

2019**URBAN****Single Adult**

Food	47.77
Clothing	12.88
Personal Care	8.60
Health	0.00
Health - OTC	1.97
Health Care Services	3.36
Household Goods	5.62
Household Services	3.67
Communications	14.04
Social Inclusion & Partic	51.98
Education	3.44
Transport - Public	39.06
Transport - Car	65.69
Household Energy	0.00
Electricity	13.38
Heat	8.26
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	11.45
Savings & Contingencie	10.00

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Fruit & Vegetables								
Apples	10 pack	Royal Gala	Aldi	€ 1.47	1	2 Weeks	€ 0.74	
Bananas	6pack	Aldi	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	Aldi	€ 0.78	1	2 Weeks	€ 0.39	
Cucumber	Loose	The Salad Box	Aldi	€ 0.59	1	1 Week	€ 0.59	
Onions	750g	Aldi	Aldi	€ 0.68	1	4 Weeks	€ 0.16	
Oranges	1kg	Aldi	Aldi	€ 1.79	1	3 Weeks	€ 0.60	
Pears	Loose	Aldi	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	
Groceries								
Bars	9 Pack	Belmont Biscuits	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	750g	Harvest Morn	Aldi	€ 0.95	1	3 Weeks	€ 0.32	

2019							Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
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	475g	Aldi	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
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 tin)	Quixo	Aldi	€ 0.79	1	9 Weeks	€ 0.09
Ham, Cooked	15 slices	Glensallagh Family Pack	Aldi	€ 1.99	1	2 Weeks	€ 1.00
Yogurts	125g 4 pack	Coolree Creamery	Aldi	€ 1.49	1	1 Week	€ 1.49
Marmalade	(454g)	Grandessa	Aldi	€ 0.45	1	8 Weeks	€ 0.06
Mayonnaise	(500ml)	Bramwells	Aldi	€ 1.47	1	6 Weeks	€ 0.24
Noodles	(100g)	Aldi	Aldi	€ 0.14	1	1 Week	€ 0.14
Orange Juice	(1 litre)	Rio D'ora	Aldi	€ 0.78	1	2 Weeks	€ 0.39
Pepper	(25g)	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
Sweetcorn	340g	Sweet Harvest	Aldi	€ 0.28	1	1 Week	€ 0.28

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
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	11g	Stone Mill	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	Aldi	Aldi	€ 1.96	1	4 Weeks	€ 0.45	
Jelly	135g	Delicious Desserts	Aldi	€ 0.55	1	2 Weeks	€ 0.27	
Meat								
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	6pack	Butchers Seelction	Aldi	€ 5.84	1	2 Weeks	€ 2.92	
Beef (stewing)	346g	Butchers Selection	Aldi	€ 4.79	1	3 Weeks	€ 1.60	
Sausages	x8	Brannans	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	
Milk & Bread								
Brown bread	800g	Ballymore Crust	Aldi	€ 0.80	1	1 Week	€ 0.80	
Brown bread rolls		Ballymore Crust	Aldi	€ 0.39	2	1 Week	€ 0.78	
Full Fat Milk	2 litre	Clobawn	Aldi	€ 1.49	1	1 Week	€ 1.49	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week	
Other							
Friday lunch		Local deli	€ 5.50	1	1 Week	€	5.50
Chinese takeaway		Local takeaway	€ 13.90	1	4 Weeks	€	3.21
Christmas			€ 38.33	1	52 Weeks	€	0.74
Total							
				TOTAL	Male	47.77	
					Female	35.54	

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Female								
Underwear and nightwear								
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	
Coats, jackets								
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	
Main clothing								
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	
T-Shirts/Tops		Dunnes	Dunnes	€ 3.95	3	52 Weeks	€ 0.23	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
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	Penney's	Penney's	€ 14.00	1	52 Weeks	€ 0.27	
Going-Out Dress	Penney's	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	2 pack	Penney's	€ 2.81	1	156 Weeks	€ 0.02	
Footwear							
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	
Personal Accessories							
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	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	
Dry Cleaning - Suit	Local	Dry Cleaners	€ 10.00	1	26 Weeks	€ 0.38	
TOTAL						€ 12.40	

