

2018	URBAN	One Parent
Food		35.58
Clothing		9.25
Personal Care		7.36
Health		
Health - OTC		0.25
Health Care Services		6.37
Household Goods		15.06
Household Services		5.94
Communications		15.24
Social Inclusion & Participation		40.97
Education		3.48
Transport - Public		27.50
Transport - Car		67.12
Household Energy		
Electricity		13.87
Heat		15.30
Personal Costs		
Not employed		3.07
Part-Time		7.07
Full-Time		7.07
Childcare		
Not employed		
Part-Time		
Full-Time		
Insurance		
Home		2.07
Health		11.07
Car		15.04
Savings & Contingencies		13.03

2018								One Parent
Item		Brand	Retailer	Unit Price	Quantity	Life Span	Household / week	Indiv per week
Fruit & Vegetables								
Apples	10 pack	Aldi, Royal Gala	Aldi	€ 1.49	1	1 Week	€ 1.49	€ 0.55
Bananas	6 Pack	Aldi, Natures Pick	Aldi	€ 1.49	1	1 Week	€ 1.49	€ 0.55
Cabbage	450g	Aldi, Eigans	Aldi	€ 0.99	1	1 Week	€ 0.99	€ 0.36
Carrots	1kg bag	Aldi, Eigans	Aldi	€ 0.99	1	1 Week	€ 0.99	€ 0.36
Cauliflower	Loose	Aldi, Eigans	Aldi	€ 1.29	1	1 Week	€ 1.29	€ 0.47
Cucumber	Loose	Aldi, The Salad Box	Aldi	€ 0.59	1	1 Week	€ 0.59	€ 0.22
Frozen bag of broccoli	907g	Four Seasons	Aldi	€ 0.49	1	3 Weeks	€ 0.16	€ 0.06
Frozen mixed Veg	1kg	Four Seasons	Aldi	€ 0.79	1	6 Weeks	€ 0.13	€ 0.05
Lettuce	Loose	Iceberg, The Salad Box	Aldi	€ 0.89	1	1 Week	€ 0.89	€ 0.33
Mushrooms	250g tray	Aldi	Aldi	€ 0.79	1	2 Weeks	€ 0.40	€ 0.14
Onions	750g	Aldi	Aldi	€ 0.69	1	3 Weeks	€ 0.23	€ 0.08
Oranges	1.5kg bag	Aldi, Natures Pick	Aldi	€ 1.57	1	1 Week	€ 1.57	€ 0.58
Parsnips	Pack of 4	Aldi, Eigans	Aldi	€ 0.99	1	2 Weeks	€ 0.50	€ 0.18
Pears	Loose	Aldi, Conference Pears	Aldi	€ 0.49	6	1 Week	€ 2.94	€ 1.08
Peas	1kg bag	Green Garden	Aldi	€ 0.64	1	3 Weeks	€ 0.21	€ 0.08
Peppers	Pack of 3	The Salad Box	Aldi	€ 1.49	2	3 Weeks	€ 0.99	€ 0.36
Potatoes	7.5kg bag	Roosters, Eigans	Aldi	€ 7.49	1	2 Weeks	€ 3.75	€ 1.37
Sultanas	500g	The Pantry	Aldi	€ 1.19	1	2 Weeks	€ 0.60	€ 0.22
Sweetcorn	325g	Sweet Harvest	Aldi	€ 0.34	1	2 Weeks	€ 0.17	€ 0.06
Tomatoes	6 pack	The Salad Box	Aldi	€ 0.99	2	3 Weeks	€ 0.66	€ 0.24
Turnip	Loose	Aldi	Aldi	€ 0.79	1	2 Weeks	€ 0.40	€ 0.14
Groceries								

2018		One Parent										
Item	Brand	Retailer	Unit Price	Quantity	Life Span	Household / week	Indiv per week					
Beans	420g	Corale	Aldi	€ 0.38	2	1 Week	€ 0.76	€ 0.28				
Biscuits	400g	Belmont Digestive	Aldi	€ 0.44	1	1 Week	€ 0.44	€ 0.16				
Cake	550g	Grainne's Tea Room	Aldi	€ 1.99	1	1 Week	€ 1.99	€ 0.73				
Cheese	250g	Irish Vintage White Ch	Aldi	€ 1.59	1	1 Week	€ 1.59	€ 0.58				
Coffee	200g jar	Maxwell house	Tesco	€ 7.99	1	6 Weeks	€ 1.33	€ 1.33				
Coleslaw	400g tub	Country Fresh	Aldi	€ 0.79	2	3 Weeks	€ 0.53	€ 0.15				
Cooking oil	1 litres	Solesta	Aldi	€ 1.49	1	4 Weeks	€ 0.37	€ 0.14				
Turkey	5 slice pack	Deli style	Aldi	€ 0.79	1	1 Week	€ 0.79	€ 0.29				
Corn flakes	500g	Harvest Morn	Aldi	€ 0.99	1	4 Weeks	€ 0.25	€ -				
Crisps	Multipack 12 x 25g	Snackrite	Aldi	€ 2.49	1	3 Weeks	€ 0.83	€ 0.24				
Curry powder	250g tub	Harvet Kitchen	Aldi	€ 2.59	1	12 Weeks	€ 0.22	€ 0.08				
Diluted juice	1.5 litre	Sun Quench	Aldi	€ 1.49	1	4 Weeks	€ 0.37	€ 0.14				
Eggs	18	Mervale	Aldi	€ 1.39	1	3 Weeks	€ 0.46	€ 0.17				
Butter	1 kg tub	Flora	Tesco	€ 4.59	1	3 Weeks	€ 1.53	€ 0.56				
Flour	2 kg	The Pantry	Aldi	€ 0.99	1	10 Weeks	€ 0.10	€ 0.04				
Fish fingers	450g (15)	Northern Catch	Aldi	€ 1.39	2	4 Weeks	€ 0.70	€ -				
Frozen fish (cod)	450g pack	Northern Catch	Aldi	€ 1.99	1	2 Weeks	€ 1.00	€ 1.00				
Gravy	300g tin	Quixo	Aldi	€ 0.79	1	6 Weeks	€ 0.13	€ 0.05				
Ham	10 slices	Brannans	Aldi	€ 2.29	1	1 Week	€ 2.29	€ 0.84				
Hot chocolate	400g tin	The Pantry	Aldi	€ 1.69	1	8 Weeks	€ 0.21	€ 0.08				
Ice-cream	1 litre tub	Daisy's Dairy	Aldi	€ 1.99	1	3 Weeks	€ 0.66	€ 0.24				
Jam (strawberry)	454g jar	Grandessa	Aldi	€ 0.89	1	8 Weeks	€ 0.11	€ 0.04				
Jelly (strawberry)	135g pack	Delicious Deserts	Aldi	€ 0.59	1	1 Week	€ 0.59	€ 0.22				

