

Two Parents

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	1.0 Weeks	€8.00
Bread and cereals								
Bagel, wholemeal		Fitzgeralds Family Bakery 6 Pre-Slice Fitzgeralds		Dunnes	€2.26	1.0	1.2 Weeks	€1.88
Bread, wholemeal	Rural			Local	€2.51	1.5	1.0 Weeks	€3.83
Bread, wholemeal		Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	1.5	1.0 Weeks	€2.14
Bread, wholemeal	Urban	Wholemeal Sliced Bread 800g	Dunnes Stores	Dunnes	€1.40	1.5	1.0 Weeks	€2.14
Cereal, High fibre (Shreddies, All		Bran Flakes 500g	Dunnes Stores	Dunnes	€1.00	1.0	5.6 Weeks	€0.18
Oats (porridge / overnight)		Irish Porridge Oats 1.5kg	Dunnes Stores	Dunnes	€1.19	1.0	9.4 Weeks	€0.13
Pasta, spaghetti		Spaghetti 500g	Dunnes Stores	Dunnes	€1.49	1.0	2.9 Weeks	€0.52
Pasta, wholemeal		Wholewheat Fusilli 500g	Dunnes Stores	Dunnes	€1.05	1.0	2.9 Weeks	€0.37
Rice, dry weight		Easy Cook Rice 1kg	Dunnes Stores	Dunnes	€1.78	1.0	6.7 Weeks	€0.27
Scone	Rural			Local	€1.01	2.0	1.0 Weeks	€2.02
Scone	Urban	Dunnes Stores Deluxe Fruit Scone 1!	Dunnes Stores	Dunnes	€4.04	1.0	2.0 Weeks	€2.02
Weetabix		24 Wholegrain Wheat Biscuits	Dunnes Stores	Dunnes	€2.79	1.0	3.0 Weeks	€0.93
Cafes, fast food and take-away ...								
Take-away	Rural	Meal Deal	Pickup	Four Star / Ap€	€8.05	16.0	52.0 Weeks	€2.48
Take-away	Urban	Meal Deal	With delivery	Four Star / Ap€	€9.04	16.0	52.0 Weeks	€2.78
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	€6.48	1.0	2.4 Weeks	€2.74
Salmon, tinned		John West Wild Pacific Pink Salmon	John West	Dunnes	€2.98	2.0	1.0 Weeks	€5.95
Tuna		Tuna Chunks in Brine 3 x 80g (240g)	Dunnes Stores	Dunnes	€2.45	2.0	3.0 Weeks	€1.63
Food products n.e.c.								
Curry sauce		Ben's Original Mild Curry 440g	Ben's	Dunnes	€2.98	1.0	2.0 Weeks	€1.49