2019							Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week
Male							
Underwear and nightwear							
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
Slippers		Penney's	Penney's	€ 5.88	1	156 Weeks	€ 0.04
Bath robe		Dunnes	Dunnes	€ 16.00	1	260 Weeks	€ 0.06
Pyjamas		Penney's	Penney's	€ 9.88	1	52 Weeks	€ 0.19
Coats, jackets							
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
Main clothing							
Suit		Burtons	Shaws	€ 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
T-shirts		Penney's	Penney's	€ 3.95	6	52 Weeks	€ 0.46
Swim shorts		Dunnes	Dunnes	€ 4.94	1	104 Weeks	€ 0.05
Jeans		Dunnes	Dunnes	€ 19.75	2	52 Weeks	€ 0.76
Smart shirt		Dunnes	Dunnes	€ 24.68	3	52 Weeks	€ 1.42

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Smart shirt and tie set	Dunnes	Dunnes	€ 29.63	1	52 Weeks	€ 0.57	
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	
Hat, scarf & glove set	Penney's	Penney's	€ 9.38	1	52 Weeks	€ 0.18	
Belt	Penney's	Penny's	€ 4.69	2	156 Weeks	€ 0.06	
Footwear							
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	
Personal Accessories							
Wallet	Dunnes	Dunnes	€ 9.38	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	2 piece suit	Local	Dry Cleaners	€ 10.00	1	26 Weeks	€ 0.38
TOTAL						€ 12.88	

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Female								
Personal Hygiene								
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	
Body Wash	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	€ 21.31	3	52 Weeks	€ 1.23
Hair Bobbins	60pack	Primark		Penneys	€ 1.50	1	52 Weeks	€ 0.03
Toiletries Bag		Penney's		Penney's	€ 4.56	1	260 Weeks	€ 0.02
Cosmetics								
Foundation		Rimmel		Penneys	€ 9.90	4	52 Weeks	€ 0.76
Lipstick		Rimmel		Penneys	€ 6.60	2	52 Weeks	€ 0.25
Mascara		Rimmel		Penneys	€ 6.60	1	17 Weeks	€ 0.39
Blusher		Rimmel		Boots	€ 7.99	1	26 Weeks	€ 0.31
Eye Shadow	12 shade palette	Rimmel		Boots	€ 11.49	1	26 Weeks	€ 0.44
Eye Pencil		Rimmel		Boots	€ 5.49	1	26 Weeks	€ 0.21
Fake Tan		Cocoa Brown		Penneys	€ 6.90	2	16 Weeks	€ 0.86
Nail Polish		Catrice		Penneys	€ 2.95	1	26 Weeks	€ 0.11
Hairspray	400ml	Cien		Lidl	€ 1.19	1	8 Weeks	€ 0.15
Perfume	100ml	Calvin Klein		The Perfume Shop	€ 25.00	1	52 Weeks	€ 0.48
							TOTAL	€ 11.24
Male								
Personal Hygiene								
Suncream	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
Comb		Miomare		Lidl	€ 2.99	1	260 Weeks	€ 0.01

2019								Single Adult
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
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	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	2	8 Weeks	€ 1.25	
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	
Cosmetics								
Aftershave	100ml	Calvin Klein	The Perfume Shop	€ 25.00	1	52 Weeks	€ 0.48	
Facial Cleanser	150ml	Lacura	Aldi	€ 1.99	1	4 Weeks	€ 0.50	
Moisturiser	50ml	Cien Men	Lidl	€ 2.49	1	13 Weeks	€ 0.19	
TOTAL							€ 8.60	