2018									One Parent	
Item		Brand	Retailer	Unit Price	Quantity	Life Span	Household / week	Indiv per week		
Low-fat yoghurts	4 pack of 125g	Duneeen	Aldi	€ 1.29	3	1 Week	€ 3.87	€ 1.42		
Marmalade	454g jar	Grandessa	Aldi	€ 0.49	1	6 Weeks	€ 0.08	€ 0.03		
Mayonnaise	500ml	Bramwells	Aldi	€ 1.49	1	4 Weeks	€ 0.37	€ 0.14		
Mixed herbs		Aldi	Aldi	€ 0.45	1	33 Weeks	€ 0.01	€ 0.00		
Mixed spices		Aldi	Aldi	€ 0.45	1	33 Weeks	€ 0.01	€ 0.00		
Noodles	65g	Make in a Minute	Aldi	€ 0.15	3	1 Week	€ 0.45	€ 0.16		
Noodles	65g	Make in a Minute	Aldi	€ 0.15	2	1 Week	€ 0.30	€ -		
Orange juice	1 litres	Rio D'ora	Aldi	€ 0.79	2	1 Week	€ 1.58	€ 0.58		
Oven Chips	1.5kg	Champion	Aldi	€ 1.89	1	3 Weeks	€ 0.63	€ 0.23		
Pasta sauce	550g	Cucina	Aldi	€ 1.59	1	1 Week	€ 1.59	€ 0.58		
Chocolate Bars	pack of 6	Dairyfine, Racer	Aldi	€ 0.65	1	2 Weeks	€ 0.33	€ 0.12		
Pepper	50g	Stonemill	Aldi	€ 0.99	1	67 Weeks	€ 0.01	€ 0.01		
Red sauce	560g	Bramwells	Aldi	€ 0.73	1	6 Weeks	€ 0.12	€ 0.04		
Rice	1kg box	Worldwide	Aldi	€ 0.99	1	4 Weeks	€ 0.25	€ 0.09		
Rice Krispies	375g	Harvest Morn	Aldi	€ 0.99	4	5 Weeks	€ 0.79	€ 0.29		
Salmon (tinned)	212g	Ocean Rise	Aldi	€ 1.29	1	1 Week	€ 1.29	€ 0.47		
Sea Salt	700g	Stonemill	Aldi	€ 0.99	1	33 Weeks	€ 0.03	€ 0.01		
Spaghetti	1kg bag	Cucina	Aldi	€ 0.94	1	3 Weeks	€ 0.31	€ 0.11		
Spaghetti hoops	400g tin	Corale	Aldi	€ 0.42	1	1 Week	€ 0.42	€ -		
Stock cubes	80g	Aldi	Aldi	€ 0.99	1	8 Weeks	€ 0.12	€ 0.05		
Sugar	1kg bag	The Pantry	Aldi	€ 1.19	1	17 Weeks	€ 0.07	€ 0.03		
Tea	80 pack	Lyons	Tesco	€ 3.19	1	3 Weeks	€ 1.06	€ 1.06		
Tinned Tomatoes	400g tin	Sweet Harvest	Aldi	€ 0.45	1	1 Week	€ 0.45	€ 0.16		