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Gravy		Erin Everyday Gravy Granules 170g	Erin	Dunnes	€1.89	1.0	17.0 Weeks	€0.11
Mayonnaise, light		Hellmann's Condiment Light Mayoni	Hellman's	Dunnes	€3.97	1.0	5.5 Weeks	€0.72
Mixed herbs		Mixed Herbs 10g	Dunnes Stores	Dunnes	€1.00	1.0	26.0 Weeks	€0.04
Mixed spice		Cajun Seasoning 35g	Dunnes Stores	Dunnes	€1.00	1.0	26.0 Weeks	€0.04
Pepper		Black Peppercorn Grinder 50g	Dunnes Stores	Dunnes	€1.50	1.0	78.0 Weeks	€0.02
Pesto		Italian Basil Pesto 180g	Dunnes Stores	Dunnes	€1.98	1.0	3.0 Weeks	€0.66
Salt		Don Carlos Finest Fine Sea Salt 360g	Don Carlos	Dunnes	€1.59	1.0	78.0 Weeks	€0.02
Stock cubes		OXO Reduced Salt Beef Stock Cube	OXO	Dunnes	€2.54	1.0	12.0 Weeks	€0.21
Vinegar		Chef Malt Vinegar 284ml	Chef	Dunnes	€1.79	1.0	26.0 Weeks	€0.07
Fruit								
Apple		Handpicked Royal Gala Apples 8	Royal Gala	Dunnes	€2.45	0.8	1.0 Weeks	€1.84
Banana		6 Fresh Bananas	Dunnes Stores	Dunnes	€1.69	1.3	1.0 Weeks	€2.25
Berries, frozen		Freshly Frozen Mixed Berries 340g	Dunnes Stores	Dunnes	€2.03	1.0	1.5 Weeks	€1.32
Dried fruit		My Family Favourites Sultanas 375g	Dunnes Stores	Dunnes	€1.30	1.0	6.3 Weeks	€0.21
Grapes		Handpicked Seedless Mixed Grapes	Dunnes Stores	Dunnes	€3.05	2.0	3.0 Weeks	€2.03
Mixed nuts, unsalted		Wholefoods Roasted Nut Mix 250g	Dunnes Stores	Dunnes	€4.35	1.0	4.2 Weeks	€1.04
Mixed seeds / nuts		Wholefoods Pumpkin Seeds 250g	Dunnes Stores	Dunnes	€2.10	1.0	4.2 Weeks	€0.50
Orange		Everyday Savers 5 Oranges	Dunnes Stores	Dunnes	€1.04	0.8	1.0 Weeks	€0.83
Pear		Loose Pears	Dunnes Stores	Dunnes	€0.50	2.0	1.0 Weeks	€1.00
Pine nuts		Wholefoods Pine Nuts 70g	Dunnes Stores	Dunnes	€3.03	1.0	1.2 Weeks	€2.60
Meat								
Beef, mince		Irish Beef Mince 5% Fat 800g	Dunnes Stores	Dunnes	€7.89	1.0	3.0 Weeks	€2.63
Beef, stew		Slow Cook Diced Irish Beef 0.600Kg	Dunnes Stores	Dunnes	€6.65	1.0	2.3 Weeks	€2.96
Chicken fillet		Irish Chicken Breast Fillets 840g (6 fi	Dunnes Stores	Dunnes	€10.94	1.0	1.6 Weeks	€6.95
Chicken, roast		Medium Irish Chicken 1.5kg	Dunnes Stores	Dunnes	€5.30	1.0	2.8 Weeks	€1.88
Ham, cooked		Cooked Irish Ham 10 Slices 200g	Dunnes Stores	Dunnes	€2.63	1.0	2.0 Weeks	€1.31
Pork chop		Boneless Irish Pork Loin Chops 440g	Dunnes Stores	Dunnes	€4.50	1.0	2.0 Weeks	€2.25
Rasher		6 Smoked Irish Back Rashers 240g	Dunnes Stores	Dunnes	€2.25	1.0	2.0 Weeks	€1.12
Sausage		8 Irish Pork Sausages 227g	Dunnes Stores	Dunnes	€1.13	1.0	4.0 Weeks	€0.28

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Turkey, cooked		Roast Turkey Breast 140g	Dunnes Stores	Dunnes	€2.73	1.0	1.0 Weeks	€2.73
Milk, cheese and eggs								
Cheese		Savoury & Smooth Medium Cheddar	Dunnes Stores	Dunnes	€1.87	1.0	2.2 Weeks	€0.84
Eggs		12 Irish Eggs Large	Dunnes Stores	Dunnes	€2.91	1.0	0.9 Weeks	€3.15
Milk, low fat	Rural	3 litres		Local	€3.89	1.1	1.0 Weeks	€4.29
Milk, low fat		Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	1.1	1.0 Weeks	€3.83
Milk, low fat	Urban	Irish Low Fat Milk 3L	Dunnes Stores	Dunnes	€3.48	2.2	1.0 Weeks	€7.67
Yogurt		Fat Free Yogurt with Real Fruit Piece:	Dunnes Stores	Dunnes	€1.98	1.3	1.0 Weeks	€2.48
Oils and fats								
Oil		Pure Rapeseed Oil 1L	Dunnes Stores	Dunnes	€1.46	1.0	26.0 Weeks	€0.06
Spread, sunflower oil		My Family Favourites Low Lite Sprea	Dunnes Stores	Dunnes	€1.02	1.0	3.0 Weeks	€0.34
Service								
Discount Vouchers		DS 'Shop and Save' €10 off €50; €5 o	Dunnes Stores	Dunnes	-€10.00	2.0	1.0 Weeks	-€20.00
Grocery Delivery	Urban			Dunnes	€6.22	1.0	4.0 Weeks	€1.55
Snacks & treats								
Biscuit, plain		Digestive Biscuits 400g	Dunnes Stores	Dunnes	€0.90	1.0	1.7 Weeks	€0.53
Chocolate		Cadbury Dairy Milk Little Bars Chocc	Cadbury	Dunnes	€2.01	1.0	3.0 Weeks	€0.67
Crisps		Tayto Cheese & Onion Multipack Cri	Tayto	Dunnes	€4.06	1.0	6.0 Weeks	€0.68
Ice-cream		Dunnes Stores My Family Favourites	Dunnes Stores	Dunnes	€1.09	1.0	2.8 Weeks	€0.38
Jelly		Hartley's Strawberry Flavour Crystal	Hartley's	Dunnes	€1.18	1.0	4.0 Weeks	€0.30
Social								
Seasonal (Christmas, etc.)	Rural	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€112.89	1.0	52.0 Weeks	€2.17
Seasonal (Christmas, etc.)	Urban	Allowance of extra week's grocery b	Dunnes Stores	Dunnes	€108.51	1.0	52.0 Weeks	€2.09
Soft drinks, juices ...								
Orange juice		Pure Squeezed Orange Juice Smoot	Dunnes Stores	Dunnes	€2.24	1.0	1.1 Weeks	€2.02
Sugar, jam, honey ...								
Jam		Chivers Strawberry Jam 370g	Chivers	Dunnes	€3.01	1.0	9.3 Weeks	€0.33
Vegetables								
Beans		Batchelors Beans No Added Sugar 6	Batchelors	Dunnes	€3.49	1.0	5.3 Weeks	€0.66

