

**2019****RURAL****Single Adult**

Food	50.69
Clothing	13.37
Personal Care	8.25
Health	0.00
Health - OTC	1.97
Health Care Services	2.82
Household Goods	5.85
Household Services	2.08
Communications	15.35
Social Inclusion & Participation	43.87
Education	3.44
Transport - Public	0.00
Transport - Car	71.18
Household Energy	0.00
Electricity	14.39
Heat	12.54
Personal Costs	0.00
Not employed	3.09
Part-Time	0.00
Full-Time	7.11
Childcare	0.00
Not employed	0.00
Part-Time	0.00
Full-Time	0.00
Insurance	0.00
Home	0.00
Health	11.87
Car	9.31
Savings & Contingencies	10.00

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Fruit &amp; Vegetables</b>								
Apples	10 pack	Royal Gala	Aldi	€ 1.47	1	2 Weeks	€ 0.74	
Bananas	6pack		Aldi	€ 1.47	1	2 Weeks	€ 0.74	
Frozen Mixed Veg	1 kg	Four Seasons	Aldi	€ 0.76	1	3 Weeks	€ 0.25	
Cabbage	Head/450g	Egan's	Aldi	€ 0.98	1	1 Week	€ 0.98	
Carrots	1 kg	Egan's	Aldi	€ 0.98	1	2 Weeks	€ 0.49	
Lettuce	Loose	Iceberg	Aldi	€ 0.88	1	1 Week	€ 0.88	
Mushroom	250g		Aldi	€ 0.78	1	2 Weeks	€ 0.39	
Cucumber	Loose	The Salad Box	Aldi	€ 0.59	1	1 Week	€ 0.59	
Onions	750g		Aldi	€ 0.68	1	4 Weeks	€ 0.16	
Oranges	1kg	Aldi	Aldi	€ 1.79	1	3 Weeks	€ 0.60	
Pears	Loose		Aldi	€ 0.48	2	1 Week	€ 0.97	
Peppers	Pack of 3	The Salad Box	Aldi	€ 1.48	1	3 Weeks	€ 0.49	
Sultanas	500g	The Pantry	Aldi	€ 1.17	1	5 Weeks	€ 0.23	
Peas	1kg bag	Sweet Harvest	Aldi	€ 0.62	1	4 Weeks	€ 0.15	
Potatoes	2kg	Roosters	Aldi	€ 2.99	1	2 Weeks	€ 1.50	
Tomatoes	6 pack	The Salad Box	Aldi	€ 0.98	1	3 Weeks	€ 0.33	
<b>Groceries</b>								
Bars	6 pack	Dairyfine, Racer	Aldi	€ 0.99	1	3 Weeks	€ 0.33	
Beans	(420g)	Corale	Aldi	€ 0.36	1	1 Week	€ 0.36	
Biscuits	(400g)	Belmont Digestive	Aldi	€ 0.44	1	2 Weeks	€ 0.22	
Bolognese Sauce	500g	Aldi	Aldi	€ 0.59	1	2 Weeks	€ 0.30	
BranFlakes	500g	Harvest Morn	Aldi	€ 0.95	1	3 Weeks	€ 0.32	

2019							Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
<b>Fruit &amp; Vegetables</b>							
Cheese	250g	Irish Vintage White Ch	Aldi	€ 1.51	1	2 Weeks	€ 0.75
Coffee	200g	Aldi	Aldi	€ 1.79	1	6 Weeks	€ 0.30
Coleslaw	(400g)	Country Fresh	Aldi	€ 0.75	1	2 Weeks	€ 0.38
Cooking Oil	(1 litre)	Solesta	Aldi	€ 1.45	1	5 Weeks	€ 0.29
Cream Crackers	300g	Savour Bakes	Aldi	€ 0.39	1	6 Weeks	€ 0.07
Crisps	12pack	Snackrite	Aldi	€ 2.24	1	6 Weeks	€ 0.37
Curry Sauce	250g	Harvet Kitchen	Aldi	€ 0.88	1	2 Weeks	€ 0.44
Diluted Orange	1.5 L	Sun Quench	Aldi	€ 1.47	1	4 Weeks	€ 0.37
Eggs	6 eggs	Irish Free Range - Corr	Aldi	€ 1.79	1	3 Weeks	€ 0.60
Butter	500g	Dairygold	Aldi	€ 2.99	1	4 Weeks	€ 0.69
Frozen Oven Chips	1.5kg	Champion	Aldi	€ 2.08	1	4 Weeks	€ 0.48
Frozen cod	450g	Northern Catch	Aldi	€ 1.95	1	2 Weeks	€ 0.98
Gravy	300g	Quixo	Aldi	€ 0.79	1	9 Weeks	€ 0.09
Ham, Cooked	15 slices	Glensallagh Family Pack	Aldi	€ 2.05	1	2 Weeks	€ 1.02
Yogurts	125g pot4pack	Coolree Creamery	Aldi	€ 1.49	1	1 Week	€ 1.49
Marmalade	454g	Grandessa	Aldi	€ 0.47	1	8 Weeks	€ 0.06
Mayonnaise	500ml	Bramwells	Aldi	€ 1.47	1	6 Weeks	€ 0.24
Noodles	65g	Make in a Minute	Aldi	€ 0.14	1	1 Week	€ 0.14
Orange Juice	1 litre	Rio D'ora	Aldi	€ 0.78	1	2 Weeks	€ 0.39
Pepper	50g	Stonemill	Aldi	€ 0.97	1	52 Weeks	€ 0.02
Rice	1kg	Worldwide	Aldi	€ 0.96	1	8 Weeks	€ 0.12
Salmon, Tin	(212g)	Ocean Rise	Aldi	€ 1.27	1	2 Weeks	€ 0.64