2018		One Parent										
Item	Brand	Retailer	Unit Price	Quantity	Life Span	Household / week	Indiv per week					
Tuna	160g	Ocean Rise	Aldi	€ 0.69	1	1 Week	€ 0.69	€ 0.25				
Vinegar	568ml	Bramwells	Aldi	€ 0.45	1	17 Weeks	€ 0.03	€ 0.01				
Waffles	680g	Champion	Aldi	€ 0.99	1	2 Weeks	€ 0.50	€ 0.18				
Weetabix	Box of 36	Harvest Morn	Aldi	€ 1.99	1	4 Weeks	€ 0.50	€ 0.18				
Meat												
Beef (stewing)	600g		Aldi	€ 4.79	1	2 Weeks	€ 2.40	€ 0.88				
Chicken fillets	1kg		Aldi	€ 8.49	1	2 Weeks	€ 4.25	€ 1.56				
Mince	800g	Lean Round Mince	Aldi	€ 5.49	1	1 Week	€ 5.49	€ 2.01				
Pork chops	3		Aldi	€ 2.24	1	1 Week	€ 2.24	€ 0.82				
Rashers	250g		Aldi	€ 0.99	1	1 Week	€ 0.99	€ 0.36				
Roast pork	1 fillet (1kg)	Butchers Selection	Aldi	€ 4.89	1	1 Week	€ 4.89	€ 1.79				
Sausages	16 pack	Gold Coin	Aldi	€ 1.39	1	3 Weeks	€ 0.56	€ 0.20				
Milk & Bread												
Brown bread	800g	Ballymore Crust	Aldi	€ 0.79	3	1 Week	€ 2.37	€ 0.87				
Brown bread rolls	pack of 5	Ballymore Crust	Aldi	€ 0.69	1	1 Week	€ 0.69	€ 0.25				
Full-fat milk	2 litres	Clobawn	Aldi	€ 1.49	2	1 Week	€ 2.98	€ 1.09				
Low-fat milk	2 litres	Clobawn	Aldi	€ 1.49	2	1 Week	€ 2.98	€ 1.09				
Scones	Loose	Bakery	Aldi	€ 0.80	4	1 Week	€ 3.20	€ 1.17				
White bread	800g pan	Ballymore Crust	Aldi	€ 0.69	1	2 Weeks	€ 0.35	€ 0.13				
Other												
Indian takeaway			Local takeaway	€ 8.50	3	4 Weeks	€ 5.88	€ 1.68				
Lunch			Local deli	€ 4.50	1	1 Week	€ 4.50	€ -				
Chinese takeaway			Local takeaway	€ 8.50	1	4 Weeks	€ 2.13	€ -				

2018

One Parent

Item	Brand	Retailer	Unit Price	Quantity	Life Span	Household / week	Indiv per week
Christmas			€ 86.92	1	52 Weeks	€ 1.67	€ 0.61

TOTAL	101.10	35.58
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2018

One Parent

Clothing

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Underwear and nightwear						
Bras	Dunnes	Dunnes	€ 8.00	6	52 Weeks	€ 0.92
Pants 4pack	Dunnes	Penny's	€ 4.50	5	52 Weeks	€ 0.43
Socks 5 pack	Penny's	Penny's	€ 2.00	4	52 Weeks	€ 0.15
Tights 2 pack	Penny's	Penny's	€ 4.00	6	52 Weeks	€ 0.46
Vest tops	Penny's	Penny's	€ 5.00	3	52 Weeks	€ 0.29
Pyjamas (one light & one heavy)	Penny's	Penny's	€ 7.00	2	52 Weeks	€ 0.27
Dressing gown	Penny's	Penny's	€ 7.00	1	104 Weeks	€ 0.07
Slippers Pair	Penny's	Penny's	€ 5.00	1	52 Weeks	€ 0.10
Coats and jackets						
Light casual jacket	Atmosphere	Penny's	€ 15.00	1	104 Weeks	€ 0.14
Winter coat	Dunnes	Dunnes	€ 50.00	1	104 Weeks	€ 0.48
Fleece	Dunnes	Dunnes	€ 10.00	1	104 Weeks	€ 0.10
Main clothing						
Jumpers	Dunnes	Dunnes	€ 12.00	3	104 Weeks	€ 0.35
Trousers	Dunnes	Dunnes	€ 10.00	3	104 Weeks	€ 0.29
Jeans	Dunnes	Dunnes	€ 19.00	2	104 Weeks	€ 0.37
Tracksuit bottoms	Dunnes	Dunnes	€ 10.00	2	104 Weeks	€ 0.19
T-shirt	Dunnes	Dunnes	€ 4.00	5	52 Weeks	€ 0.38
Smart top	Dunnes	Dunnes	€ 20.00	1	52 Weeks	€ 0.38
Smart skirt	Dunnes	Dunnes	€ 24.99	1	52 Weeks	€ 0.48
3/4 summer trousers	Atmosphere	Penny's	€ 10.00	2	52 Weeks	€ 0.38

2018

One Parent

Clothing

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Swimsuit	Atmosphere	Penny's	€ 5.00	1	104 Weeks	€ 0.05
Hat, scarf & glove set	Penny's	Penny's	€ 9.50	1	104 Weeks	€ 0.09
Belt 2 pack	Penny's	Penny's	€ 3.00	1	156 Weeks	€ 0.02
Footwear						
Sandals	Dunnes	Dunnes	€ 15.00	1	104 Weeks	€ 0.14
Leather shoes	Clarks	Clarks	€ 60.00	1	104 Weeks	€ 0.58
Trainers	Dunnes	Dunnes	€ 20.00	2	52 Weeks	€ 0.77
Boots		Clarks	€ 100.00	1	156 Weeks	€ 0.64
Flip flops	Penny's	Penny's	€ 2.50	1	52 Weeks	€ 0.05
Personal Accessories						
Purse	Penny's	Penny's	€ 5.00	1	156 Weeks	€ 0.03
Watch	Constant	Argos	€ 11.99	1	260 Weeks	€ 0.05
Battery replacement		Argos	€ 4.00	1	104 Weeks	€ 0.04
Sunglasses	Atmosphere	Penny's	€ 3.00	1	156 Weeks	€ 0.02
Handbag		Penny's	€ 10.00	1	52 Weeks	€ 0.19
Earrings		H. Samuel	€ 19.99	1	260 Weeks	€ 0.08
Drycleaning		Local	€ 14.00	1	52 Weeks	€ 0.27