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Broccoli		Fresh Broccoli	Dunnes Stores	Dunnes	€1.63	0.5	1.0 Weeks	€0.82
Cabbage		Green Cabbage	Dunnes Stores	Dunnes	€0.50	0.5	1.0 Weeks	€0.25
Carrots		Sweet & Crunchy Fresh Carrots 1kg	Dunnes Stores	Dunnes	€1.26	1.0	2.1 Weeks	€0.61
Cauliflower		Cauliflower	Dunnes Stores	Dunnes	€1.84	1.0	2.0 Weeks	€0.92
Chopped tomatoes		Italian Chopped Tomatoes in a Rich	Dunnes Stores	Dunnes	€1.02	1.0	1.0 Weeks	€1.02
Coleslaw		Classic Coleslaw 250g	Dunnes Stores	Dunnes	€1.21	1.0	1.0 Weeks	€1.21
Cucumber		Fresh Cucumber	Dunnes Stores	Dunnes	€0.88	1.0	1.0 Weeks	€0.88
Garlic		Fresh Spanish Garlic	Dunnes Stores	Dunnes	€0.49	1.0	6.0 Weeks	€0.08
Lettuce		Delicate Irish Butterhead Lettuce	Dunnes Stores	Dunnes	€0.91	1.0	1.0 Weeks	€0.91
Mushrooms		Irish Closed Cup Mushrooms 250g	Dunnes Stores	Dunnes	€1.16	1.0	1.6 Weeks	€0.74
Onion		My Family Favourites Onions 1kg	Dunnes Stores	Dunnes	€1.20	1.0	2.2 Weeks	€0.54
Oven Chips		Finely Sliced Thin & Crispy Oven Chi	Dunnes Stores	Dunnes	€3.14	1.0	5.9 Weeks	€0.53
Parsnips		Fresh Irish Parsnips	Dunnes Stores	Dunnes	€1.50	1.0	1.0 Weeks	€1.50
Peas, frozen		My Family Favourites Garden Peas 1	Dunnes Stores	Dunnes	€1.21	1.0	6.8 Weeks	€0.18
Peppers		Red pepper	Dunnes Stores	Dunnes	€0.99	2.0	1.0 Weeks	€1.97
Potatoes		Irish Kerr's Pink Potatoes 2kg	Dunnes Stores	Dunnes	€3.38	1.0	1.3 Weeks	€2.71
Spinach		Frozen Whole Leaf Spinach 750g	Dunnes Stores	Dunnes	€1.20	1.0	4.7 Weeks	€0.26
Sweetcorn, frozen		Freshly Frozen Supersweet Sweetco	Dunnes Stores	Dunnes	€0.98	1.0	4.7 Weeks	€0.21
Tomato		Salad Tomatoes 6's	Dunnes Stores	Dunnes	€1.34	1.0	3.0 Weeks	€0.45
Turnip		Swede	Dunnes Stores	Dunnes	€0.96	1.0	2.0 Weeks	€0.48

Clothing

Female

Accessories

Backpack		Packaway 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
Earrings				H. Samuel	€27.27	1.0	260.0 Weeks	€0.10
Gloves				Dunnes	€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

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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				Dunnes	€4.44	1.0	156.0 Weeks	€0.03
Necklace		diamante initial pendant necklace		Penneys	€2.53	1.0	52.0 Weeks	€0.05
Purse			Penneys	Penneys	€5.15	1.0	156.0 Weeks	€0.03
Scarf				Dunnes	€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				Dunnes	€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				Penneys	€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				Dunnes	€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				Fitted long sleeve sl Penneys	€8.75	2.0	52.0 Weeks	€0.34
Smart skirt		gallery satin skirt	Dunnes	Dunnes	€27.35	1.0	52.0 Weeks	€0.53
Smart top		textured short sleeve top	Dunnes	Dunnes	€10.94	3.0	52.0 Weeks	€0.63
Sports leggings				Penneys	€9.85	1.0	104.0 Weeks	€0.09
Sports t shirt		crew neck gym t shirt		Penneys	€4.92	2.0	52.0 Weeks	€0.19
Summer dress			jersey tank midi dre	Dunnes or per	€10.94	2.0	156.0 Weeks	€0.14