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Fruit &amp; Vegetables</b>								
Sweetcorn	325g	Sweet Harvest	Aldi	€ 0.28	1	1 Week	€ 0.28	
Tuna	160g	Ocean Rise	Aldi	€ 0.68	1	1 Week	€ 0.68	
Salt	700g	Stonemill	Aldi	€ 0.97	1	52 Weeks	€ 0.02	
Mixed herbs		Aldi	Aldi	€ 0.44	1	26 Weeks	€ 0.02	
Spaghetti	1kg bag	Cucina	Aldi	€ 0.90	1	4 Weeks	€ 0.21	
Sugar	1kg bag	The Pantry	Aldi	€ 1.10	1	52 Weeks	€ 0.02	
Tea	80 pack	Lyons	Tesco	€ 3.05	1	8 Weeks	€ 0.38	
Tinned Tomatoes	400g tin	Sweet Harvest	Aldi	€ 0.43	1	2 Weeks	€ 0.21	
Vinegar	568ml	Bramwells	Aldi	€ 0.44	1	26 Weeks	€ 0.02	
Weetabix	Box of 36	Harvest Morn	Aldi	€ 2.02	1	6 Weeks	€ 0.34	
Ice-cream	1L	Daisy's Dairy	Aldi	€ 1.96	1	4 Weeks	€ 0.45	
Jelly	135g	Delicious Desserts	Aldi	€ 0.55	1	2 Weeks	€ 0.27	
<b>Meat</b>								
Mince meat	500g	Butchers Selection	Aldi	€ 3.49	1	2 Weeks	€ 1.75	
Pork Chops	4 pack	Butchers Selection	Aldi	€ 3.23	1	2 Weeks	€ 1.61	
Chicken fillets	6 pack	Butchers Selection	Aldi	€ 5.84	1	2 Weeks	€ 2.92	
Beef (stewing)	346g	Butchers Selection	Aldi	€ 4.90	1	3 Weeks	€ 1.63	
Sausages	x8	Gold Coin	Aldi	€ 0.79	1	4 Weeks	€ 0.18	
Rashers	250g	Brannans	Aldi	€ 1.02	1	3 Weeks	€ 0.34	
Roast Beef	450g	Inishvale	Aldi	€ 6.10	1	2 Weeks	€ 3.05	
<b>Milk &amp; Bread</b>								
Brown bread	800g		Local Shop	€ 2.19	1	1 Week	€ 2.19	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Fruit &amp; Vegetables</b>							
Brown bread rolls		Local Shop	€ 0.40	2	1 Week	€	0.80
Milk	2 litre	Local Shop	€ 2.35	1	1 Week	€	2.35
<b>Other</b>							
Friday lunch		Local Deli	€ 5.50	1	1 Week	€	5.50
Chinese takeaway		Local takeaway - Indep	€ 15.00	1	4 Weeks	€	3.75
Christmas			€ 40.66	1	52 Weeks	€	0.78
<b>Total</b>							