TOTAL

9.25

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One Parent

Personal Care

Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Personal Hygiene							
Suntan lotion (40+)	200ml	Lacura	Aldi	€ 2.59	1	52 Weeks	€ 0.02
Soap	4pack	Cien	Lidl	€ 0.59	1	8 Weeks	€ 0.02
Sanitary towels	Always Ultra Normal S	Always ultra	Tesco	€ 2.95	1	4 Weeks	€ 0.68
Tampons	Tampax Pearl Super Tz	Tampax	Tesco	€ 5.00	1	4 Weeks	€ 1.15
Toothpaste	100ml	Colgate	Lidl	€ 1.39	1	2 Weeks	€ 0.70
Toothbrush	2 pack	Dentalux	Lidl	€ 0.99	1	13 Weeks	€ 0.08
Hairbrush	Standard hairbrush	Pennys	Pennys	€ 3.00	1	52 Weeks	€ 0.06
Shampoo	Moisture Rich Luxuriol	Tresemme	Tesco	€ 5.82	1	2 Weeks	€ 0.73
Conditioner	Moisture Rich Luxuriol	Tresemme	Tesco	€ 5.82	1	2 Weeks	€ 0.73
Shower gel	250ml	Cien	Lidl	€ 0.69	1	2 Weeks	€ 0.09
Disposable razors	3pack	Cien	Lidl	€ 1.69	1	10 Weeks	€ 0.17
Deodorant		cien	Lidl	€ 0.89	1	4 Weeks	€ 0.22
Shaving cream	300ml	Cien Men	Lidl	€ 0.59	1	8 Weeks	€ 0.07
Haircut: woman			Local hairdresser	€ 20.00	3	52 Weeks	€ 1.15
Tweezers	2 pack	Miomare	Lidl	€ 3.59	1	520 Weeks	€ 0.01
Nail Clippers	Boots Finger Nail Clipp	Boots	Boots	€ 1.99	1	520 Weeks	€ 0.00
Toilet bag	Toiletry Bag	Pennys	Pennys	€ 5.00	1	260 Weeks	€ 0.02
Cosmetics							
Moisturiser	Nivea Soft Intensive M	Nivea	Tesco	€ 3.89	3	52 Weeks	€ 0.22
Body lotion (200ml)	Intensive Care Essential	Vaseline Int care	Tesco	€ 4.65	3	52 Weeks	€ 0.27
Lipstick	Sheer Natural Lipstick	Natural collection	Boots	€ 3.29	1	26 Weeks	€ 0.13

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One Parent

Personal Care

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Mascara	Extra Super Lash Masc	Rimmel	Boots	€ 6.99	1	17 Weeks	€ 0.40
Foundation	40ml Long Lasting Four	Natural collection	Boots	€ 3.79	2	52 Weeks	€ 0.15
Eye shadow	Mono Eyeshadow	Natural collection	Boots	€ 2.79	1	52 Weeks	€ 0.05
Perfume	Coty L'Aimant Parfum	Laimant	Boots	€ 13.00	1	52 Weeks	€ 0.25
Total						7.36	

2018

One Parent

Health

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Over the counter health items						
Family first aid kit	Boots essential first aid	Boots	€ 8.99	1	260 Weeks	€ 0.03
Waterproof plasters 40 pack	Waterproof	Tesco	€ 1.09	2	52 Weeks	€ 0.01
Paracetamol Box of 24		Local chemist	€ 2.50	2	52 Weeks	€ 0.10
Thermometer	Omrom Eco Temp Bas	Boots	€ 6.69	1	260 Weeks	€ 0.03
Cough mixture 125ml	Benalin	Local chemist	€ 6.00	3	52 Weeks	€ 0.09
Main Care						
GP		Local doctor	€ 55.00	3	52 Weeks	€ 3.17
Dentist (exam, scale and polish)		Local dentist	€ 90.00	1	52 Weeks	€ 1.73
Optician		Local optician	€ 30.00	1	104 Weeks	€ 0.29
Prescriptions (Contraception)	Nordiy	Pharmacy	€ 24.92	2	52 Weeks	€ 0.96
Prescriptions		Pharmacy	€ 11.38	1	52 Weeks	€ 0.22
Total						6.62

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Lounge/Dining Furniture						
Coffee table	Argos Home Matrix Cc	Argos	€49.99	1	520 Weeks	€0.10
Kitchen/dining table & 4 chairs	Hygena Lido Glass Tab	Argos	€199.00	1	780 Weeks	€0.26
Television stand	Longbow TV Unit	Bargaintown	€49.00	1	520 Weeks	€0.09
3 piece suite	Argos Home Tessa Pai	Argos	€769.00	1	780 Weeks	€0.99
Computer Desk	Argos Home Lawson C	Argos	€64.99	1	520 Weeks	€0.12
Bookshelf	Argos Home Verona 4	Argos	€16.99	1	520 Weeks	€0.03
Bedroom furniture						
Double Bed	Argos Home Freja Dou	Argos	€89.00	1	624 Weeks	€0.14
Double mattress	Airsprung EssentialsNe	Argos	€109.00	1	520 Weeks	€0.21
Chest of drawers	Argos Home Jenson 3	Argos	€99.99	1	780 Weeks	€0.13
Bedside locker	Argos Home New Mal	Argos	€49.00	2	780 Weeks	€0.13
Wardrobe	Argos Home Seville 3 [Argos	€199.00	1	780 Weeks	€0.26
Bathroom cabinet	Argos Home 4 Drawer	Argos	€45.00	1	780 Weeks	€0.06
Floor coverings						
Kitchen, Lino (28 sq. yard)	Harlem, Supplied & Fitt	Des Kelly	€307.72	1	780 Weeks	€0.39
Bathroom, Lino (10 sq. yard)	Harlem, Supplied & Fitt	Des Kelly	€109.99	1	780 Weeks	€0.14
Bedroom, Carpet (21 sq. yards)	Liffey Twist, Felt back, ‡	Des Kelly	€310.38	1	520 Weeks	€0.60
Lounge, Carpet (29 sq. yards)	Berwick Soft Saxony, F	Des Kelly	€501.12	1	364 Weeks	€1.38
Hall, Stairs and Landing, Carpet (27 sq. yard)	Montmarte, Felt Back, ‡	Des Kelly	€387.18	1	520 Weeks	€0.74
Textiles and soft furnishings						
Double Duvet- heavy tog	Winter Warm 13.5 To	Guineys	€20.00	1	260 Weeks	€0.08