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Swimsuit				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			long sleeve skater n	Dunnes or per	€9.85	2.0	156.0 Weeks	€0.13
Work blazer		straight cut blazer		Penneys	€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 (cami and shorts pyjama set)	Penneys	Penneys	€8.75	2.0	52.0 Weeks	€0.34
Pyjamas		Thick, Fleece - pattern velour	Penneys	Penneys	€14.22	2.0	52.0 Weeks	€0.55
Pyjamas		Thin, Fleece - buffalo check fleece p	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		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		thermal or fleece lined	Penneys	Penneys	€4.38	3.0	52.0 Weeks	€0.25
Tights		5 pack	Penneys	Penneys	€6.56	1.0	52.0 Weeks	€0.13
Male								
Accessories								
Battery replacement			4 pack	Curry's	€10.03	1.0	208.0 Weeks	€0.05
Belt		2pk		M&S	€26.62	2.0	130.0 Weeks	€0.41
Cap				Dunnes	€5.55	1.0	104.0 Weeks	€0.05

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Gloves				Dunnes	€8.87	1.0	156.0 Weeks	€0.06
Hat				Dunnes	€5.55	1.0	156.0 Weeks	€0.04
Scarf				Dunnes	€13.31	1.0	156.0 Weeks	€0.09
Sunglasses				Penneys	€2.06	1.0	52.0 Weeks	€0.04
Ties		2pk		Dunnes	€11.09	2.0	260.0 Weeks	€0.09
Wallet				Dunnes	€15.45	1.0	182.0 Weeks	€0.08
Watch				Tkmaxx	€45.53	1.0	260.0 Weeks	€0.18
Footwear								
Boots				Penneys	€21.48	1.0	104.0 Weeks	€0.21
Shoes				MandM direct	€37.51	1.0	52.0 Weeks	€0.72
Sliders				Penneys	€7.50	1.0	104.0 Weeks	€0.07
Trainers		Branded, Quester shoes	Adidas	Sports direct	€42.88	1.0	52.0 Weeks	€0.82
Trainers		Unbranded		Zara	€32.11	2.0	52.0 Weeks	€1.23
Wellies				Dunnes	€26.80	1.0	520.0 Weeks	€0.05
Main clothing								
Cargo shorts				Sports direct	€16.26	1.0	208.0 Weeks	€0.08
Cotton shorts				Sports direct	€8.13	2.0	104.0 Weeks	€0.16
Hoodie				Sports direct	€13.01	2.0	104.0 Weeks	€0.25
Jeans				Dunnes	€19.51	2.0	104.0 Weeks	€0.38
Jumper				Sports direct	€14.09	2.0	104.0 Weeks	€0.27
Polo shirt				Sports direct	€9.76	5.0	78.0 Weeks	€0.63
Smart shirt				Dunnes	€10.84	6.0	104.0 Weeks	€0.63
Smart trousers		Slim fit suit trousers		Zara	€43.31	1.0	104.0 Weeks	€0.42
Sports shorts				Sports direct	€13.01	2.0	104.0 Weeks	€0.25
Suit				Next	€78.05	1.0	260.0 Weeks	€0.30
Swim shorts				Penneys	€5.42	1.0	104.0 Weeks	€0.05
Tracksuit bottoms			Gray Nicolls	Sports direct	€11.92	2.0	104.0 Weeks	€0.23
Trousers				Sports direct	€13.01	2.0	104.0 Weeks	€0.25
T-shirt				Sports direct	€6.50	7.0	52.0 Weeks	€0.88

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T-shirt		Workout	Reebok	Sports direct	€21.63	2.0	52.0 Weeks	€0.83
Nightwear								
Pyjamas			Penneys	Penneys	€10.84	1.0	156.0 Weeks	€0.07
Outer clothing								
Jacket		Heavy	Trespass or regatta	MandM direct	€32.51	1.0	104.0 Weeks	€0.31
Jacket		Light waterproof	Penneys	Penneys	€23.85	1.0	104.0 Weeks	€0.23
Smart coat				Zara	€86.67	1.0	390.0 Weeks	€0.22
Underwear								
Boxers		Trunks, 3 pack	Penneys	Penneys	€6.50	4.0	52.0 Weeks	€0.50
Socks		5 pack	Penneys	Penneys	€4.34	3.0	52.0 Weeks	€0.25

