

Pensioner, Living Alone

Rural

Weekly Individualised Expenditure

Mar 2012

Food	€	67.75
Fruit & Vegetables	€	16.48
Groceries	€	21.70
Meat	€	12.32
Milk & Bread	€	6.84
Other	€	10.42
Clothing	€	12.21
Clothes	€	8.42
Footwear	€	2.89
Accessories	€	0.85
Personal Care	€	10.23
Personal Hygiene	€	8.30
Cosmetics	€	1.94
Health	€	8.06
Over the counter items	€	0.61
Health care services	€	7.45
Household Goods	€	19.01
Furnishings	€	8.85
Appliances	€	2.81
Kitchen items	€	0.97
Cleaning & maintenance	€	4.77
Miscellaneous items	€	1.59
Household Services	€	7.84
Communications	€	13.91
Social Inclusion & Participation	€	41.16
Exercise / Sport Activities	€	7.32
Pet	€	4.77
Holiday	€	6.51
Household items	€	4.77
Newspapers, Books & Magazines	€	10.64
Socialising	€	7.14

Education	€	-
Uniforms	€	-
Books, Stationary, etc.	€	-
Computer Equipment	€	-
Other Education Costs	€	-
Transport (Public)	€	-
Transport (Private)	€	57.17
Household Energy	€	61.17
Electricity	€	16.77
Heating	€	44.40
Personal Costs	€	4.68
Childcare		N/A
Insurance	€	35.91
Home Contents	€	4.24
Health	€	26.20
Car	€	5.47
Savings & Contingencies	€	10.00

Pensioner, Living Alone

Food							Rural	Rural
							Mar 2012	Mar 2012
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	Cost / Week	
							Female	Male
Fruit & Vegetables								
† Apples		Local		4	1 Week	€ 2.00	€ 2.05	
† Bananas	1kg	Local		1	1 Weeks	€ 1.14	€ 1.17	
† Cabbage	head	Local		1	1 Week	€ 1.24	€ 1.26	
§ Carrots	1kg	Aldi	€ 0.99	1	2 Weeks	€ 0.50	€ 0.51	
† Cauliflower		Local		1	1 Week	€ 1.47	€ 1.50	
§ Cucumber		Aldi	€ 0.69	1	1 Week	€ 0.69	€ 0.70	
§ Dried apricots	250g	Tesco Whole Foods	€ 2.99	1	6 Weeks	€ 0.50	€ 0.51	
§ Frozen bag of broccoli	1kg	Four Seasons	€ 1.35	1	3 Weeks	€ 0.45	€ 0.46	
† Lettuce		Local		1	1 Week	€ 0.87	€ 0.89	
§ Mushrooms	250g	Aldi	€ 0.99	1	2 Weeks	€ 0.50	€ 0.51	
§ Onions	1kg	Aldi	€ 0.79	1	4 Weeks	€ 0.20	€ 0.20	
† Oranges		Local		4	1 Week	€ 2.00	€ 2.05	
§ Peas	420g	Sweet Harvest	€ 0.49	1	1 Week	€ 0.49	€ 0.50	
§ Pears		Aldi	€ 0.49	2	1 Week	€ 0.98	€ 1.00	
Potatoes		Roosters	€ 0.26	8	1 Week	€ 2.11	€ 2.16	
§ Tomatoes	6 pack	Aldi	€ 1.29	1	2 Weeks	€ 0.65	€ 0.66	
§ Turnip		Aldi	€ 0.35	1	1 Week	€ 0.35	€ 0.36	
Groceries								
§ Bag of sweets	200g	Dominion	€ 0.99	1	1 Week	€ 0.99	€ 1.01	
§ Beans	420g	Corale	€ 0.47	1	1 Week	€ 0.47	€ 0.48	
§ Biscuits	400g	Belmont	€ 0.49	1	1 Week	€ 0.49	€ 0.50	
§ Bran flakes	750g	Harvest Morn	€ 1.19	1	2 Weeks	€ 0.60	€ 0.61	
§ Cheese	8 slices	Cowbelle	€ 0.85	1	2 Weeks	€ 0.43	€ 0.43	
§ Chocolate Bars	9 pack	Eat Me Carmel	€ 1.09	1	2 Weeks	€ 0.55	€ 0.56	
† Coffee	200g	Maxwell House	€ 6.24	1	4 Weeks	€ 1.65	€ 1.69	