2018

One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Double duvet- light tog	Summer Weight 4.5 T	Guineys	€14.99	1	260 Weeks	€0.06
Double quilt cover & 2 pillowcases	Maximal Floral Double	Penny's	€16.00	2	312 Weeks	€0.10
Double fitted sheets	Penny's	Penny's	€7.50	2	260 Weeks	€0.06
Pillows	Simple Value Pair of Pil	Argos	€4.99	1	208 Weeks	€0.02
Hand towels	Single towel, Pennys Br	Penny's	€2.50	2	52 Weeks	€0.10
Face cloths	Pack of 3	Penny's	€2.00	3	52 Weeks	€0.03
Bath towels	Super Soft 100% Cottc	Kavanaghs	€5.00	2	52 Weeks	€0.19
tea towels 3pk	dunnes	dunnes	€3.00	5	52 Weeks	€0.29
Bath mat set	CoLourMatch Bath anc	Argos	€10.00	1	780 Weeks	€0.01
Cushion & cover set	Brown Flower Cushior	Kavanaghs	€6.00	2	260 Weeks	€0.05
Curtains, Blinds, etc.						
Lounge, Blind (90 x 72 inches)	Argos Home Dublin R	Argos	€38.00	1	416 Weeks	€0.09
Bedroom 1 , Blind	ColourMatch Blackout	Argos	€12.00	1	416 Weeks	€0.03
Bathroom, Blind (120x158cm)	Argos Home Blackour	Argos	€19.00	1	624 Weeks	€0.03
Lounge, Curtain (90 x 72 inches)		homestore and more	€28.79	1	624 Weeks	€0.05
Bedrooms, Curtain		homestore and more	€28.79	1	624 Weeks	€0.05
Patio door, Curtain (68 x 84 inches)		homestore and more	€24.00	1	624 Weeks	€0.04
Curtain Pole and Fittings (8 feet)	Argos Home Ext Metal	Argos	€9.00	1	1,040 Weeks	€0.01
Curtain Pole and fittings for patio door (6 feet)	Argos Home Ext Metal	Argos	€9.00	1	1,040 Weeks	€0.01
Curtain Pole and fittings for bedrooms (4 feet)	Argos Home Ext Metal	Argos	€9.00	1	1,040 Weeks	€0.01
Curtain hooks	200pk	Argos	€6.50	1	1,040 Weeks	€0.01
Lampshades	Linen Empire Shade, m	Dunnes	€6.00	5	780 Weeks	€0.04

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Standing lamp	Phoenix Lamp	Dunnes	€10.00	1	780 Weeks	€0.01
Gas and electrical appliances						
Television 32" (Saorview enabled)	PANASONIC 32" 720I	Powercity	€229.99	1	520 Weeks	€0.44
Fridge/freezer	Simple Value M48145F	Argos	€219.99	1	520 Weeks	€0.42
Electric cooker	BEKO 50CM TWIN C.	Powercity	€249.95	1	520 Weeks	€0.48
Washing machine	BEKO 5KG WASHINC	Powercity	€199.95	1	416 Weeks	€0.48
Hairdryer	Remington Power Dry	Argos	€16.99	1	520 Weeks	€0.03
Iron	Steamworks ES2325 St	Argos	€16.99	1	260 Weeks	€0.07
Vacuum cleaner	Bush VCS35B15KD Ba	Argos	€48.99	1	520 Weeks	€0.09
Lawnmower	Challenge Corded Hov	Argos	€59.99	1	520 Weeks	€0.12
Kettle	Simple Value Cordless	Argos	€7.49	1	260 Weeks	€0.03
Blender	Breville VBL075 Blend .	Argos	€27.99	1	520 Weeks	€0.05
Microwave	POWERPOINT 700 V	Powercity	€59.95	1	520 Weeks	€0.12
Toaster	Simple Value 2 Slice Tc	Argos	€9.49	1	520 Weeks	€0.02
Kitchen and hardware						
Crockery set	Simple Value 12 Piece I	Argos	€9.99	1	260 Weeks	€0.04
Coffee mugs (6 per set)	Simple Value Set of 6 F	Argos	€7.50	1	104 Weeks	€0.07
Tea pot	Reno Teapot	Dunnes	€10.00	1	780 Weeks	€0.01
Ovenproof dish set	Pyrex 3 Piece Clear Ca	Argos	€23.00	1	780 Weeks	€0.03
Egg cups (set of 4)	Simply White Egg Cup:	Dunnes	€5.00	1	780 Weeks	€0.01
Glasses set	Set of 4 Glasses	Guineys	€5.95	2	260 Weeks	€0.05
Cutlery set	Simple Value Venice 24	Tesco	€15.50	1	520 Weeks	€0.03