Personal Care

Personal Hygiene

Conditioner		900ml	Tresemme	Dealz	€4.95	2.0	11.0 Weeks	€0.90
Ear buds				Dunnes	€0.98	1.0	17.0 Weeks	€0.06
Face wash		150ml	Simple Refreshing F	Dealz	€2.97	1.0	3.0 Weeks	€0.99
Hairbrush		Detangling paddle brush	Penneys	Penneys	€1.98	2.0	52.0 Weeks	€0.08
Liquid soap		250ml	Simple	Dunnes	€1.36	2.0	2.0 Weeks	€1.36
Mouthwash		500ml		Dealz	€1.48	2.0	26.0 Weeks	€0.11
Nail brush		2pk		Dealz	€1.98	1.0	13.0 Weeks	€0.15
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	€1.99	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	2.0	11.0 Weeks	€0.90
Shaving cream		200ml	Gillette	Dealz	€2.73	1.0	3.0 Weeks	€0.91
Shower gel		500ml	Carex Shower Gel	Dealz	€1.49	2.0	4.0 Weeks	€0.75
Suntan lotion (50+)		200ml	Soltan	boots	€4.95	2.0	104.0 Weeks	€0.10
Toilet bag		Toiletry Bag	Penneys	Penneys	€7.21	2.0	260.0 Weeks	€0.06
Toothbrush		2 Pack	Colgate	Dunnes	€1.97	1.0	13.0 Weeks	€0.15

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Toothpaste	Rural	100ml	Colgate	Dealz	€1.48	2.0	2.0 Weeks	€1.48
Tweezers		Boots Everyday Slanted Tweezers		boots	€2.96	2.0	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	52.0 Weeks	€0.03
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	1.0	17.0 Weeks	€0.41
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
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 spr		boots	€18.79	1.0	52.0 Weeks	€0.36
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: 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				Local hairdres	€49.16	3.0	52.0 Weeks	€2.84
Haircut: woman				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	
Male								
Cosmetics								
Aftershave			boots	€14.83	1.0	52.0 Weeks	€0.29	
Moisturiser	Male		Dunnes	€5.93	2.0	52.0 Weeks	€0.23	
Personal Hygiene								

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Blades		x5	Energy Triple3 head	Dealz	€0.99	2.0	8.0 Weeks	€0.25
Deodorant: man		50ml	Sanex	Dunnes	€1.65	1.0	4.0 Weeks	€0.41
Haircut: man	Rural			Local hairdres	€17.70	1.0	6.0 Weeks	€2.95
Haircut: man	Urban			Local hairdres	€21.86	1.0	6.0 Weeks	€3.64

Health

Products

Antihistamine			Cetrine	Local chemist	€10.47	2.0	52.0 Weeks	€0.40
Cough mixture		125ml	Benylin	Local chemist	€6.67	2.0	52.0 Weeks	€0.26
Cough mixture		200ml	Exputex	Local chemist	€6.06	2.0	52.0 Weeks	€0.23
Family first aid kit				Homestore an	€11.91	1.0	260.0 Weeks	€0.05
Ibuprofen		box of 24	Easofen	Local chemist	€5.41	4.0	52.0 Weeks	€0.42
Multivitamin		3 for 2		boots	€6.06	4.0	102.0 Weeks	€0.24
Paracetamol		box of 24	Rowalief	Local chemist	€3.09	4.0	52.0 Weeks	€0.24
Thermometer			Boots Digital Therm	boots	€12.80	1.0	260.0 Weeks	€0.05
Vaporub		50g		Local chemist	€7.03	1.0	104.0 Weeks	€0.07
Waterproof plasters		40 pack		boots	€1.48	1.0	52.0 Weeks	€0.03

Services

Dentist	Rural	Exam, Scale & Polish		Local dentist	€86.27	2.0	52.0 Weeks	€3.32
Dentist	Urban	Exam, Scale & Polish		Local dentist	€87.98	2.0	52.0 Weeks	€3.38
GP	Rural			Local doctor	€58.02	4.0	52.0 Weeks	€4.46
GP	Urban			Local doctor	€66.06	4.0	52.0 Weeks	€5.08
Optician		E.g., specsavers		Local optician	€32.70	2.0	104.0 Weeks	€0.63
Prescription		Antibiotic		Pharmacy	€13.42	2.0	52.0 Weeks	€0.52

Female

Services

Prescription		Contraception	Noriday	Pharmacy	€25.20	2.0	52.0 Weeks	€0.97
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Household Goods