<b>TOTAL</b>	Male	50.69
	Female	37.71

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Female</b>							
<b>Underwear and nightwear</b>							
Bras	Dunnes	Dunnes	€ 7.90	6	52 Weeks	€ 0.91	
Pants 4pack	Penney's	Penney's	€ 4.44	5	52 Weeks	€ 0.43	
Socks 5pack	Penney's	Penney's	€ 1.98	4	52 Weeks	€ 0.15	
Opaque Tights 2pack	Penney's	Penney's	€ 3.95	5	52 Weeks	€ 0.38	
Sheer Tights 2pack	Penney's	Penney's	€ 3.95	2	52 Weeks	€ 0.15	
Pyjamas (summer and winter)	Penney's	Penney's	€ 6.91	2	52 Weeks	€ 0.27	
Dressing Gown	Penney's	Penney's	€ 6.91	1	104 Weeks	€ 0.07	
Vest Tops	Penney's	Penney's	€ 4.94	4	52 Weeks	€ 0.38	
Slippers	Penney's	Penney's	€ 4.90	2	52 Weeks	€ 0.19	
<b>Coats, jackets</b>							
Light Casual Jacket	Atmosphere	Penney's	€ 14.81	1	104 Weeks	€ 0.14	
Winter Coat	Dunnes	Dunnes	€ 49.38	1	104 Weeks	€ 0.47	
Fleece	Dunnes	Dunnes	€ 9.88	1	104 Weeks	€ 0.09	
High Visability Bib	RSA	RSA	€ -	1	104 Weeks	€ -	
<b>Main clothing</b>							
Jumper	Dunnes	Dunnes	€ 11.85	2	104 Weeks	€ 0.23	
Cardigans	Dunnes	Dunnes	€ 11.85	3	104 Weeks	€ 0.34	
Leggings/Jeggings	Dunnes	Dunnes	€ 4.94	2	52 Weeks	€ 0.19	
Trousers	Dunnes	Dunnes	€ 9.88	3	104 Weeks	€ 0.28	
Jeans	Dunnes	Dunnes	€ 18.77	2	104 Weeks	€ 0.36	
Track Suit Bottoms	Dunnes	Dunnes	€ 9.88	2	52 Weeks	€ 0.38	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
T-Shirts/Tops	Dunnes	Dunnes	€ 3.95	3	52 Weeks	€ 0.23	
Smart Tops	Dunnes	Dunnes	€ 19.75	3	52 Weeks	€ 1.14	
Smart Skirts	Dunnes	Dunnes	€ 24.68	3	52 Weeks	€ 1.42	
Suit	Primark	Penney's	€ 35.50	1	104 Weeks	€ 0.34	
Casual Dress	Primark	Penney's	€ 14.00	1	52 Weeks	€ 0.27	
Going-Out Dress	Primark	Penney's	€ 22.00	1	52 Weeks	€ 0.42	
Swimsuit	Dunnes	Dunnes	€ 4.94	1	104 Weeks	€ 0.05	
Hat Scarf & Glove Set	Penney's	Penney's	€ 8.91	1	52 Weeks	€ 0.17	
Belt	2pack	Penney's	€ 2.81	1	156 Weeks	€ 0.02	
<b>Footwear</b>							
Sandals	Dunnes	Dunnes	€ 14.70	1	52 Weeks	€ 0.28	
Shoes	Penney's	Penney's	€ 14.00	1	52 Weeks	€ 0.27	
Trainers	Nike	Lifestyle Sports	€ 60.00	1	52 Weeks	€ 1.15	
Boots	Primark	Penney's	€ 19.00	1	52 Weeks	€ 0.37	
Flip Flops	Penney's	Penney's	€ 2.45	1	52 Weeks	€ 0.05	
Wellingtons	Dunnes	Dunnes	€ 18.00	1	260 Weeks	€ 0.07	
<b>Personal Accessories</b>							
Purse	Penney's	Penney's	€ 4.56	1	156 Weeks	€ 0.03	
Handbag	Penney's	Penney's	€ 9.13	1	52 Weeks	€ 0.18	
Battery Replacement		Argos	€ 3.94	1	104 Weeks	€ 0.04	
Watch	Constant	Argos	€ 11.65	1	260 Weeks	€ 0.04	
Sunglasses	Penney's	Penney's	€ 2.74	1	52 Weeks	€ 0.05	
Costume Jewellery	Penney's	Penney's	€ 4.00	1	52 Weeks	€ 0.08	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Dry Cleaning - Suit		Local	€ 14.00	1	26 Weeks	€ 0.54	
<b>Female Total</b>							
						<b>TOTAL</b>	€ 12.63
<b>Male</b>							
<b>Underwear and nightwear</b>							
Boxers	Pack of 3	Penney's	Penney's	€ 4.94	5	52 Weeks	€ 0.47
Vests	Pack of 2	Penney's	Penney's	€ 5.93	1	52 Weeks	€ 0.11
Work Socks	7 pack	Dunnes	Dunnes	€ 6.00	1	52 Weeks	€ 0.12
Sport Socks	3 pack	Dunnes	Dunnes	€ 2.50	1	52 Weeks	€ 0.05
Ankle Socks	5 pack	Dunnes	Dunnes	€ 4.00	1	52 Weeks	€ 0.08
Bath robe		Dunnes	Dunnes	€ 16.00	1	260 Weeks	€ 0.06
Pyjamas			Penney's	€ 9.88	1	52 Weeks	€ 0.19
Slippers		Penney's	Penney's	€ 5.88	1	156 Weeks	€ 0.04
<b>Coats, jackets</b>							
Heavy jacket		Dunnes	Dunnes	€ 60.00	1	156 Weeks	€ 0.38
Light casual jacket		Penney's	Penney's	€ 14.81	1	104 Weeks	€ 0.14
Fleece		Penney's	Penney's	€ 6.91	1	104 Weeks	€ 0.07
High Visibility Bib		RSA	RSA	€ -	1	104 Weeks	€ -
<b>Main clothing</b>							
Suit	Shaws	Burtons		€ 148.15	1	156 Weeks	€ 0.95
Jumper	Dunnes	Dunnes		€ 19.75	3	104 Weeks	€ 0.57
Trousers	Dunnes	Dunnes		€ 14.81	2	52 Weeks	€ 0.57
Tracksuit bottoms	Dunnes	Dunnes		€ 11.85	1	52 Weeks	€ 0.23



2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
T-shirts		Penney's	€ 3.95	6	52 Weeks	€ 0.46	
Swim shorts	Rebel	Penney's	€ 4.94	1	104 Weeks	€ 0.05	
Jeans	Dunnes	Dunnes	€ 19.75	2	52 Weeks	€ 0.76	
Smart Shirt and Tie set	Dunnes	dunnes	€ 29.63	1	52 Weeks	€ 0.57	
Smart shirt	Dunnes	Dunnes	€ 24.68	3	52 Weeks	€ 1.42	
Casual shirt	H&M	H&M	€ 12.99	3	52 Weeks	€ 0.75	
Smart trousers	Dunnes	Dunnes	€ 24.69	2	52 Weeks	€ 0.95	
Shorts	Dunnes	Dunnes	€ 11.85	3	104 Weeks	€ 0.34	
Belt	Penney's	Penny's	€ 4.69	2	156 Weeks	€ 0.06	
Hat, scarf & glove set	Penney's	Penney's	€ 9.38	1	52 Weeks	€ 0.18	
<b>Footwear</b>							
Shoes	Dunnes	Dunnes	€ 25.00	2	52 Weeks	€ 0.96	
Trainers	Dunnes	Dunnes	€ 24.50	1	52 Weeks	€ 0.47	
Trainers	Nike	Lifestyle Sports	€ 60.00	1	52 Weeks	€ 1.15	
Sandals	Dunnes	Dunnes	€ 14.70	1	104 Weeks	€ 0.14	
Wellingtons	Dunnes	Dunnes	€ 18.00	1	260 Weeks	€ 0.07	
Work Boots	Dunnes	Dunnes	€ 70.00	1	260 Weeks	€ 0.27	
<b>Personal Accessories</b>							
Wallet	Dunnes	Dunnes	€ 9.13	1	156 Weeks	€ 0.06	
Watch	Constant	Argos	€ 11.65	1	260 Weeks	€ 0.04	
Battery replacement		Argos	€ 3.94	1	104 Weeks	€ 0.04	
Sunglasses	Penney's	Penney's	€ 2.74	1	52 Weeks	€ 0.05	
Dry Cleaning - Suit		Local	€ 14.00	1	26 Weeks	€ 0.54	