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Mixing bowl	Tesco Basics Mixing Bo	Tesco	€2.00	1	780 Weeks	€0.00
Non-stick baking Tray	Dunnes Brand Non stir	Dunnes	€8.00	1	780 Weeks	€0.01
Kitchen scales	Simple Value Mechanic	Argos	€7.50	1	780 Weeks	€0.01
Colander	Tesco Basics Colander	Tesco	€2.25	1	780 Weeks	€0.00
Saucepan set(5 piece)	Non-Stick Carbon Stee	Argos	€38.00	1	520 Weeks	€0.07
Knife set (5 piece)	Simple Value 5 Piece Ki	Argos	€10.00	1	520 Weeks	€0.02
Utensil set & stand	ColourMatch 16 Piece	Argos	€5.99	1	780 Weeks	€0.01
Tin opener	Tesco Stainless Steel	Tesco	€6.00	1	260 Weeks	€0.02
Potato peeler	Tesco Stainless Steel	Tesco	€4.50	1	260 Weeks	€0.02
Corkscrew	Tesco Stainless Steel	Tesco	€4.50	1	780 Weeks	€0.01
Kitchen scissors	Tesco All Purpose Scis	Tesco	€3.50	1	780 Weeks	€0.00
Wooden spoon set	Tesco Basics Fsc Woo	Tesco	€1.75	1	156 Weeks	€0.01
Whisk	Tesco Stainless Steel W	Tesco	€4.50	1	780 Weeks	€0.01
Chopping board	Tesco Basics All Purpo	Tesco	€3.00	2	780 Weeks	€0.01
Vacuum flask		Dunnes	€8.00	1	1,040 Weeks	€0.01
Candles	Tesco 6 Pack Dinner C	Tesco	€4.00	1	156 Weeks	€0.03
Cling film		Dealz	€1.50	5	52 Weeks	€0.14
Tin foil		Dealz	€1.50	5	52 Weeks	€0.14
Ironing board	Simple Value 118 x 34	Argos	€15.00	1	780 Weeks	€0.02
Clothes airer	Guineys Brand Clothes	Guineys	€12.95	1	780 Weeks	€0.02
Washing line		Dunnes	€4.00	1	780 Weeks	€0.01
Clothes pegs	Wooden Pegs, Pack of	Dunnes	€3.00	1	104 Weeks	€0.03

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Laundry basket	Pennys	Pennys	€5.00	1	260 Weeks	€0.02
Tablemats	Small Stitch Placemat	Dunnes	€3.00	1	520 Weeks	€0.01
Hand torch		Dealz	€1.50	1	520 Weeks	€0.00
Other Household Items:						
Reusable shopping bag	Tesco Finest Reusable I	Tesco	€1.25	4	208 Weeks	€0.02
Suitcase	Max Lightweight Two	Dunnes	€55.00	2	520 Weeks	€0.11
Alarmclock	Constant Elliptical Alarr	Argos	€5.99	1	520 Weeks	€0.01
Umbrella	Penny's Black Umbrella	Penny's	€4.00	1	52 Weeks	€0.08
Stationary and paper goods:						
Birthday cards	2 for the price of 1	Dealz	€1.50	2	52 Weeks	€0.06
Christmas cards	Box of 30	Dealz	€1.50	2	52 Weeks	€0.06
Other occasion cards	2 for the price of 1	Dealz	€1.50	3	52 Weeks	€0.09
Christmas wrapping paper	Roll (3m)	Dealz	€1.50	2	52 Weeks	€0.06
Gift wrap	Sheets	Dealz	€1.50	4	52 Weeks	€0.12
Envelopes	65 Packet	Dealz	€1.50	1	52 Weeks	€0.03
Writing pad	Monochrome A4 Desig	Dealz	€1.50	1	52 Weeks	€0.03
Scissors	"6 all purpose scissors	Dealz	€1.50	1	260 Weeks	€0.01
Sellotape	Sellotap 24x50metres	Dealz	€1.50	1	52 Weeks	€0.01
Pens	Bic Round Stic Black Pe	Dealz	€1.50	1	52 Weeks	€0.01
Lighter	utility lighter	Dealz	€1.50	1	52 Weeks	€0.03
Home Security:						
Smoke Alarm		Fitted in home	€0.00	1	520 Weeks	€0.00