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Furniture delivery					€62.16	1.0	260.0 Weeks	€0.24
Appliances								
Airfryer		1 basket	POWERPOINT 5LIT	Powercity	€60.85	1.0	260.0 Weeks	€0.23
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 L22OIR2O Steam Iron - Purple	Logik	Currys	€19.37	1.0	260.0 Weeks	€0.07
Kettle		BOSCH 1.7LITRE DESIGN LINE KETT	Bosch	power city or C	€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
Tv aerial		One for all SV9015 full HD UHF Indo		Currys	€19.63	1.0	#####	€0.02
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	2.0	780.0 Weeks	€0.02
Bath towels			Ultrasoft Bath Towe	Penneys	€8.36	5.0	182.0 Weeks	€0.23
Bathroom cabinet		Enhel cabinet with doors		ikea	€64.68	1.0	650.0 Weeks	€0.10
Bathroom, Blind		120x195cm		ikea	€24.21	1.0	624.0 Weeks	€0.04
Drain unblocker		1 litre		Dealz	€1.51	1.0	52.0 Weeks	€0.03
Face cloths		Pack of 3		Penneys	€1.86	2.0	104.0 Weeks	€0.04
Hand towels		Single	Primark Home	Penneys	€4.65	4.0	104.0 Weeks	€0.18
non slip shower mat				Penneys	€4.50	1.0	780.0 Weeks	€0.01
Pedal bin		bin	Toftan waste bin	ikea	€12.01	2.0	520.0 Weeks	€0.05
Shower shelving unit		Krokfjorden shower hanger		ikea	€13.04	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	2.7 Weeks	€1.30

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
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	€9.65	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	6.0	#####	€0.03
Mattress		Double - Valevag mattress and matti		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
Flooring								
Bedroom, laminate		13m2		Des Kelly	€563.40	1.0	#####	€0.43
Hall laminate		7.1m2			€420.56	1.0	#####	€0.32
Lounge, laminate		14.4m2		Des Kelly	€624.07	1.0	#####	€0.48
Stairs and landing, carpet		10.2m2		Des Kelly	€420.66	1.0	520.0 Weeks	€0.81
Hall								
Coat hooks		Rack with 5 hooks		ikea	€16.97	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

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Shoe basket		Storage with 7 compartments	Stuk	ikea	€8.98	1.0	260.0 Weeks	€0.03
Home décor								
Curtain pole and fittings		Curtain rod set 120-210cm	Bekrafta	ikea	€9.04	3.0	#####	€0.03
Lampshades			Linen Empire Lamp	Dunnes	€5.69	5.0	780.0 Weeks	€0.04
Outdoor furniture		set of plastic table and 2 chairs		ikea or woodie	€41.22	1.0	364.0 Weeks	€0.11
Home maintenance								
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 14 Piece Hor	Woodies	€26.33	1.0	520.0 Weeks	€0.05
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 So	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
Shed		Keter Darwin 6x4 ft Apex Shed with fl		B&Q	€425.02	1.0	#####	€0.41
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								
4 piece kitchen utensil set		spatula, spoon, slotted spoon, ladle		ikea	€7.01	1.0	780.0 Weeks	€0.01
Baking tray				Tesco	€8.01	1.0	780.0 Weeks	€0.01
Candles			tealights 100pk	Dealz	€1.48	2.0	156.0 Weeks	€0.02
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

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Fruit bowl		Natbarb serving bowl		ikea	€2.24	1.0	390.0 Weeks	€0.01
Frying pan set		Middagsmat frying pan set of 2		ikea	€15.02	1.0	520.0 Weeks	€0.03
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
Kitchen/dining table & 4 chairs		Torsby/lustebo table and 4 chairs		ikea	€536.31	1.0	650.0 Weeks	€0.83
Mixing bowl				ikea	€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	€4.98	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	43.3 Weeks	€0.05
Broom				Homestore an	€5.01	1.0	260.0 Weeks	€0.02
Bucket				Dealz	€3.02	1.0	260.0 Weeks	€0.01
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	€1.31	1.0	104.0 Weeks	€0.01
Dustbin		wham casa 8l swing bin		Homestore an	€6.00	3.0	104.0 Weeks	€0.17
Feather duster		MSV feather duster 61cm		Amazon	€1.69	1.0	52.0 Weeks	€0.03
Hoover bags		Numatic Numatic Henry Cleaner Ba		Amazon	€10.89	1.0	52.0 Weeks	€0.21
Household gloves			1 pack	Dealz	€1.48	2.0	52.0 Weeks	€0.06
Microfibre mop pad				Dealz	€1.81	1.0	260.0 Weeks	€0.01