2019						Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male Total						
					<b>TOTAL</b>	€ 13.37

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Female</b>								
<b>Personal Hygiene</b>								
Soap	4 pack	Cien	Lidl	€ 0.58	1	12 Weeks	€ 0.05	
Dental Floss	1X80m	Dentalux	Lidl	€ 1.99	1	8 Weeks	€ 0.25	
Toothbrush	2 pack	Dentalux	Lidl	€ 0.96	1	26 Weeks	€ 0.04	
Toothpaste	100ml	Colgate	Lidl	€ 1.38	1	4 Weeks	€ 0.34	
Hairbrush		Miomare	Lidl	€ 2.99	1	104 Weeks	€ 0.03	
Shampoo	400ml	Cien	Lidl	€ 1.19	1	2 Weeks	€ 0.60	
Conditioner	400ml	Cien	Lidl	€ 1.19	1	2 Weeks	€ 0.60	
Shower Gel	250ml	Cien	Lidl	€ 0.69	1	2 Weeks	€ 0.35	
Cotton Wool	X70	Cien	Lidl	€ 1.29	1	4 Weeks	€ 0.30	
Cotton Buds	X200	Lacura	Lidl	€ 0.39	1	24 Weeks	€ 0.02	
Tissues	X60	Floralys	Lidl	€ 0.79	1	4 Weeks	€ 0.18	
Disposable Blades	X3	Cien	Lidl	€ 1.63	1	4 Weeks	€ 0.38	
Deodorant: woman	50ml	Cien	Lidl	€ 0.85	1	3 Weeks	€ 0.28	
Facial Cleanser	150ml	Cien	Lidl	€ 1.09	1	4 Weeks	€ 0.27	
Face Moisturiser	50ml	Cien	Lidl	€ 2.49	1	9 Weeks	€ 0.28	
Nail Clippers	Boots Finger Nail Clipp Boots		Boots	€ 1.92	1	520 Weeks	€ 0.00	
Nail Polish Remover	200ml	Cien	Lidl	€ 1.59	1	52 Weeks	€ 0.03	
Tweezers	2 pack	Miomare	Lidl	€ 3.46	1	520 Weeks	€ 0.01	
Body Moisturiser	500ml	Cien	Lidl	€ 1.69	1	9 Weeks	€ 0.19	
Suncream	200ml	Lacura	Aldi	€ 2.48	1	52 Weeks	€ 0.05	
Tampons	Tampax Pearl Super T&Tampax		Tesco	€ 4.82	1	4 Weeks	€ 1.11	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Sanitary towels	Always Ultra Normal S	Always ultra	Tesco	€ 2.85	1	4 Weeks	€ 0.66
Hair Cut		Locally		€ 20.00	3	52 Weeks	€ 1.15
Toiletries Bag	Penney's	Penney's		€ 5.00	1	260 Weeks	€ 0.02
Hair Bobbins	60pack	Primark	Penneys	€ 1.42	1	52 Weeks	€ 0.03
<b>Cosmetics</b>							
Foundation	Rimmel	Local Pharmacy		€ 10.50	4	52 Weeks	€ 0.81
Lipstick	Rimmel	Local Pharmacy		€ 7.95	2	52 Weeks	€ 0.31
Mascara	Rimmel	Local Pharmacy		€ 10.95	1	17 Weeks	€ 0.64
Blusher	e.l.f. cosmetics	Local Pharmacy		€ 10.75	1	26 Weeks	€ 0.41
Eye Shadow	12 shade palette	Rimmel	Local Pharmacy	€ 10.95	1	26 Weeks	€ 0.42
Eye Pencil	Rimmel	Local Pharmacy		€ 4.70	1	26 Weeks	€ 0.18
Fake Tan	Rimmel	Local Pharmacy		€ 9.50	2	16 Weeks	€ 1.19
Nail Polish	catrice	Penneys		€ 2.95	1	26 Weeks	€ 0.11
Hairspray	400ml	Cien	Lidl	€ 1.19	1	8 Weeks	€ 0.15
Perfume	50ml		Local Pharmacy	€ 13.00	1	26 Weeks	€ 0.50
<b>Female Total</b>							
						<b>TOTAL</b>	€ 11.92
<b>Male</b>							
<b>Personal Hygiene</b>							
Suntan lotion	200ml	Lacura	Aldi	€ 2.48	1	52 Weeks	€ 0.05
Soap	4 pack	Cien	Lidl	€ 0.58	1	12 Weeks	€ 0.05
Toothpaste	100ml	Colgate	Lidl	€ 1.38	1	4 Weeks	€ 0.34
Toothbrush	2 pack	Dentalux	Lidl	€ 0.96	1	26 Weeks	€ 0.04