2019								Single Adult	
Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week		
Female									
Over the counter health items									
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		Local Chemist	€ 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	
Main Care									
Doctor Visits			Local Doctor	€ 56.33	3	52 Weeks	€	3.25	
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	€ 30.73	1	104 Weeks	€	0.30	
Dentist Visits	Exam, Scale & Polish		Local Dentist	€ 91.99	1	52 Weeks	€	1.77	
Female Total									
							TOTAL	€	8.69
Male									
Over the counter health items									
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	Tesco	€ 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	Local Chemist	€ 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	
Main Care								
Doctor Visits		Local Doctor	€ 56.33	1	52 Weeks	€	1.08	
Prescriptions (Antibiotic)		Pharmacy	€ 11.23	1	52 Weeks	€	0.22	
Optican Visits		Local Optician	€ 30.73	1	104 Weeks	€	0.30	
Dentist Visits	Exam, Scale & Polish	Local Dentist	€ 91.99	1	52 Weeks	€	1.77	
Male Total								
						TOTAL	€ 5.34	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Furnishings							
Sofa		Provided by landlord	€ -	1			
Bookshelf		Provided by landlord	€ -	1			
Table and 2 chairs		Provided by landlord	€ -	1			
Coffee table		Provided by landlord	€ -	1			
Double bed		Provided by landlord	€ -	1			
Double mattress		Provided by landlord	€ -	1			
Wardrobe		Provided by landlord	€ -	1			
Bedside locker		Provided by landlord	€ -	2			
Bathroom cabinet		Provided by landlord	€ -	1			
Floor coverings		Provided by landlord	€ -	1			
Curtains		Provided by landlord	€ -	1			
Lampshades		Provided by landlord	€ -	1			
Textiles and soft furnishings							
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
Double Duvet Cover		Primark Home	Penny's	€ 14.33	2	312 Weeks	€ 0.09
Double fitted sheets		Primark Home	Penny's	€ 6.72	2	312 Weeks	€ 0.04
Pillows	Simple Value Pair	Argos	Argos	€ 4.47	1	208 Weeks	€ 0.02
Fleece blanket		Dunnes	Dunnes	€ 10.00	1	312 Weeks	€ 0.03
Hand towels		Primark Home	Penney's	€ 2.24	3	156 Weeks	€ 0.04
Face cloths	Pack of 3	Primark Home	Penney's	€ 1.79	1	52 Weeks	€ 0.03
Tea towels	pack of 4	Dunnes	Dunnes	€ 2.69	3	52 Weeks	€ 0.16

2019								Single Adult	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week			
Bath towels	Large Bath Towel	Primark Home	Penney's	€ 9.00	2	156 Weeks	€	0.12	
Appliances									
Television 32" (Saorview enabled)	PANASONIC 32" 720i Powercity		€ 203.14	1	520 Weeks	€	0.39		
Bluetooth Speaker	Bush Bluetooth Speake Argos		€ 35.99	1	104 Weeks	€	0.35		
Kettle	Simple Value Cordless Argos		€ 7.49	1	260 Weeks	€	0.03		
Blender	Breville VBL075 Blend . Argos		€ 26.22	1	520 Weeks	€	0.05		
Toaster	Simple Value 2 Slice Tc Argos		€ 8.89	1	520 Weeks	€	0.02		
Iron	Steamworks ES2325 St Argos		€ 15.92	1	520 Weeks	€	0.03		
Vacuum cleaner	Provided by landlord		€ -	1					
Fridge/freezer	Provided by landlord		€ -	1					
Cooker (gas hob)	Provided by landlord		€ -	1					
Washing Machine	Provided by landlord		€ -	1					
Fire Blanket	Provided by landlord		€ -	1					
Fire Extinguisher	Provided by landlord		€ -	1					
Carbon Monoxide Alarm	Provided by landlord		€ -	1					
Smoke Alarm	Provided by landlord		€ -	1					
Microwave	Provided by landlord		€ -	1					
Kitchen and hardware									
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		
Corkscrew	Tesco Stainless Steel	Tesco	€ 4.31	1	780 Weeks	€	0.01		
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		