Pensioner, Living Alone

							Rural	Rural
							Mar 2012	Mar 2012
Food								
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	Cost / Week	
§ Coleslaw	400g	Country Fresh	Aldi	€ 1.29	1	2 Weeks	€ 0.65	€ 0.66
§ Cranberry Juice	1 litre	Rio D'Ora	Aldi	€ 0.89	1	1 Week	€ 0.89	€ 0.91
§ Cream crackers	300g	Savour Bakes	Aldi	€ 0.39	1	6 Weeks	€ 0.07	€ 0.07
§ Custard	425g	Delicious Desserts	Aldi	€ 0.65	1	1 Week	€ 0.65	€ 0.66
§ Eggs	Tray of 18	Mervale	Aldi	€ 2.59	1	6 Weeks	€ 0.43	€ 0.44
§ Flora light	1kg	Flora	Tesco	€ 4.29	1	4 Weeks	€ 1.07	€ 1.10
§ Frozen fish	450g	Northern Catch	Aldi	€ 2.69	1	2 Weeks	€ 1.35	€ 1.37
§ Frozen oven chips	1.5kg	Champion	Aldi	€ 0.99	1	4 Weeks	€ 0.25	€ 0.25
§ Gravy	300g	Bisto	Aldi	€ 1.99	1	9 Weeks	€ 0.23	€ 0.23
§ Ham	8 slices	Brannans	Aldi	€ 0.88	1	2 Weeks	€ 0.44	€ 0.45
§ Ice Cream	1 litre	Gianni's	Aldi	€ 1.45	1	4 Weeks	€ 0.36	€ 0.37
§ Jelly	135g	Hartleys	Aldi	€ 0.49	1	1 Week	€ 0.49	€ 0.50
§ Low-fat yoghurts	125g	Duneen	Aldi	€ 0.37	4	1 Week	€ 1.48	€ 1.51
§ Marmalade	454g	Grandessa	Aldi	€ 0.65	1	4 Weeks	€ 0.16	€ 0.17
§ Mayonnaise	500ml	Bramwells	Aldi	€ 1.15	1	6 Weeks	€ 0.19	€ 0.20
§ Pasta	1kg	Cucina	Aldi	€ 0.95	1	4 Weeks	€ 0.24	€ 0.24
§ Pasta sauce	320g	Cucina	Aldi	€ 0.99	1	2 Weeks	€ 0.66	€ 0.67
§ Pepper	25g	Stone Mill	Aldi	€ 0.89	1	52 Weeks	€ 0.02	€ 0.02
§ Porridge	1.5kg	Kavanaghs	Aldi	€ 1.39	1	4 Weeks	€ 0.35	€ 0.35
§ Salmon	212g	Ocean Rise	Aldi	€ 0.99	1	1 Week	€ 0.99	€ 1.01
§ Salt	750g	Stone Mill	Aldi	€ 0.45	1	56 Weeks	€ 0.01	€ 0.01
§ Sugar	1kg	The Pantry	Aldi	€ 1.19	1	26 Weeks	€ 0.05	€ 0.05
§ Sunflower cooking oil	1 litre	Solesta	Aldi	€ 1.59	1	4 Weeks	€ 0.40	€ 0.41
§ Sweetcorn	325g	Sweet Harvest	Aldi	€ 0.54	1	1 Week	€ 0.54	€ 0.55
§ Swiss Roll		Byrnes Bakery	Aldi	€ 2.19	1	1 Week	€ 2.19	€ 2.24
† Tea bags	80 bags	Lyons	Tesco / Supervalu	€ 3.19	1	3 Weeks	€ 1.06	€ 1.09
§ Tin of mixed herbs	11g	Stone Mill	Aldi	€ 0.59	1	26 Weeks	€ 0.02	€ 0.02

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							Rural	Rural
							Mar 2012	Mar 2012
Food								
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	Cost / Week	
§ Tinned tomatoes	400g	Sweet Harvest	Aldi	€ 0.49	1	2 Weeks	€ 0.25	€ 0.25
§ Tuna	185g	Ocean Rise	Aldi	€ 0.59	1	1 Week	€ 0.59	€ 0.60
§ Vinegar	568ml	Bramwells	Aldi	€ 0.37	1	17 Weeks	€ 0.02	€ 0.02
Meat								
† Chicken breast	2 pack		Local Butcher		1	1 Week	€ 1.30	€ 1.33
† Mince steak	500g		Local Butcher		1	2 Weeks	€ 1.52	€ 1.56
Mixed pudding	227g	Denny	Tesco	€ 1.65	1	2 Weeks	€ 0.84	€ 0.86
§ Pork chops	2 pack (348g)		Local Butcher	€ 3.19	1	4 Weeks	€ 0.80	€ 0.81
† Roast Beef	2lb		Local Butcher		1	2 Weeks	€ 5.13	€ 5.24
§ Rashers	250g	Lidl	Lidl	€ 1.24	1	2 Weeks	€ 0.62	€ 0.63
§ Sausages	454g pack	Lidl	Lidl	€ 1.29	1	4 Weeks	€ 0.32	€ 0.33
† Stewing steak, beef	346g		Local Butcher		1	2 Weeks	€ 1.52	€ 1.55
Milk & Bread								
Brown bread		Mac Cambridge	Tesco	€ 1.29	1	1 Week	€ 1.31	€ 1.34
† Brown bread	800g		Local		1	1 Week	€ 1.99	€ 2.04
§ Brown bread rolls	Loose	Tesco	Tesco	€ 0.39	2	1 Week	€ 0.78	€ 0.80
† Low-fat milk	2 litres		Local		1	1 Week	€ 1.91	€ 1.95
§ Scones	Loose	Bakery	Lidl	€ 0.35	2	1 Week	€ 0.70	€ 0.71
Other								
Extra for visitors				€ 10.00	1	1 Week	€ 10.20	€ 10.42
Total							€ 66.34	€ 67.75