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Mop handle				Dealz	€1.01	1.0	260.0 Weeks	€0.00
Oven cleaner				Dealz	€2.98	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	€1.99	1.0	520.0 Weeks	€0.00
Washing up brush				Dealz	€2.01	2.0	52.0 Weeks	€0.08
Washing up liquid		1 litre	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	52.0 Weeks	€0.06
Clothes washing detergent			Bold washing powd	Dunnes	€9.05	2.0	20.0 Weeks	€0.90
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	€2.48	1.0	52.0 Weeks	€0.05
Stain remover		1litre		Dealz	€1.99	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	195.0 Weeks	€0.05
Tea pot		Simply white teapot		Dunnes	€11.84	1.0	780.0 Weeks	€0.02
Wine glasses set		6pk	svalka	ikea	€4.94	1.0	260.0 Weeks	€0.02
Kitchen, utensils								
Carving fork and knife				ikea	€23.88	1.0	780.0 Weeks	€0.03

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Corkscrew				ikea	€2.50	1.0	780.0 Weeks	€0.00
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	780.0 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	780.0 Weeks	€0.00
Tongs		Apolow 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	780.0 Weeks	€0.00
Living area								
Coffee table		Fjallbo		ikea	€59.70	1.0	260.0 Weeks	€0.23
Couches		Klippan 2 seater		ikea	€297.51	2.0	780.0 Weeks	€0.76
Cushion		slub texture cushion		Dunnes	€9.49	2.0	260.0 Weeks	€0.07
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
Hand torch			EMOS Ultra LED Tor	Amazon	€3.74	1.0	520.0 Weeks	€0.01
Lighter			utility lighter	Dealz	€1.78	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	€0.01

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
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				Penneys	€6.18	2.0	52.0 Weeks	€0.24
Writing pad			Monochrome A4 De	Dealz	€1.99	1.0	52.0 Weeks	€0.04
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	2.0	156.0 Weeks	€2.43
Phone case				Amazon	€7.25	2.0	156.0 Weeks	€0.09
Plug		usb-c plug		Amazon	€9.88	2.0	156.0 Weeks	€0.13
Service provider		SIM only		GoMo	€15.39	2.0	4.3 Weeks	€7.11
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

Two Parents

2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
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
Laptop			ACER Aspire 3 15.6'	Currys	€388.67	1.0	208.0 Weeks	€1.87
Laptop bag		LOGIC L15SGY24 15.6" laptop sleev		Currys	€20.37	1.0	208.0 Weeks	€0.10
Novel book			OH MY GOD, WHAT	Easons	€14.37	4.0	52.0 Weeks	€1.11
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	Local fitness c	€8.56	36.0	52.0 Weeks	€5.93
Fitness class	Urban		Part of year	Local fitness c	€8.29	36.0	52.0 Weeks	€5.74
Swim cap			Nabaiji	Decathlon	€1.93	2.0	52.0 Weeks	€0.07
Swim goggles			Nabaiji	Decathlon	€4.83	2.0	156.0 Weeks	€0.06
Swimming	Rural			Local swimmi	€8.96	24.0	52.0 Weeks	€4.14
Swimming	Urban			Local swimmi	€7.24	24.0	52.0 Weeks	€3.34
Family activities								
Family activity budget					€88.66	2.0	52.0 Weeks	€3.41
Family meal out				Milanos	€32.02	2.0	52.0 Weeks	€1.23
Holiday								
Dublin-Waterford	Urban		Adult return	Irish rail	€24.33	2.0	52.0 Weeks	€0.94
Mobile home to rent			Fitzmaurice's Cara	24 Aug - 31 Au	€755.63	1.0	52.0 Weeks	€14.53
Spending money					€311.40	1.0	52.0 Weeks	€5.99
Seasonal								
Artificial Christmas tree & stand			6ft christmas tree	Woodies	€76.73	1.0	520.0 Weeks	€0.15
Balloons			Pack	Dealz	€1.53	1.0	52.0 Weeks	€0.03
Birthday cards				Dealz	€1.53	2.0	52.0 Weeks	€0.06