2019							Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Comb		Miomare	Lidl	€ 2.99	1	260 Weeks	€ 0.01
Shampoo	300ml	Cien Men	Lidl	€ 0.99	1	2 Weeks	€ 0.50
Conditioner	400ml	Cien	Lidl	€ 1.19	1	4 Weeks	€ 0.30
Shower gel	250ml	Cien	Lidl	€ 0.69	1	2 Weeks	€ 0.35
Dental floss	1X80m	Dentalux	Lidl	€ 1.99	1	8 Weeks	€ 0.25
Hair Gel	150ml	Cien Men	Lidl	€ 1.29	1	10 Weeks	€ 0.13
Nail Clippers	Boots Finger Nail Clipp Boots		Boots	€ 1.92	1	520 Weeks	€ 0.00
Cotton buds	200	Lacura	Lidl	€ 0.39	1	26 Weeks	€ 0.02
Tissues, 2ply	X60	Floralys	Lidl	€ 0.79	1	4 Weeks	€ 0.18
Razor		Cien Men	Lidl	€ 3.99	1	104 Weeks	€ 0.04
Blades	5 pack	Cien Men	Lidl	€ 4.99	1	4 Weeks	€ 1.15
Deodorant	50ml	Cien Men	Lidl	€ 0.99	1	3 Weeks	€ 0.33
Shaving cream	300ml	Cien Men	Lidl	€ 0.59	1	4 Weeks	€ 0.15
Haircut			Local hairdresser	€ 14.92	1	4 Weeks	€ 3.44
Toilet bag		Penney's	Penney's	€ 4.56	1	260 Weeks	€ 0.02
<b>Cosmetics</b>							
Aftershave	150ml		Tesco	€ 11.99	1	52 Weeks	€ 0.23
Facial Cleanser	150ml	Lcaura	Aldi	€ 1.99	1	4 Weeks	€ 0.50
Moisturiser		cien	lidl	€ 2.49	1	13 Weeks	€ 0.19
<b>Male Total</b>							
						<b>TOTAL</b>	€ 8.25

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Female</b>							
<b>Over the counter health items</b>							
Condoms	12 Pack	Durex	Tesco	€ 12.99	6	52 Weeks € 1.50	
Cough Bottle	125ml	Benylin	Boots	€ 5.93	1	52 Weeks € 0.11	
Lemsip	10 pack	Lemsip	Boots	€ 3.99	1	52 Weeks € 0.08	
Ibuprofen	12pack		Boots	€ 1.95	8	52 Weeks € 0.30	
Paracetamol	Pack of 24	Boots	Boots	€ 2.47	4	52 Weeks € 0.19	
Waterproof plasters	40pack	Tesco Waterproof	Tesco	€ 1.08	1	52 Weeks € 0.02	
Sudocream	125g		Boots	€ 4.49	1	260 Weeks € 0.02	
<b>Main Care</b>							
Doctors Visits			Local Doctor	€ 47.00	3	52 Weeks € 2.71	
Prescriptions (Antibiotic)			Local Chemsit	€ 11.23	1	52 Weeks € 0.22	
Prescriptions (Contraception)		Nordiy	Local Chemist	€ 24.60	2	52 Weeks € 0.95	
Optican Visits			Opticians	€ 33.00	1	104 Weeks € 0.32	
Dentist Visits	Exam, Scale & Polish		Local Dentist	€ 72.00	1	52 Weeks € 1.38	
<b>Female Total</b>							
					<b>TOTAL</b>	€ 7.79	
<b>Male</b>							
<b>Over the counter health items</b>							
Condoms	12 Pack	Durex	Tesco	€ 12.99	6	52 Weeks € 1.50	
Cough Bottle	125ml	Benylin	Boots	€ 5.93	1	52 Weeks € 0.11	
Lemsip	10 pack	Lemsip	Boots	€ 3.99	1	52 Weeks € 0.08	
Paracetamol	Pack of 24	Boots	Boots	€ 2.47	2	52 Weeks € 0.10	

2019								Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week		
Ibuprofen	12pack	Boots	€ 1.95	4	52 Weeks	€	0.15	
Waterproof plasters	40pack	Tesco Waterproof	€ 1.08	1	52 Weeks	€	0.02	
Sudocream	125g	Boots	€ 4.49	1	260 Weeks	€	0.02	
<b>Main Care</b>								
Doctor Visits		Local Doctor	€ 47.00	1	52 Weeks	€	0.90	
Prescriptions (Antibiotic)		Pharmacy	€ 11.23	1	52 Weeks	€	0.22	
Optican Visits		Local Optician	€ 33.00	1	104 Weeks	€	0.32	
Dentist Visits	Exam, Scale & Polish	Local Dentist	€ 72.00	1	52 Weeks	€	1.38	
<b>Male Total</b>								
						<b>TOTAL</b>	€ 4.79	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Furnishings</b>							
3 piece suite (leather)		Provided by landlord	€ -	1	0 Week		
Cabinet/unit		Provided by landlord	€ -	1	0 Week		
Table and 4 chairs		Provided by landlord	€ -	1	0 Week		
Coffee table		Provided by landlord	€ -	1	0 Week		
Double bed		Provided by landlord	€ -	1	0 Week		
Double mattress		Provided by landlord	€ -	1	0 Week		
Single bed		Provided by landlord	€ -	1	0 Week		
Single mattress		Provided by landlord	€ -	1	0 Week		
Wardrobe		Provided by landlord	€ -	1	0 Week		
Chest of drawers		Provided by landlord	€ -	1	0 Week		
Bedside locker		Provided by landlord	€ -	1	0 Week		
Bathroom cabinet		Provided by landlord	€ -	1	0 Week		
Floor coverings		Provided by landlord	€ -	1	0 Week		
Curtains		Provided by landlord	€ -	1	0 Week		
Lampshades		Provided by landlord	€ -	1	0 Week		
<b>Textiles and soft furnishings</b>							
Double Duvet	Winter Warm 13.5 To	Primark Home	Penney's	€ 20.00	1	260 Weeks € 0.08	
Double Duvet	Summer Weight 4.5 To	Primark Home	Penney's	€ 18.00	1	260 Weeks € 0.07	
Single Duvet			Penney's	€ 12.99	1	520 Weeks € 0.02	
Pillows	Simple Value Pair of Pillows		Argos	€ 4.47	2	208 Weeks € 0.04	
Fleece blanket		Dunnes	Dunnes	€ 10.00	1	312 Weeks € 0.03	
Single duvet cover & 1 pillowcase			Penney's	€ 13.44	2	416 Weeks € 0.06	