§ 2012 Review adjustments & additions

† Item priced in Demeber 2009

Pensioner, Living Alone

Rural

Clothing

Mar 2012

Item		Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Underwear and nightwear						
* Bras, cotton & underwired		Dunnes	€ 7.00	4	52 Weeks	€ 0.39
* Knickers, cotton		Dunnes	€ 1.50	8	52 Weeks	€ 0.17
§ Shape Control Underwear		Marks & Spencer	€ 27.00	2	104 Weeks	€ 0.52
* Half slip		Dunnes	€ 7.00	2	52 Weeks	€ 0.20
† Thermal vest		Local				€ 0.51
† Long johns		Local				€ 0.53
* Tights	Pack of 2	Penny's	€ 2.50	1	4 Weeks	€ 0.42
* Cotton socks	Pack of 5	Penny's	€ 5.00	1	26 Weeks	€ 0.14
* Dressing gown		Penny's	€ 12.00	1	156 Weeks	€ 0.06
* Light night dress		Penny's	€ 5.00	2	104 Weeks	€ 0.07
* Winter night dress		Penny's	€ 8.00	2	104 Weeks	€ 0.11
* Pyjamas		Penny's	€ 8.00	2	104 Weeks	€ 0.11
Coats, jackets						
§ Winter coat, 3/4 length		Marks & Spencer	€ 109.00	1	312 Weeks	€ 0.35
* Water resistant anorak		Dunnes	€ 12.00	1	156 Weeks	€ 0.06
† Summer jacket		Local				€ 0.46
* Fleece		Dunnes	€ 15.00	1	156 Weeks	€ 0.07
Main clothing						
§ Suit- jacket and skirt		Marks & Spencer	€ 108.00	1	104 Weeks	€ 1.04
* Trousers		Dunnes	€ 15.00	4	104 Weeks	€ 0.42
† Heavy skirt		Local				€ 0.51
* Tracksuit		Penny's	€ 16.00	1	52 Weeks	€ 0.22
High Visibility Bib		Local				€ 0.04
† Woollen sweater		Local				€ 0.52
* Long sleeve cotton shirt		Dunnes	€ 10.00	2	104 Weeks	€ 0.14

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Clothing

Mar 2012

Item	Retailer	Unit Price	Quantity	Life span	Cost / Week
* Short sleeve summer dress	Dunnes	€ 30.00	1	52 Weeks	€ 0.42
* Summer skirt	Dunnes	€ 20.00	2	104 Weeks	€ 0.28
* Polo T-shirt	Penny's	€ 5.00	2	52 Weeks	€ 0.14
* Summer cardigan	Penny's	€ 8.00	1	104 Weeks	€ 0.07
* Swimsuit	Dunnes	€ 10.00	1	104 Weeks	€ 0.07
* Hat, scarf & glove set	Penny's	€ 8.00	1	104 Weeks	€ 0.06
* Sun hat	Penny's	€ 2.00	1	104 Weeks	€ 0.01
* Cotton t-shirts	Penny's	€ 5.00	2	52 Weeks	€ 0.14
* Summer sweater	Dunnes	€ 15.00	2	104 Weeks	€ 0.21
Footwear					
† Leather court shoes	Local				€ 0.62
Wellingtons	Local				€ 0.05
† Flat shoes	Local				€ 0.57
† Leather sandals	Local				€ 0.48
§ Slippers	Dunnes	€ 8.00	2	52 Weeks	€ 0.31
* Trainers	Dunnes	€ 20.00	1	52 Weeks	€ 0.28
† Leather boots	Local				€ 0.64
Personal Accessories					
* Hand bag	Dunnes	€ 10.00	2	260 Weeks	€ 0.06
§ Purse- ladies	Dunnes	€ 8.00	1	52 Weeks	€ 0.15
† Watch	Local				€ 0.04
* Battery change	Argos	€ 5.00	1	104 Weeks	€ 0.04
§ Necklace	Argos	€ 21.99	1	1,040 Weeks	€ 0.01
† Dry clean coat	Local				€ 0.27
† Shoe repairs	Local				€ 0.24
Female Total					€ 12.21

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Clothing

Mar 2012

Item		Retailer	Unit Price	Quantity	Life span	Cost / Week
Male						
Underwear and nightwear						
* Boxer shorts	Pack of 6	Dunnes	€ 10.00	1	52 Weeks	€ 0.14
* Thermal vests		Dunnes	€ 8.00	2	52 Weeks	€ 0.22
* Pyjamas	Pack of 2	Dunnes	€ 15.00	1	52 Weeks	€ 0.21
* Dressing gown		Dunnes	€ 15.00	1	156 Weeks	€ 0.07
Coats, jackets						
† Winter coat, 3/4 length		Local				€ 0.52
* Water resistant jacket		Dunnes	€ 12.00	1	156 Weeks	€ 0.06
* Fleece		Dunnes	€ 15.00	1	156 Weeks	€ 0.07
Main clothing						
* Winter socks	Pack of 4	Dunnes	€ 4.00	1	52 Weeks	€ 0.06
* Summer socks	Pack of 4	Dunnes	€ 4.00	1	52 Weeks	€ 0.06
High Visibility Bib		Local				€ 0.04
† Suit		Local				€ 0.36
† Trousers		Local				€ 0.89
* Long sleeve shirt		Dunnes	€ 10.00	4	104 Weeks	€ 0.28
* Short sleeve casual shirt		Dunnes	€ 15.00	4	104 Weeks	€ 0.42
* Sleeveless pullover		Dunnes	€ 12.00	1	156 Weeks	€ 0.06
* Long sleeve acrylic jumper		Dunnes	€ 12.00	2	104 Weeks	€ 0.17
† Woollen sweater		Local				€ 0.62
† Blazer		Local				€ 0.30
† Summer trousers		Local				€ 0.49
* Shorts		Dunnes	€ 10.00	2	104 Weeks	€ 0.14
* Polo T-shirt		Dunnes	€ 5.00	3	104 Weeks	€ 0.10
* Swimming trunks		Dunnes	€ 6.00	1	208 Weeks	€ 0.02
* Belt		Dunnes	€ 8.00	1	260 Weeks	€ 0.02