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Glasses set	Pack of 4	Dealz	€ 5.70	4	104 Weeks	€ 0.22	
Cutlery set, stainless steel	Simple Value Venice 2 ⁴	Tesco	€ 14.84	1	520 Weeks	€ 0.03	
Mixing Bowl	Tesco Basics Mixing Bo	Tesco	€ 1.91	1	780 Weeks	€ 0.00	
Non-stick baking Tray	Dunnes Brand Non stir	Dunnes	€ 7.66	1	780 Weeks	€ 0.01	
Kitchen scales	Simple Value Mechanic	Argos	€ 7.18	1	780 Weeks	€ 0.01	
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	
Whisk	Tesco Stainless Steel W	Tesco	€ 4.31	1	780 Weeks	€ 0.01	
Wooden spoon set	Tesco Basics Fsc Woo	Tesco	€ 1.68	1	1,040 Weeks	€ 0.00	
Vacuum Flask		Dunnes	€ 7.66	1	1,040 Weeks	€ 0.01	
Chopping board	Tesco Basics All Purpo	Tesco	€ 2.87	1	260 Weeks	€ 0.01	
Freezer bags (40)	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	
Laundry Basket	Primark Home	Pennys	€ 4.79	1	260 Weeks	€ 0.02	
Handtorch		Dealz	€ 1.48	1	520 Weeks	€ 0.00	
Other Household Items							
Reusable Shopping Bags	Tesco Finest Reusable I	Tesco	€ 1.16	2	208 Weeks	€ 0.01	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Gear/Gym Bag	Primark	Penney's	€ 18.00	1	260 Weeks	€ 0.07	
Suit case	30.5X21.3X12"	itluagge.com	€ 45.64	1	520 Weeks	€ 0.09	
Umbrella		Penney's	€ 3.65	1	104 Weeks	€ 0.04	
Alarm Clock	Constant Elliptical Alarr	Argos	€ 5.82	1	520 Weeks	€ 0.01	
Stationary and paper goods:							
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	
Cleaning & maintenance							
Dust pan and brush		Dealz	€ 1.39	1	104 Weeks	€ 0.01	
Washing up brush		Dealz	€ 1.39	2	52 Weeks	€ 0.05	
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	€ 1.39	3	52 Weeks	€ 0.08	
Candles	6 pack	Tesco Dinner Candles	€ 3.70	1	260 Weeks	€ 0.01	

2019		Single Adult					
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
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 (40ml)	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 (1 pack)	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	6	364 Weeks	€ 0.10	
Home Tool Set	Onsite 14 Piece Home	Woodies	€ 19.55	1	520 Weeks	€ 0.04	
Total							
Additional items for Female							
Hairdryer	Remington Power Dry	Argos	€ 16.99	1	260 Weeks	€ 0.07	
Hair Straightner	RemingtonS3500	Argos	€ 25.99	1	260 Weeks	€ 0.10	
Total							

2019						Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week
TOTAL						€ 5.78

2019

Single Adult

Household Services

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week
Waste	Private waste Disposal	City Bin	€ 15.90	1	4 Weeks	€ 3.67
Boiler Service	Provided by landlord		€ -	1	52 Weeks	
Window Cleaning	Provided by landlord		€ -	1	52 Weeks	
Gutter Cleaning	Provided by landlord		€ -	1	52 Weeks	
Total						TOTAL € 3.67

2019							Single Adult	
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week		
Post								
Stamps	National	An Post	€ 1.02	10	52 Weeks	€	0.20	
Phone, Internet etc.								
Smart Phone	Samsung Galaxy A20e	3 Mobile	€ 120.98	1	156 Weeks	€	0.78	
Phone credit		Three Mobile	€ 18.61	1	4 Weeks	€	4.30	
Broadband	100 Mbps	Vodaphone	€ 38.00	1	4 Weeks	€	8.77	
Internet Connection, Activation and Delivery		Vodaphone	€ -	1	156 Weeks	€	-	
Total								
						TOTAL	€	14.04