2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Single fitted sheet		Penney's	€ 4.47	2	416 Weeks	€ 0.02	
Double quilt cover & 2 pillowcases	Maximal Floral Double	Penney's	€ 14.33	2	312 Weeks	€ 0.09	
Double fitted sheet		Penney's	€ 6.72	2	312 Weeks	€ 0.04	
Hand towels		Penney's	€ 2.24	3	156 Weeks	€ 0.04	
Face cloths	Pack of 3	Penney's	€ 1.79	1	52 Weeks	€ 0.03	
Tea towels	pack of 4	Dunnes	€ 2.69	3	52 Weeks	€ 0.16	
Bath towels	Large Bath Towel	Primark Home	€ 9.00	2	156 Weeks	€ 0.12	
<b>Appliances</b>							
Television 32" (Saorview enabled)	PANASONIC 32" 720i	Powercity	€ 229.99	1	520 Weeks	€ 0.44	
Bluetooth Speaker	Bush Bluetooth Speake	Argos	€ 35.99	1	104 Weeks	€ 0.35	
Kettle	Simple Value Cordless Kettle	Argos	€ 7.49	1	260 Weeks	€ 0.03	
Blender	Breville VBL075 Blend Active Blender	Argos	€ 26.22	1	520 Weeks	€ 0.05	
Toaster	Simple Value 2 Slice Toaster	Argos	€ 8.89	1	520 Weeks	€ 0.02	
Iron	Steamworks ES2325 Steam Iron	Argos	€ 15.92	1	520 Weeks	€ 0.03	
Vacuum cleaner	Provided by landlord		€ -	1	0 Week		
Microwave	Provided by landlord		€ -	1	0 Week		
Fridge/freezer	Provided by landlord		€ -	1	0 Week		
Cooker (gas hob)	Provided by landlord		€ -	1	0 Week		
Washing Machine	Provided by landlord		€ -	1	0 Week		
Fire Blanket	Provided by landlord		€ -	1	0 Week		
Fire Extinguisher	Provided by landlord		€ -	1	0 Week		
Carbon Monoxide Alarm	Provided by landlord		€ -	1	0 Week		
Smoke Alarm	Provided by landlord		€ -	1	0 Week		

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Kitchen and hardware</b>							
Crockery set- 12 piece		Argos	€ 9.56	1	260 Weeks	€ 0.04	
Coffee mugs (6 per set)		Dealz	€ 7.18	1	260 Weeks	€ 0.03	
3 piece ovenproof dish set	Pyrex 3 Piece Clear Ca	Argos	€ 22.02	1	1,040 Weeks	€ 0.02	
Egg cups	Set of 4	Dealz	€ 4.79	1	520 Weeks	€ 0.01	
Glasses set	Pack of 4	Dealz	€ 5.70	4	104 Weeks	€ 0.22	
Cutlery set, stainless steel	Simple Value Venice 24	Tesco	€ 14.84	1	520 Weeks	€ 0.03	
Colander	Tesco Basics Colander	Tesco	€ 2.15	1	1,040 Weeks	€ 0.00	
5 piece saucepan set	Non-Stick Carbon Stee	Argos	€ 36.38	1	1,040 Weeks	€ 0.03	
Knife set - 5 piece	Simple Value 5 Piece Ki	Argos	€ 9.57	1	780 Weeks	€ 0.01	
Utensil set and rack	ColourMatch 16 Piece	Argos	€ 5.74	1	780 Weeks	€ 0.01	
Tin opener	Tesco Stainless Steel	Tesco	€ 5.74	1	260 Weeks	€ 0.02	
Potato peeler	Tesco Stainless Steel	Tesco	€ 4.31	1	260 Weeks	€ 0.02	
Kitchen scissors	Tesco All Purpose Scis	Tesco	€ 3.35	1	260 Weeks	€ 0.01	
Wooden spoon set	Tesco Basics Fsc Woor	Tesco	€ 1.68	1	1,040 Weeks	€ 0.00	
Chopping board	Tesco Basics All Purpo	Tesco	€ 2.87	1	260 Weeks	€ 0.01	
Freezer bags (50)	Tesco brand	Tesco	€ 0.82	1	26 Weeks	€ 0.03	
Cling film (35cmx15cm)	Tesco brand	Tesco	€ 1.39	1	17 Weeks	€ 0.08	
Tin foil (45cmx5m)	Tesco brand	Tesco	€ 1.39	1	17 Weeks	€ 0.08	
vacuum flask	dunnes	dunnes	€ 7.66	1	1,040 Weeks	€ 0.01	
mixing bowl	tesco basics	Tesco	€ 1.91	1	780 Weeks	€ 0.00	
baking tray	dunnes	dunnes	€ 7.66	1	780 Weeks	€ 0.01	
kitchen scales	simple value mechanica	argos	€ 7.18	1	780 Weeks	€ 0.01	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Whisk	tesco SS Whisk	Tesco	€ 4.31	1	780 Weeks	€ 0.01	
laundry basket	primark Home	Penneys	€ 4.79	1	260 Weeks	€ 0.02	
corkscrew	tesco SS corkscrew	Tesco	€ 4.31	1	780 Weeks	€ 0.01	
torch		Dealz	€ 1.48	1	520 Weeks	€ 0.00	
<b>Other Household Items</b>							
Reusable Shopping Bags	Tesco Finest Reusable I	Tesco	€ 1.16	2	208 Weeks	€ 0.01	
Gear/Gym Bag	Primark	Penney's	€ 18.00	1	260 Weeks	€ 0.07	
Suit case	30.5X21.3X12"	itluggage.com	€ 45.64	1	520 Weeks	€ 0.09	
Alarm Clock	Constant Elliptical Alarr	Argos	€ 5.82	1	520 Weeks	€ 0.01	
Umbrella		Penney's	€ 3.65	1	104 Weeks	€ 0.04	
<b>Stationary and paper goods:</b>							
Birthday cards	2 for the price of 1	Dealz	€ 1.49	2	52 Weeks	€ 0.06	
Occasion cards	2 for the price of 1	Dealz	€ 1.49	2	52 Weeks	€ 0.06	
Christmas cards	Box of 30	Dealz	€ 1.49	1	52 Weeks	€ 0.03	
Gift wrap	Sheets	Dealz	€ 1.49	4	52 Weeks	€ 0.11	
Christmas wrapping paper	Sheets	Dealz	€ 1.49	4	52 Weeks	€ 0.11	
Writing pad	Monochrome A4 Desig	Dealz	€ 1.49	1	52 Weeks	€ 0.03	
Envelopes	65 Packet	Dealz	€ 1.49	1	52 Weeks	€ 0.03	
Sellotape	Sellotap 24x50metres	Dealz	€ 1.49	2	104 Weeks	€ 0.03	
Pens	Bic Round Stic Black Pe	Dealz	€ 1.49	1	156 Weeks	€ 0.01	
<b>Cleaning &amp; maintenance</b>							
Dust pan and brush		Dealz	€ 1.39	1	104 Weeks	€ 0.01	
Washing up brush		Dealz	€ 2.32	2	52 Weeks	€ 0.09	