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Clothing

Mar 2012

Item	Retailer	Unit Price	Quantity	Life span	Cost / Week
* Hat, scarf & glove set	Dunnes	€ 8.00	1	104 Weeks	€ 0.06
* Tie	Dunnes	€ 6.00	2	156 Weeks	€ 0.06
* Baseball hat	Dunnes	€ 2.50	1	104 Weeks	€ 0.01
Footwear					
Wellingtons	Local				€ 0.05
† Leather shoes	Local				€ 1.04
* Leather sandals	Clarks	€ 45.00	1	156 Weeks	€ 0.21
* Trainers	Dunnes	€ 25.00	1	52 Weeks	€ 0.35
§ Slippers	Dunnes	€ 8.00	2	52 Weeks	€ 0.31
Personal Accessories					
* Watch	Argos	€ 7.99	1	260 Weeks	€ 0.02
* Battery replacement	Argos	€ 5.00	1	104 Weeks	€ 0.02
* Wallet	Penny's	€ 5.00	1	260 Weeks	€ 0.01
† Dry clean	Local				€ 0.24
† Dry clean	Local				€ 0.29
† Shoe repairs	Local				€ 0.27
Male Total					€ 8.25

§ 2012 Review adjustments & additions

† Indicates items which were re-priced / newly added in December 2009

* Urban 2006 pricing used

Pensioner, Living Alone

Rural

Personal Care

Mar 2012

Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female							
Personal Hygiene							
Suntan lotion (40+)	200ml	Soltan	Boots	€ 14.90	1	52 Weeks	€ 0.27
Tissues		Tesco brand	Tesco	€ 1.85	1	4 Weeks	€ 0.42
Soap	Pack of 4	Tesco lemon	Tesco	€ 1.90	1	13 Weeks	€ 0.14
Toothpaste	150ml	Colgate	Tesco	€ 2.04	1	6 Weeks	€ 0.31
Denture cleaning tablets		Steradent	Tesco	€ 1.75	1	9 Weeks	€ 0.18
Toothbrush		Colgate	Tesco	€ 2.88	1	13 Weeks	€ 0.20
Hairbrush			Local				€ 0.03
§ Conditioner	300ml	Timotei	Tesco	€ 1.34	1	4 Weeks	€ 0.34
§ Shampoo	300ml	Timotei	Tesco	€ 1.34	1	4 Weeks	€ 0.34
Hairspray	200ml	Silvikrin	Tesco	€ 2.39	1	9 Weeks	€ 0.26
Disposable razors	Pack of 8	Bic	Tesco	€ 4.75	1	8 Weeks	€ 0.54
Nail clippers		Stylish	Tesco	€ 2.52	1	208 Weeks	€ 0.01
Emery boards	Pack of 4		Tesco	€ 1.25	1	13 Weeks	€ 0.09
§ Deodorant	250ml	Nivea	Tesco	€ 2.04	1	4 Weeks	€ 0.51
Hand cream	75ml	Vaseline Int	Tesco	€ 2.10	1	4 Weeks	€ 0.49
Haircut			Local				€ 3.74
Shower gel	300ml	Tesco brand	Tesco	€ 1.64	1	4 Weeks	€ 0.38
§ Nail Varnish Remover	200ml	Cutex	Boots	€ 2.53	1	104 Weeks	€ 0.02
Toilet bag			Dunnes	€ 6.00	1	208 Weeks	€ 0.03
§ Tweezers		Boots	Boots	€ 6.09	1	520 Weeks	€ 0.01
Cosmetics							
§ Foundation		No. 7	Boots	€ 21.30	2	52 Weeks	€ 0.82
§ Eye Brow Pencil		Rimmel	Boots	€ 4.67	1	52 Weeks	€ 0.09
Lipstick		Boots	Boots	€ 4.97	1	26 Weeks	€ 0.17
§ Face moisturiser	50ml	Oil of Olay	Boots	€ 7.99	1	9 Weeks	€ 0.82

Pensioner, Living Alone

Rural

Personal Care

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Nail varnish		Pound Shop	€ 1.00	2	52 Weeks	€ 0.04
Female Total						€ 10.23

Male

Personal Hygiene						
Suntan lotion (40+)	200ml	Soltan	Boots	€ 14.90	1	52 Weeks € 0.27
Tissues		Tesco brand	Tesco	€ 1.85	1	4 Weeks € 0.42
Soap	Pack of 4	Tesco Lemon	Tesco	€ 1.90	1	9 Weeks € 0.10
Denture cleaning tablets		Steradent	Tesco	€ 1.75	1	4 Weeks € 0.18
Toothpaste	150ml	Colgate	Tesco	€ 2.04	1	4 Weeks € 0.23
Comb			Local			€ 0.02
§ Shampoo	300ml	Timotei	Tesco	€ 1.34	1	4 Weeks € 0.34
Disposable razors	Pack of 4	Tesco tripleblade	Tesco	€ 2.99	1	2 Weeks € 0.69
Nail clippers		Stylish	Tesco	€ 2.52	1	208 Weeks € 0.01
§ Deodrant		Nivea	Tesco	€ 2.05	1	4 Weeks € 0.51
Haircut			Local			€ 1.80
Shower gel	300ml	Tesco brand	Tesco	€ 1.64	1	4 Weeks € 0.38
Toilet bag			Dunnes	€ 6.00	1	260 Weeks € 0.02
Cosmetics						
Aftershave		Old Spice	Boots	12.90	100ml	52 Weeks € 0.23
Male Total						€ 5.20

§ 2012 Review adjustments & additions

Pensioner, Living Alone

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Health

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Over the counter health items						
Plasters	Pack of 40	Local		1	52 Weeks	€ 0.06
Sterile gauze swabs		Local		1	52 Weeks	€ 0.04
Paracetamol	Pack of 24	Local		1	26 Weeks	€ 0.10
Indigestion tablets	Rennie	Local		1	52 Weeks	€ 0.06
Cough mixture	125ml Benalyn	Local		1	52 Weeks	€ 0.10
Cold powder	Lemsip	Local		1	26 Weeks	€ 0.25
Main Care						
† Doctor		Local		1	13 Weeks	€ 2.58
† Optician		Local		1	52 Weeks	€ 0.28
† Dentist		Local		1	52 Weeks	€ 0.84
† Chiropodist		Local		3	52 Weeks	€ 0.13
† Prescriptions		Local	€ 45.00	4	52 Weeks	€ 3.63
Total						€ 8.06

