97	1.0	260.0 Weeks	€0.02
Revolut Junior		Account		Revolut	€3.98	1.0	4.0 Weeks	€0.99
Contingencies								
Savings					€4.99	1.0	1.0 Weeks	€4.99