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Exercise / Sport Activities							
Monthly Gym Membership		Local Commercial Gym	€ 27.25	1	4 Weeks	€ 6.29	
Swimming		Local Swimming Pool	€ 7.95	48	52 Weeks	€ 7.34	
Holiday 1 week in Galway							
Dublin-Galway	Return ticket	Citylink 760 bus	€ 23.00	1	52 Weeks	€ 0.44	
Galway city	Per night	Sleepzone	€ 17.99	4	52 Weeks	€ 1.38	
Connemara	Per night	Sleepzone	€ 19.00	3	52 Weeks	€ 1.10	
Galway-Connemara	Return ticket	Bus Eireann Route 419	€ 21.00	1	52 Weeks	€ 0.40	
Spending money			€ 280.00	1	52 Weeks	€ 5.38	
Household Items							
Photo printing	100 Photos (15x10cm)	Boots	€ 8.83	1	52 Weeks	€ 0.17	
Booth photographs	Local chemist	Set of four	€ 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	€ 19.08	1	260 Weeks	€ 0.07	
Christmas Tree Decorations	Home 100 piece Chris	Argos	€ 10.49	1	260 Weeks	€ 0.04	
Artificial Christmas Tree	Home 5ft Christmas T	Argos	€ 18.14	1	520 Weeks	€ 0.03	
Christmas Wreath	Berry and Pine Cone	Argos	€ 12.41	1	260 Weeks	€ 0.05	
Newspapers, Books & Magazines							
Netflix Monthly Subscr Basic One screen view package		NETFLIX	€ 7.99	1	4 Weeks	€ 1.84	
Novels		Second hand bookstor	€ 2.50	2	52 Weeks	€ 0.10	
Novel		Easons	€ 9.80	1	52 Weeks	€ 0.19	
Library Card	FREE	DCC Library	€ -	1	520 Weeks	€ -	
Sunday newspaper	Sunday Independent	Local Newsagent	€ 3.44	1	1 Week	€ 3.44	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Socialising							
Cinema	Adult Evening Ticket	Omniplex, Santry	€ 11.00	1	18 Weeks	€ 0.61	
Socialising/entertainment			€ 20.00	1	1 Week	€ 20.00	
Total						TOTAL	€ 51.98

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Education Course							
Training Course	Microsoft Training	progressivetraining.ie	€ 197.90	1	156 Weeks	€ 1.27	
Computer Equipment							
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	
Stationary							
Refill Pad		Dealz	€ 1.50	2	52 Weeks	€ 0.06	
Highlighter	2 pack	Dealz	€ 1.50	1	52 Weeks	€ 0.03	
Total						TOTAL	€ 3.44

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Public Transport							
Leap Card	Weekly Cap		€ 27.85	1	1 Week	€ 27.85	
Night bus	Nite Link	Dublin Bus	€ 6.60	1	1 Week	€ 6.60	
Taxi			€ 20.00	1	4 Weeks	€ 4.62	
TOTAL						€ 39.06	
Private Transport							
Hyundai i10	152 reg. 1.0 litre engine	SIMI Dealer	€ 8,941.08	1	312 Weeks	€ 28.66	
Motor Tax			€ 190.00	1	52 Weeks	€ 3.65	
NCT			€ 55.00	1	104 Weeks	€ 0.53	
Maintenance and repairs	Service and token repairs		€ 298.00	1	52 Weeks	€ 5.73	
Petrol			€ 1.42	15.5	1 Week	€ 22.02	
Driving Licence		Motor Tax Office	€ 55.00	1	520 Weeks	€ 0.11	
Parking Allowance			€ 5.00	1	1 Week	€ 5.00	
TOTAL						€ 65.69	

2019							Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week	
Electricity							
Units	Dual Fuel - direct deb Discounted unit rate	Energia	€ 0.16	56.5	1 Week	€ 8.98	
Standing Charge	Urban	Energia	€ 178.98	1	52 Weeks	€ 3.44	
PSO			€ 49.45	1	52 Weeks	€ 0.95	
Electricity TOTAL						13.38	
Gas							
Units	Dual Fuel - direct deb Discounted unit rate	Energia	€ 0.05	5,985	52 Weeks	€ 5.69	
Carbon Tax			€ 0.00	5,985	52 Weeks	€ 0.50	
Standing Charge		Energia	€ 107.45	1	52 Weeks	€ 2.07	
Gas TOTAL						8.26	
TOTAL						21.63	

2019						Single Adult
Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost/Week
Unemployed						
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
Total						TOTAL € 3.09
Employed Full-Time						
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
Total						TOTAL € 7.11

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	€0.00	
Car Insurance	Fully Comprehensive		€ 595.56	1	52 Weeks	€11.45	
Total						TOTAL	€ 23.32

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
Total						TOTAL	€ 10.00