† Indicates items which were re-priced / newly added in December 2009

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Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Furnishings						
3 piece suite (leather)				1	780 Weeks	€ 0.08
Cabinet/unit				1	1,040 Weeks	€ 0.13
Table and 4 chairs				1	780 Weeks	€ 0.18
Double bed				1	624 Weeks	€ 0.28
Double mattress				1	260 Weeks	€ 0.55
Double bed				1	780 Weeks	€ 0.23
Double mattress				1	416 Weeks	€ 0.34
Single bed				1	780 Weeks	€ 0.15
Single mattress				1	416 Weeks	€ 0.17
Wardrobe				3	1,040 Weeks	€ 0.61
Chest of drawers				3	780 Weeks	€ 0.41
Bedside locker				4	780 Weeks	€ 0.30
Bathroom cabinet				1	780 Weeks	€ 0.08
Vase				2	1,040 Weeks	€ 0.01
Floor Coverings						
Hall, stairs and landing				1	364 Weeks	€ 0.66
Lounge				1	364 Weeks	€ 0.70
Bedroom 1				1	520 Weeks	€ 0.39
Bedroom 2				1	520 Weeks	€ 0.22
Bedroom 3				1	520 Weeks	€ 0.19
Kitchen				1	416 Weeks	€ 0.65
Bathroom				1	416 Weeks	€ 0.23
Textiles and soft furnishings						
Double duvet	13.5tog hollowfibre	Dunnes	€ 25.00	1	312 Weeks	€ 0.07
Double duvet	13.5tog hollowfibre	Dunnes	€ 25.00	1	520 Weeks	€ 0.04
Single duvet	13.5tog hollowfibre	Dunnes	€ 20.00	1	520 Weeks	€ 0.03

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Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Pillows	Pack of 2		€ 14.00	8	260 Weeks	€ 0.19
Single fitted sheet				2	416 Weeks	€ 0.06
Double fitted sheet				4	416 Weeks	€ 0.15
Single duvet cover and 1 pillowcase				2	416 Weeks	€ 0.11
Double duvet cover and 2 pillowcases				3	416 Weeks	€ 0.22
Hand towels				6	156 Weeks	€ 0.10
Face cloths				5	52 Weeks	€ 0.08
Bath mat set				2	156 Weeks	€ 0.10
Bath towels				4	156 Weeks	€ 0.17
Tea towels				9	156 Weeks	€ 0.08
Ovengloves				1	520 Weeks	€ 0.01
Cushion and cover	Set			2	364 Weeks	€ 0.07
Table cloth				2	520 Weeks	€ 0.07
Curtains, Blinds, etc.						
§ Kitchen	Blind	Argos	€ 12.99	1	416 Weeks	€ 0.03
§ Bathroom	Blind	Argos	€ 12.99	1	416 Weeks	€ 0.03
§ Lounge	Blind	Argos	€ 12.99	1	416 Weeks	€ 0.03
§ Bedrooms	Blind	Argos	€ 12.99	3	416 Weeks	€ 0.09
Lounge	Curtain (90x72 inches	Guineys		1	520 Weeks	€ 0.11
Bedrooms	Curtain (90x72 inches	Guineys		3	520 Weeks	€ 0.19
Patio door	Curtain (68x84 inches	Guineys		1	520 Weeks	€ 0.10
Curtain track and fittings	(8 feet)	Guineys		1	1,040 Weeks	€ 0.02
Curtain track and fittings	(6 feet)	Guineys		1	1,040 Weeks	€ 0.02
Curtain track and fittings	(4 feet)	Guineys		3	1,040 Weeks	€ 0.04
Curtain hooks	Pack of 30	Duffys		5	1,040 Weeks	€ 0.01
Lampshades		Michael Guineys		8	780 Weeks	€ 0.06
Appliances						

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Rural

Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Portable radio & cassette player	Mikomi	Argos		1	416 Weeks	€ 0.10
Television	Beko 20"	Powercity		1	520 Weeks	€ 0.27
§ Saorview Set-Top Box	Normende NM8010M	DID	€ 74.99	1	520 Weeks	€ 0.14
§ DVD Player	Philips DVP3800	DID	€ 40.99	1	520 Weeks	€ 0.08
Fridge-freezer	Beko	Powercity		1	520 Weeks	€ 0.49
Cooker (Gas Hob)	Beko	Powercity		1	624 Weeks	€ 0.42
Kettle	Cookworks	Argos		1	260 Weeks	€ 0.08
Microwave	Sanyo	Powercity		1	520 Weeks	€ 0.10
Washing machine	Beko	Powercity		1	520 Weeks	€ 0.44
Vacuum cleaner	Electrolux	Powercity		1	520 Weeks	€ 0.11
Table lamp		Dunnes	€ 10.00	3	780 Weeks	€ 0.03
§ Blender	Breville	Argos	€ 26.49	1	520 Weeks	€ 0.05
§ Iron		Argos		1	520 Weeks	€ 0.03
Radio alarm clock	Philips	Argos		1	1,040 Weeks	€ 0.03
† Tumble Dryer	Zanussi ZDE26110W	DID		1	520 Weeks	€ 0.43
Kitchen and hardware						
Crockery set	24 piece	Argos		1	520 Weeks	€ 0.04
Coffee mugs	Pair	Poundworld		3 (pair)	156 Weeks	€ 0.04
Oven proof dish set (3 piece)	Pyrex	Argos		1	1,040 Weeks	€ 0.01
Egg cups	€ 4.00	Poundworld		2	520 Weeks	€ 0.01
Glasses set	€ 4.00	Poundworld		2	104 Weeks	€ 0.08
Cutlery set	6 pieces	Boyers		4	1,040 Weeks	€ 0.02
Milk jug		Poundworld		1	364 Weeks	€ 0.01
§ Measuring jug		Dunnes		1	1,040 Weeks	€ 0.00
§ Mixing bowl		Tesco		1	780 Weeks	€ 0.00
§ Non-stick baking sheet		Dunnes		1	780 Weeks	€ 0.01
Cake tin		Tesco		1	1,040 Weeks	€ 0.00