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Fire Blanket	Kidde Fire Blanket	Argos	€31.99	1	416 Weeks	€0.08
Fire Extinguisher	Lifesaver Fire Extinguisher	Argos	€18.99	1	416 Weeks	€0.05
Carbon Monoxide Alarm		Fitted in home	€0.00	1	520 Weeks	€0.00
Toilet paper and cleaning materials:						
Toilet paper	Saxon (9)	Aldi	€2.29	1	1 Week	€0.57
Toilet brush set	Toilet brush with holdii	Dealz	€1.50	1	52 Weeks	€0.03
Stain remover	Vanish Oxi Action Stain Remover	Tesco	€6.08	1	52 Weeks	€0.12
Washing up liquid	Magnum, 1 L	Aldi	€0.99	2	6 Weeks	€0.33
Clothes washing detergent	Alamat Non-Bio, 42 Washes	Aldi	€3.29	1	6 Weeks	€0.55
Bleach	Powerforce, 750ml	Aldi	€0.62	1	4 Weeks	€0.16
Toilet cleaner	Powerforce, 1 litre	Aldi	€0.99	1	2 Weeks	€0.50
Furniture polish	Powerforce, 300ml	Aldi	€0.49	1	26 Weeks	€0.02
Disinfectant	Dettol Surface Disinfectant	Tesco	€4.19	1	26 Weeks	€0.16
Shoe polish	Punch Paste Polish	Tesco	€1.15	1	52 Weeks	€0.02
Dish cloths	Powerforce (10)	Aldi	€0.69	2	104 Weeks	€0.01
Household gloves	Powerforce (1 pack)	Aldi	€0.49	1	52 Weeks	€0.01
Refuse sacks	Killeen - 20X50L	Lidl	€1.55	1	5 Weeks	€0.08
Bucket		Dunnes	€15.00	1	260 Weeks	€0.06
Mop		Dunnes	€6.00	1	26 Weeks	€0.23
Dust pan & brush		Dealz	€1.50	1	104 Weeks	€0.01
Scrubbing brush with handle		Dunnes	€2.50	1	104 Weeks	€0.02
Washing up brush	Dishmatic Classic Fill H	Dealz	€1.50	2	52 Weeks	€0.06

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One Parent

Household Goods

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Dustbin	waste bin 11"	Dealz	€1.50	2	104 Weeks	€0.03
Broom	Tesco Brand	Tesco	€4.50	1	260 Weeks	€0.02
Compost bin		DCC	€0.00	1	1,040 Weeks	€0.00
Batteries	Kodak Aa Alkaline Batt	Dealz	€1.50	3	52 Weeks	€0.09
Tools						
Garden tool set	Argos Challenge 5 Piec	Argos	€31.99	1	780 Weeks	€0.04
Home tool set	Onsite 14 Piece Home	Woodies	€19.99	1	520 Weeks	€0.04
Pack of nails	Box	Local Hardware	€3.00	1	520 Weeks	€0.01
Plunger		Local Hardware	€4.50	1	520 Weeks	€0.01
Light bulbs	Philips 8W LED (60W	Tesco	€6.00	6	364 Weeks	€0.10
Extention lead	Masterplug 4 Socket 1	Argos	€6.99	1	520 Weeks	€0.01
Paint						
Paint, roller set, 9"	Basics 9" Roller Set	Woodies DIY	€5.00	1	260 Weeks	€0.00
Paint brushes, 5 set	Basics 5 Piece Paint Br	Woodies DIY	€6.99	1	260 Weeks	€0.01
Paint,emulsion	Dulux 2.5lt Vinyl Soft S	Woodies DIY	€29.99	6	260 Weeks	€0.35
Paint, gloss	Dulux 2.5lt Stay White	Woodies DIY	€24.99	6	260 Weeks	€0.29
Total						15.06

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One Parent

Household Services

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Window cleaning			€0.00	1	13 Weeks	€0.00
Waste charge	Eco band	Thornton's	€210.00	1	52 Weeks	€4.04
Boiler Service	Bord Gais	Bord Gais	€99.00	1	52 Weeks	€1.90
Total						5.94

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One Parent

Communications

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Post						
Stamps	National	An Post	€1.00	10	52 Weeks	€0.19
Stamps	International	An Post	€1.80	5	52 Weeks	€0.17
Phone						
Mobile phone	Samsung	Eir	€129.99	1	156 Weeks	€0.83
Phone credit		Eir	€20.00	1	4 Weeks	€4.62
Internet						
Broadband	100 Mbps	Vodaphone	€40.83	1	4 Weeks	€9.42
Connection, Activation and delivery fee		Vodaphone	€0.00	1	156 Weeks	€0.00
Total						15.24

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One Parent

Social Inclusion

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Exercise / Sport						
Aerobics: woman	Part of year	Local school	€8.50	36	52 Weeks	€5.88
Swimming, woman		Local swimming pool	€7.50	12	52 Weeks	€1.73
Family Outings						
Adult	Family meal	Mc Donald's	€7.80	4	52 Weeks	€0.60
Cinema	Family trip	Vue Cinema	€12.74	3	52 Weeks	€0.74
Zoo visit	Family ticket	Dublin Zoo	€17.50	1	52 Weeks	€0.34
Pantomime	Family trip	The Gaiety	€35.00	1	52 Weeks	€0.67
Holiday						
1 Week in Tramore						
Dublin-Waterford	Adult return	Irish rail	€43.35	1	52 Weeks	€0.83
Mobile home to rent	Fitzmaurice's Caravan 18 Aug - 25 Aug		€589.00	1	52 Weeks	€11.33
Spending money			€80.00	1	52 Weeks	€1.54
Waterford -Tramore	Adult return	Bus Eireann	€6.50	1	52 Weeks	€0.13
Household items						
Artificial Christmas tree & stand	Home 5ft Christmas T1	Argos	€19.00	1	520 Weeks	€0.04
Balloons	Pack	Dealz	€1.50	1	52 Weeks	€0.03
Booth photographs	set of 4	Local chemist	€6.00	2	520 Weeks	€0.02
Christmas tree lights	Set of 200	Argos	€19.99	1	260 Weeks	€0.08
Christmas tree decorations	Home 100 piece Chris	Argos	€10.99	1	260 Weeks	€0.04
Deck of playing cards	Playing Cards Pack	Smyths	€1.99	1	260 Weeks	€0.01
Game set (10 in 1)	Chad Valley 40 Classic	Argos	€14.99	1	520 Weeks	€0.03
Evergreen shrubs	Euonymus Fortunei Err	Woodies DIY	€9.99	4	520 Weeks	€0.08