2019							Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Washing up bowl			Dealz	€ 1.39	1	260 Weeks	€ 0.01
Dustbin			Dealz	€ 1.39	1	260 Weeks	€ 0.01
Mop			dunnes	€ 5.56	1	26 Weeks	€ 0.21
Bucket			dunnes	€ 13.89	1	520 Weeks	€ 0.03
Batteries	6 pack	Kodak Aa Alkaline Batt	Dealz	€ 1.39	3	52 Weeks	€ 0.08
Candles	6 pack	Tesco Dinner Candles	Tesco	€ 3.70	1	260 Weeks	€ 0.01
Ironing board		Simple Value 118 x 34	Argos	€ 14.36	1	780 Weeks	€ 0.02
Clothes airer		Guineys Brand Clothes	Guineys	€ 11.99	1	1,040 Weeks	€ 0.01
Toilet brush set		Toilet brush with holdi	Dealz	€ 1.45	1	52 Weeks	€ 0.03
Toilet paper		Saxon 9 pack	Aldi	€ 2.21	1	4 Weeks	€ 0.55
Household matches		Maigure & Paterson	Tesco	€ 0.87	1	52 Weeks	€ 0.02
Washing up liquid (1 litre)		Magnam	Aldi	€ 0.92	1	8 Weeks	€ 0.11
Washing Machine Capsules		Tesco Non-Bio - 20 w	Tesco	€ 3.70	1	10 Weeks	€ 0.37
Air freshener	450ml	W5	Lidl	€ 0.73	1	9 Weeks	€ 0.08
Furniture polish		Powerforce, 300ml	Aldi	€ 0.45	1	26 Weeks	€ 0.02
Disinfectant		Dettol Surface Cleanse	Tesco	€ 3.88	5	52 Weeks	€ 0.37
Bleach		Powerforce, 750ml	Aldi	€ 0.57	1	4 Weeks	€ 0.13
Toilet cleaner		Powerforce, 1 litre	Aldi	€ 0.92	1	4 Weeks	€ 0.23
Shoe polish (50ml)		Punch	Tesco	€ 1.07	1	52 Weeks	€ 0.02
Dish cloths (6)		Powerforce (10)	Aldi	€ 0.64	1	104 Weeks	€ 0.01
Household gloves (3 pack)		Powerforce	Aldi	€ 0.45	1	78 Weeks	€ 0.01
Refuse sacks	20X50 L	Killeen	Lidl	€ 1.44	1	10 Weeks	€ 0.14
Light bulbs		Philips 8W LED (60W	Tesco	€ 5.92	7	364 Weeks	€ 0.11

2019							Single Adult	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week		
Home tool set	Onsite 14 Piece Home Woodies		€ 19.55	1	520 Weeks	€	0.04	
<b>Total</b>								
<b>Additional items for Female</b>								
Hairdryer	Remington Power Dry Argos		€ 16.99	1	260 Weeks	€	0.07	
Hair Straightner	remington s3500	Argos	€ 25.99	1	260 Weeks	€	0.10	
<b>Total</b>								
						<b>TOTAL</b>	€ 6.02	

2019						Single Adult	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Waste	Pay by Weight	Barna Recycling	€ 9.00	1	4 Weeks	€	2.08
Waste Standing Charge	N/A		€ -	1	52 Weeks	€	-
Boiler Service	Provided by landlord		€ -	1	52 Weeks	€	-
Window Cleaning	Provided by landlord		€ -	1	52 Weeks	€	-
Gutter Cleaning	Provided by landlord		€ -	1	52 Weeks	€	-
<b>Total</b>							
						<b>TOTAL</b>	€ 2.08

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Post</b>							
Stamps	National	An Post	€ 1.02	10	52 Weeks	€	0.20
<b>Phone, Internet etc.</b>							
Smart Phone	Samsung	Eir	€ 120.98	1	156 Weeks	€	0.78
Phone credit		Eir	€ 18.61	1	4 Weeks	€	4.30
Broadband & Landline	100 Mbps	DigiWeb	€ 42.30	1	4 Weeks	€	9.76
Internet Connection, Activation and Delivery		Digiweb	€ 49.00	1	156 Weeks	€	0.31
<b>Total</b>							
						<b>TOTAL</b>	€ 15.35