Pensioner, Living Alone

Rural

Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Rolling pin		Poundworld	€ 2.00	1	1,040 Weeks	€ 0.01
Sieve		Tesco		1	1,040 Weeks	€ 0.00
Colander		Tesco		1	1,040 Weeks	€ 0.00
§ Kitchen scales		Argos		1	780 Weeks	€ 0.01
3 piece saucepan set	Le Chef	Argos		1	1,040 Weeks	€ 0.03
§ Knife set (5 piece)		Argos		1	520 Weeks	€ 0.05
Utensil set and rack		Argos		1	780 Weeks	€ 0.01
Tin opener		Tesco		1	260 Weeks	€ 0.01
Potato peeler		Tesco		1	260 Weeks	€ 0.01
Kitchen scissors		Tesco		1	260 Weeks	€ 0.01
§ Wooden spoon set		Tesco		1	156 Weeks	€ 0.01
§ Whisk		Dunnes		1	1,040 Weeks	€ -
Chopping board		Dunnes		1	260 Weeks	€ 0.03
Plastic food box	Set of 3	Poundworld		1	260 Weeks	€ 0.02
Vacuum flask		Poundworld		1	520 Weeks	€ 0.02
Candles	Pack of 4	Poundworld		1	260 Weeks	€ 0.01
Freezer bags	Tesco brand (50)	Tesco		1	26 Weeks	€ 0.09
Cling film	Tesco brand	Tesco		1	13 Weeks	€ 0.15
Tin foil	Tesco brand	Tesco		1	13 Weeks	€ 0.11
Ironing board		Argos		1	780 Weeks	€ 0.03
Clothes Airer		Bolands		1	1,040 Weeks	€ 0.01
Washing line		Poundworld		1	260 Weeks	€ 0.01
Clothes pegs	Packet	Poundworld		1	52 Weeks	€ 0.03
Laundry basket		Local hardware		1	1,040 Weeks	€ 0.01
Tablemat set, 4 piece		Poundworld		1	156 Weeks	€ 0.04
Tray		Poundworld		1	780 Weeks	€ 0.00
Hand torch	Duracell	Argos		1	260 Weeks	€ 0.02

Pensioner, Living Alone

Rural

Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Step-stool		Argos		1	1,040 Weeks	€ 0.02
Other Household Items						
Clock	Constant	Argos		1	260 Weeks	€ 0.03
Umbrella		Poundworld		2	52 Weeks	€ 0.06
Suitcase	27"	Dunnes		1	364 Weeks	€ 0.08
Holdall		Dunnes		1	520 Weeks	€ 0.04
Stationary and paper goods						
Birthday cards	Pack of 2	Poundworld		15	104 Weeks	€ 0.38
Occasion cards	Pack of 30	Poundworld		2	52 Weeks	€ 0.15
Christmas cards	Box of 24	Poundworld		2	52 Weeks	€ 0.09
Gift wrap	Roll	Poundworld		2	52 Weeks	€ 0.21
Christmas wrapping paper	Roll	Penny's		3	52 Weeks	€ 0.09
Writing pad		Poundworld		1	52 Weeks	€ 0.03
Envelopes	Pack	Poundworld		1	52 Weeks	€ 0.03
Mini note book		Poundworld		1	52 Weeks	€ 0.02
Scissors		Roches stores		1	260 Weeks	€ 0.01
Glue		Poundworld		1	52 Weeks	€ 0.04
Sellotape		Poundworld		1	52 Weeks	€ 0.04
Pens	Pack of 10	Poundworld		1	156 Weeks	€ 0.01
Home Security						
Window Locks	All provided free of charge as in Local Authority house					€ -
Front door bolt	All provided free of charge as in Local Authority house					€ -
Back door bolt	All provided free of charge as in Local Authority house					€ -
Smoke detector	All provided free of charge as in Local Authority house					€ -
§ Carbon Monoxide Alarm		Woodies DIY	€ 29.99	1	260 Weeks	€ 0.12
† Fire Blanket		Argos		1	416 Weeks	€ 0.03
† Fire Extinguisher		Argos		1	416 Weeks	€ 0.13