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One Parent

Social Inclusion

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Film processing	100 photos (Photo 15)	Boots	€8.50	1	52 Weeks	€0.16
Christmas Wreath	Berry and Pine Cone	Argos	€13.00	1	260 Weeks	€0.05
Games Console	Xbox One S 1TB Sea c	Smyths	€279.99	1	260 Weeks	€1.08
Television Licence		An Post	€160.00	1	52 Weeks	€3.08
Newspapers, Books & Magazines						
Bible	DLT	Veritas	€11.95	1	1,040 Weeks	€0.01
Calendar	Jane Russ		€9.80	1	52 Weeks	€0.19
Cookery book	Christopher Trotter	Easons	€8.39	1	1,040 Weeks	€0.01
First Aid Book	DK	Easons	€19.60	1	364 Weeks	€0.05
Novel book	OH MY GOD, WHAT	Easons	€9.99	2	52 Weeks	€0.38
Sunday Newspaper		Local Newsagent	€3.20	1	1 Week	€3.20
Socialising						
Babysitting			€50.00	4	52 Weeks	€3.85
Parent - night out/ socialising			€50.00	5	52 Weeks	€4.81
Total						€40.97

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One Parent

Education

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Computer Equipment						
Laptop	DELL Inspiron 15 5000	PC World	€479.99	1	260 Weeks	€1.85
Printer	HP Deskjet 2632	Argos	€31.99	1	520 Weeks	€0.06
A4 Paper	A4 Hp Everyday 75Gsr	Easons	€3.99	2	52 Weeks	€0.15
Ink Cartridge	HP Deskjet 2632	Argos	€13.99	3	52 Weeks	€0.81
Microsoft Office Package	Microsoft	PC World	€159.99	1	260 Weeks	€0.62
Total						€3.48

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One Parent

Transport

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Public Transport (2 adults)						
Weekly Leap Card Cap	Dublin Bus		€27.50	1	1 Week	€27.50
					Total	€27.50

Private Transport

Ford Focus	1.6 Diesel, 151 Reg	SIMI Dealer Ireland	€8,888.67	1	312 Weeks	€28.49
Car Tax	Based on engine size and carbon emissions		€190.00	1	52 Weeks	€3.65
NCT			€55.00	1	104 Weeks	€0.53
Annual Service		Local	€180.00	1	52 Weeks	€3.46
Maintenance	Allowance for periodic replacement of bulbs, v		€118.00	1	52 Weeks	€2.27
Driving Licence		NDLS	€55.00	1	520 Weeks	€0.11
Parking Allowance			€5.00	1	1 Week	€5.00
Diesel			€1.35	17.5	1 Week	€23.61
					Total	€67.12

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One Parent

Household Energy

Item	Brand	Retailer	Unit Price	Quantity	Life Span	Cost (Week)
Electricity						
Units	Dual Fuel - direct deb	Discounted unit rate	Energia	€ 0.15	63.5	1 Week € 9.66
Standing Charge	Urban	Energia	€ 171.33	1	52 Weeks	€ 3.29
PSO			€ 47.34	1	52 Weeks	€ 0.91
Electricity Total						13.87
Gas						
Units	Standard unit price	Energia	€ 0.05	13,300	52 Weeks	€ 12.23
Carbon Tax			€ 0.00	13,300	52 Weeks	€ 1.07
Standing Charge		Energia	€ 103.87	1	52 Weeks	€ 2.00
Gas Total						15.30
Total						29.17

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One Parent

Personal Costs

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Unemployed						
Passport Fee		Passport Office	€75.00	1	520 Weeks	€0.14
Donations to charity			€2.00	1	1 Week	€2.00
Bank Account	Current Account	Permanent TSB	€48.00	1	52 Weeks	€0.92
Trade Union Subscription (n/a)	None					
Total						€3.07
Employed Full-Time						
Passport Fee		Passport Office	€75.00	1	520 Weeks	€0.14
Donations to charity			€2.00	1	1 Week	€2.00
Bank Account	Current Account	Permanent TSB	€48.00	1	52 Weeks	€0.92
Trade Union Subscription	Full-time	Mandate	€4.00	1	1 Week	€4.00
Total						€7.07
Employed Part-Time						
Passport Fee		Passport Office	€75.00	1	520 Weeks	€0.14
Donations to charity			€2.00	1	1 Week	€2.00
Bank Account	Current Account	Permanent TSB	€48.00	1	52 Weeks	€0.92
Trade Union Subscription	Part-time	Mandate	€4.00	1	1 Week	€4.00
Total						€7.07

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One Parent

Insurance

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Home Contents Insurance		Liberty	€107.46	1	52 Weeks	€2.07
Health Insurance	Company Plan Starter	VHI	€675.89	1	52 Weeks	€13.00
Health Insurance Excess			€25.00	1	52 Weeks	€0.48
GP Visit Refund			-€25.00	3	52 Weeks	-€1.44
Dental Refund			-€25.00	1	52 Weeks	-€0.48
Optician Refund			-€50.00	1	104 Weeks	-€0.48
Chiropodist Refund			-€25.00	0	52 Weeks	€0.00
Car Insurance	Comprehensive		€782.26	1	52 Weeks	€15.04
Total						€28.18

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One Parent

Savings

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Life Assurance		Zurich	€13.14	1	4 Weeks	€3.03
Contingencies / Emergencies			€10.00	1	1 Week	€10.00
Total						€13.03