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Exercise / Sport Activities</b>							
Monthly Gym Membership (Gym & Pool)		Local Independent Gyn	€ 25.00	1	4 Weeks	€ 5.77	
GAA matches			€ 10.00	4	52 Weeks	€ 0.77	
<b>Holiday 1 week in Galway</b>							
Galway city	Per night	Sleepzone	€ 17.99	4	52 Weeks	€ 1.38	
Connemara	Per night	Sleepzone	€ 19.00	3	52 Weeks	€ 1.10	
Spending money			€ 280.00	1	52 Weeks	€ 5.38	
<b>Household Items</b>							
Photo printing	100 photos	15X10cm	Boots	€ 8.83	1	52 Weeks € 0.17	
Booth Photographs	Set of 4	Local Chemist		€ 6.23	2	520 Weeks € 0.02	
Television Licence		An Post		€ 160.00	1	52 Weeks € 3.08	
Christmas Tree Lights	Set of 200	Argos		€ 20.13	1	260 Weeks € 0.08	
Christmas Tree Decorations	Home 100 piece Chris	Argos		€ 11.07	1	260 Weeks € 0.04	
Artificial Christmas Tree	Home 5ft Christmas T	Argos		€ 19.14	1	520 Weeks € 0.04	
Christmas Wreath	Berry and Pine Cone	Argos		€ 13.09	1	260 Weeks € 0.05	
<b>Newspapers, Books &amp; Magazines</b>							
Netflix Monthly Subscr Basic One screen view package		NETFLIX		€ 7.99	1	4 Weeks € 1.84	
Novels		Second hand bookstore		€ 2.50	2	52 Weeks € 0.10	
Novel		Easons		€ 9.80	1	52 Weeks € 0.19	
Library Card	FREE	Local Library		€ -	1	520 Weeks € -	
Sunday newspaper	Sunday Independent	Local Newsagent		€ 3.44	1	1 Week € 3.44	
<b>Socialising</b>							
Cinema		Local Cinema		€ 7.60	1	18 Weeks € 0.42	



2019						Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Socialising/entertainment			€ 20.00	1	1 Week	€ 20.00
<b>Total</b>					<b>TOTAL</b>	€ 43.87

2019						Single Adult	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Education Course</b>							
Training Course	Microsoft Training	progressivetraining.ie	€ 197.90	1	156 Weeks	€	1.27
<b>Computer Equipment</b>							
Laptop	DELL Inspiron 15 5000	PC World	€ 410.19	1	260 Weeks	€	1.58
Printing Allowance		Locally	€ 10.00	1	52 Weeks	€	0.19
Microsoft Office Package	Microsoft	PC World	€ 149.99	1	480 Weeks	€	0.31
<b>Stationary</b>							
Refill Pad		Dealz	€ 1.50	2	52 Weeks	€	0.06
Highlighter	3pack	Dealz	€ 1.50	1	52 Weeks	€	0.03
<b>Total</b>						<b>TOTAL</b>	€ 3.44

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Private Transport</b>							
Hyundai	i10	152 reg. 1.0 litre engine	€ 8,941.08	1	312 Weeks	€ 28.66	
Motor Tax		€ SIMI Dealer	€ 190.00	1	52 Weeks	€ 3.65	
NCT			€ 55.00	1	104 Weeks	€ 0.53	
Annual Service		Local	€ 170.00	1	52 Weeks	€ 3.27	
Maintenance		Allowance for periodic replacement of bulbs, v	€ 118.00	1	52 Weeks	€ 2.27	
Petrol		Avg price per litre AA Price Survey	€ 1.42	19.5	1 Week	€ 27.70	
Driving Licence		Motor Tax Office	€ 55.00	1	520 Weeks	€ 0.11	
Parking Allowance			€ 5.00	1	1 Week	€ 5.00	
<b>Total</b>						<b>TOTAL</b>	€ 71.18

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
<b>Electricity</b>							
Units	Discounted Unit Rate	Energia	€ 0.16	57.0	1 Week	€ 9.06	
Standing Charge	Rural	Energia	€ 227.61	1	52 Weeks	€ 4.38	
PSO			€ 49.45	1	52 Weeks	€ 0.95	
						<b>Electricity Total</b>	<b>14.39</b>
<b>Gas</b>							
Units	Gas Oil	SEAI Average Price - C	€ 0.07	9,310	52 Weeks	€ 12.54	
						<b>Oil TOTAL</b>	<b>12.54</b>
						<b>TOTAL</b>	<b>26.93</b>

2019						Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
<b>Unemployed</b>						
Donations to charity			€ 2.02	1	1 Week	€ 2.02
Passport Fee		Passport Office	€ 75.30	1	520 Weeks	€ 0.14
Bank account fees	Current Account	Permanent TSB	€ 48.29	1	52 Weeks	€ 0.93
<b>Total</b>						<b>TOTAL € 3.09</b>
<b>Employed Full-Time</b>						
Donations to charity			€ 2.02	1	1 Week	€ 2.02
Trade Union Subscription	Full-time	SIPTU	€ 4.02	1	1 Week	€ 4.02
Passport Fee		Passport Office	€ 75.30	1	520 Weeks	€ 0.14
Bank account fees	Current Account	Permanent TSB	€ 48.29	1	52 Weeks	€ 0.93
<b>Total</b>						<b>TOTAL € 7.11</b>

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Health Insurance	Company Plan Starter	VHI	€ 717.19	1	52 Weeks	€ 13.79	
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	€ -	
Car Insurance	Fully Comprehensive		€ 483.93	1	52 Weeks	€ 9.31	
<b>Total</b>						<b>TOTAL</b>	€ 21.18

2019						Single Adult	
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
<b>Total</b>						<b>TOTAL</b>	€ 10.00