Pensioner, Living Alone

Rural

Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Cleaning & maintenance						
Bucket		Dunnes		1	260 Weeks	€ 0.02
Mop		Dunnes		2	52 Weeks	€ 0.23
Dust pan and brush		Poundworld		1	260 Weeks	€ 0.02
Hand brush		Poundworld		1	260 Weeks	€ 0.01
Shoe brushes		Poundworld		1	260 Weeks	€ 0.01
Washing up brush		Tesco		2	52 Weeks	€ 0.04
Washing up bowl		Poundworld		1	260 Weeks	€ 0.02
Dustbin		Poundworld		1	260 Weeks	€ 0.03
Vacuum bags	Electrolux	Tesco		1	52 Weeks	€ 0.10
Batteries	Ever Ready AA (4)	Tesco		8	52 Weeks	€ 0.14
Toilet brush set		Poundworld		1	26 Weeks	€ 0.11
§ Toilet paper (9 pack)	Saxon	Aldi		1	3 Weeks	€ 0.80
Household matches	Maguire & paterson	Tesco		1	52 Weeks	€ 0.02
Stain remover	Tesco brand (500ml)	Tesco		1	104 Weeks	€ 0.04
§ Washing up liquid 1 litre	Powerforce	Aldi		1	8 Weeks	€ 0.12
§ Bleach	Powrerforce	Aldi		1	4 Weeks	€ 0.14
§ Toilet cleaner	Powerforce	Aldi		1	2 Weeks	€ 0.42
Air freshener	Oust	Tesco		1	9 Weeks	€ 0.19
§ Furniture polish	Powerforce	Aldi		1	26 Weeks	€ 0.03
§ Disinfectant	Dettol (700ml)	Aldi		1	26 Weeks	€ 0.09
Shoe polish	Punch (50ml)	Tesco		1	52 Weeks	€ 0.03
§ Dish cloths	Pack of 20	Aldi		1	104 Weeks	€ 0.01
§ Household gloves	Powerforce (3 pack)	Aldi		1	52 Weeks	€ 0.03
Bin liners	Killeen (40)	Tesco		1	9 Weeks	€ 0.55
Tools						
Garden tool set		Homebase		1	780 Weeks	€ 0.03

Pensioner, Living Alone

Rural

Household Goods

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Lawn mower	Flymo	Homebase		1	520 Weeks	€ 0.40
Watering can		Atlantic homecare		1	1,040 Weeks	€ 0.01
Gardening gloves		Atlantic homecare		1	52 Weeks	€ 0.03
Kneeling mat		Woodies DIY		1	364 Weeks	€ 0.02
Screwdriver		Local hardware		1	1,040 Weeks	€ 0.00
Hammer		Local hardware		1	1,040 Weeks	€ 0.01
Measuring tape		Local hardware		1	1,040 Weeks	€ 0.00
Nails	Box	Local hardware		1	1,040 Weeks	€ 0.00
Light bulbs, 60w	Tesco (10)	Tesco		1	52 Weeks	€ 0.25
Paint						
Paint roller and tray set		Homebase		1	260 Weeks	€ 0.03
Paint brushes	5 piece set	Woodies DIY		1	260 Weeks	€ 0.03
Paint, emulsion	Dulux (3.5 litres)	Woodies DIY		6	260 Weeks	€ 0.24
Paint, gloss	Dulux (3.5 litres)	Woodies DIY		6	260 Weeks	€ 0.52
Total						€ 18.98
Additional items for Female						
Hairdryer	Remington	Argos	€ 13.95	1	520 Weeks	€ 0.03
Total						€ 19.01

† Indicates items which were re-priced / newly added in December 2009

§ 2012 Review adjustments & additions

Pensioner, Living Alone

Rural

Household Services

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Window cleaning		Local		1	9 Weeks	€ 0.73
§ Gutter Cleaning		Local	€ 40.00	1	104 Weeks	€ 0.38
† Chimney		Local		1	26 Weeks	€ 1.28
† Boiler Service		Local	€ 85.00	1	52 Weeks	€ 1.48
† Waste		Local				€ 3.97
Total						€ 7.84

† Indicates items which were re-priced / newly added in December 2009

§ 2012 Review adjustments & additions

Pensioner, Living Alone

Rural

Communications

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Post						
† Stamps	55c	An Post	€ 0.55	30	52 Weeks	€ 0.33
† Stamps	82 c	An Post	€ 0.82	10	52 Weeks	€ 0.16
Phone						
† Landline		Eircom				€ 8.20
† Mobile phone	Nokia	Free gift	€ -	1	104 Weeks	€ -
† Phone credit	Vodafone	Vodafone	€ 5.00	1	1 Week	€ 5.22
Total						€ 13.91

† Indicates items which were re-priced / newly added in December 2009

Pensioner, Living Alone

Rural

Social Inclusion

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Exercise / Sport Activities						
Dancing	48 times per year	Local hall	€ 2.00	1	1 Week	€ 1.83
Bridge	48 times per year	Local hall	€ 2.00	2	1 Week	€ 3.66
Swimming	Free	Local pool	€ -	1	1 Week	€ -
Indoor bowls	48 times per year	Local hall	€ 1.00	2	1 Week	€ 1.83
Holiday						
1 week package	Hotel	Killarney	€ 349.00	1	52 Weeks	€ 6.51
Household Items						
Deck of cards		Poundworld	€ 1.00	2	52 Weeks	€ 0.04
Scrabble set		Smyths	€ 21.99	1	780 Weeks	€ 0.03
Jigsaw		Poundworld	€ 2.00	2	52 Weeks	€ 0.08
Sewing kit		Hickeys	€ 9.00	1	520 Weeks	€ 0.02
§ Knitting wool	Ball	Hickeys	€ 2.95	10	52 Weeks	€ 0.57
Knitting needles	4.5mm	Hickeys	€ 2.10	1	520 Weeks	€ 0.00
Knitting needles	5.0mm	Hickeys	€ 5.95	1	520 Weeks	€ 0.01
Buttons	Packer	Hickeys	€ 1.45	1	104 Weeks	€ 0.01
Camera	Polaroid 340 AF	Argos	€ 26.99	1	364 Weeks	€ 0.07
Film processing		Local Chemist	€ 6.45	3	52 Weeks	€ 0.37
Photo frames, 8 x 6"		Dunnes	€ 6.00	4	520 Weeks	€ 0.05
Christmas lights	String of 40	Argos	€ 8.31	1	260 Weeks	€ 0.03
Artificial Christmas tree & stand		Argos	€ 25.99	1	520 Weeks	€ 0.05
Decorations, red bows	Pack of 21	Argos	€ 13.51	1	260 Weeks	€ 0.05
Pull-out garland, foil		Argos	€ 8.31	4	260 Weeks	€ 0.13
Bulbs	Pack of 30	Tesco	€ 4.49	2	52 Weeks	€ 0.17
House plants		Free gifts	€ -			€ -
Deck chairs		Atlantic homecare	€ 30.00	2	1,300 Weeks	€ 0.08
Television Licence		An Post	€ 160.00	1	52 Weeks	€ 3.02