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2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Christmas cards			Box of 15	Dealz	€1.53	2.0	52.0 Weeks	€0.06
Christmas stocking				Penneys	€6.02	2.0	#####	€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 Con€	Homestore an	€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 hallowee	Budget	€20.36	1.0	52.0 Weeks	€0.39
Other occasion cards			2 for the price of 1	Dealz	€1.53	2.0	52.0 Weeks	€0.06
Pumpkin			Split between HH		€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	2.0	52.0 Weeks	€1.96
Night Out		Couple			€103.80	2.0	52.0 Weeks	€3.99
Female								
Social activities								
Night Out		Woman			€51.90	1.0	8.7 Weeks	€5.99
Male								
Social activities								
Night Out		Man			€51.90	1.0	8.7 Weeks	€5.99
Transport								
Car - Scenario 1								
Annual Service				Local	€223.53	1.0	52.0 Weeks	€4.30
Car		Used car, 7 years old	Renault Megane, 1.4	Carzone	#####	1.0	260.0 Weeks	€53.29
Car Tax			Based on engine siz		€180.00	1.0	52.0 Weeks	€3.46
Diesel	Rural			CPI National A	€2.05	15.5	1.0 Weeks	€31.78
Diesel	Urban			CPI National A	€2.05	12.0	1.0 Weeks	€24.60
Maintenance			Allowance for perio		€226.66	1.0	52.0 Weeks	€4.36
NCT					€60.00	4.0	260.0 Weeks	€0.92

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Parking Allowance					€20.54	1.0	1.0 Weeks	€20.54
Trade-in value of previous car		Used car, 12 years old	Trade in value with a Dealer		#####	1.0	260.0 Weeks	-€20.31
Car - Scenario 2								
Annual Service	Rural				€213.81	1.0	52.0 Weeks	€4.11
Annual Service				Local	€223.53	1.0	52.0 Weeks	€4.30
Car 1	Rural	Used car, 7 years old	Renault Megane, 1.9	Carzone	#####	1.0	260.0 Weeks	€53.29
Car 1 - Trade-in value of previous	Rural	Used car, 12 years old	Trade in value with a Dealer		#####	1.0	260.0 Weeks	-€20.31
Car 2	Rural	Used car, 6 years old	Renault Clio, 0.9	Pe Cars Ireland	#####	1.0	312.0 Weeks	€34.11
Car 2 - Trade-in value of previous	Rural	Used car, 12 years old	Renault Clio, 0.9 Pe Cars Ireland		#####	1.0	312.0 Weeks	-€13.53
Car Tax	Rural		Based on engine size		€380.00	2.0	104.0 Weeks	€7.31
Diesel	Rural	Car 1		CPI National A	€2.05	15.5	1.0 Weeks	€31.78
Maintenance	Rural		Allowance for period		€480.84	2.0	104.0 Weeks	€9.25
NCT	Rural				€120.00	8.0	572.0 Weeks	€1.69
Parking Allowance	Rural				€20.54	1.0	1.0 Weeks	€20.54
Petrol	Rural	Car 2		CPI National A	€1.88	21.0	1.0 Weeks	€39.49
Public Transport								
Leap Card	Urban		TFI weekly cap		€24.00	2.0	1.0 Weeks	€48.00
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	72.0	1.0 Weeks	€19.98
Units	Urban		Dual Fuel 28% Disc Flogas		€0.29	72.0	1.0 Weeks	€20.55
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								

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2025

Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Carbon Tax	Urban				€0.01	11,731.0	52.0 Weeks	€2.83
Standing Charge	Urban		Duel 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

Personal Costs

All scenarios						
Bank Account	Current Account	Permanent TSI	€95.71	2.0	52.0 Weeks	€3.68
Donations to charity			€3.04	1.0	1.0 Weeks	€3.04
Driving Licence		Motor Tax Office	€65.00	2.0	520.0 Weeks	€0.25
Passport Fee		Passport Office	€75.90	2.0	520.0 Weeks	€0.29
Full-Time						
Trade Union	Membership fee	SIPTU	€5.06	1.0	1.0 Weeks	€5.06

Insurance

Car - Scenario 1							
Car Insurance	Rural		Comprehensive	€332.53	1.0	52.0 Weeks	€6.39
Car Insurance	Urban		Comprehensive	€466.18	1.0	52.0 Weeks	€8.97
Car - Scenario 2							
Car Insurance	Rural	Car 1	Comprehensive	€332.53	1.0	52.0 Weeks	€6.39
Car Insurance		Car 2	Comprehensive	€329.02	1.0	52.0 Weeks	€6.33
Health							
Health contingencies budget				€518.00	2.0	52.0 Weeks	€19.92
Home							
Home Contents Insurance			An Post	€87.84	1.0	52.0 Weeks	€1.69

Contingencies

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Category & Item	Region	Detail	Brand	Retailer	Unit Price	Quantity	Lifespan	Cost per Week
Contingencies / Emergencies					€10.36	1.0	1.0 Weeks	€10.36
Life Assurance			Dual Level Term	Aviva	€30.58	1.0	4.3 Weeks	€7.06