Pensioner, Living Alone

Rural

Social Inclusion

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Newspapers, Books & Magazines						
Novels		Second hand bookstor	€ 3.00	12	52 Weeks	€ 0.68
Bible		Veritas	€ 15.30	1	1,300 Weeks	€ 0.01
Daily newspaper	Evening herald	Local Newsagent	€ 1.00	6	1 Week	€ 5.94
Sunday newspaper	News of the world	Local newsagent	€ 2.00	1	1 Week	€ 1.98
Magazine	RTE Guide	Local newsagent	€ 1.50	1	1 Week	€ 1.49
Calendar		Parish calendar	€ 1.00	1	52 Weeks	€ 0.02
Telephone and address book		Easons	€ 3.99	1	260 Weeks	€ 0.02
§ DVD rental		xtra vision	€ 4.60	4	52 Weeks	€ 0.35
Pocket dictionary	Oxford	Easons	€ 6.70	1	1,040 Weeks	€ 0.01
Popular/classical cassettes		Music Store	€ 9.95	1	52 Weeks	€ 0.04
Blank videotapes	Pack of 3	Music Store	€ 4.99	1	52 Weeks	€ 0.10
Pet						
Cat price		DSPCA	€ 85.00	1	520 Weeks	€ 0.16
§ Cat food (400g)	Earls	Aldi	€ 0.49	7	1 Week	€ 3.43
§ Cat biscuits (375g)	Earls	Aldi	€ 1.59	1	2 Weeks	€ 0.80
Vet charges	Donation	Blue Cross Vet	€ 20.00	1	52 Weeks	€ 0.39
Socialising						
Theatre	Matinee	Abbey Theatre	€ 12.00	1	52 Weeks	€ 0.23
Cinema		Omniplex, Santry	€ 6.50	1	26 Weeks	€ 0.25
Day trip e.g. Kilkenny Castle			€ 25.00	1	52 Weeks	€ 0.48
Day trip allowance			€ 25.00	1	52 Weeks	€ 0.48
Socialising/entertainment			€ 50.00	1	9 Weeks	€ 5.72
Total						€ 41.16

§ 2012 Review adjustments & additions

Pensioner, Living Alone

Rural

Public Transport

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Bus						
Free Travel Pass			€ -	1	52 Weeks	€ -
Total						€ -

Private Transport

§ Car - Nissan Micra (2006)	1.2, Petrol, Manual	Local Dealer	€ 5,950.00	1	312 Weeks	€ 19.07
§ Car Tax			€ 333.00	1	52 Weeks	€ 6.40
§ NCT			€ 55.00	1	104 Weeks	€ 0.53
§ Driving Licence Fee		Motor Tax Office	€ 25.00	1	520 Weeks	€ 0.05
‡ Maintenance and repairs		Karfix	€ 165.00	1	52 Weeks	€ 3.33
Petrol				1	1 Week	€ 27.80
Total						€ 57.17

‡ Indicates items which were re-priced / newly added in March 2011

§ 2012 Review adjustments & additions

Pensioner, Living Alone

Rural

Household Energy

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
† Electricity		ESB	€ 13.90	1	1 Week	€ 16.77
† Home Heating Oil						€ 44.40
Total						€ 61.17

† Indicates items which were re-priced / newly added in December 2009

Pensioner, Living Alone

Rural

Personal Costs

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
§ Passport Fee			€ 95.00	1	520 Weeks	€ 0.18
Donations to charity			€ 2.50	1	1 Week	€ 2.50
Personal Alarm - maintenance				1	52 Weeks	€ 2.00
Total						€ 4.68

§ 2012 Review adjustments & additions

Pensioner, Living Alone

Rural

Insurance

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
† Home Contents Insurance	Quinn	Quinn Direct	€ 196.59	1	52 Weeks	€ 4.24
‡ Private Health Insurance	Plan B	VHI	€ 75.58	1	4 Weeks	€ 26.20
§ Car Insurance	Fully Comprehensive	Quinn Direct	€ 284.30	1	52 Weeks	€ 5.47
Female Total						€ 35.91
Male						
† Home Contents Insurance	Quinn	Quinn Direct	€ 196.59	1	52 Weeks	€ 4.24
‡ Private Health Insurance	Plan B	VHI	€ 75.58	1	4 Weeks	€ 26.20
§ Car Insurance	Fully Comprehensive	Quinn Direct	€ 284.30	1	52 Weeks	€ 5.47
Male Total						€ 35.91

† Indicates items which were re-priced / newly added in December 2009

‡ Indicates items which were re-priced / newly added in March 2011

Pensioner, Living Alone

Rural

Savings & Contingencies

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
§ Personal Savings	Credit Union		€ 5.00	1	1 Week	€ 5.00
§ Contingencies / Emergencies			€ 5.00	1	1 Week	€ 5.00
Total						€ 10.00

§ 2012 Review adjustments & additions