

Single Adult of Working Age

Rural

Weekly Individualised Expenditure

Mar 2012

Food	€	52.83
Fruit & Vegetables	€	15.75
Groceries	€	17.93
Meat	€	6.91
Milk & Bread	€	5.38
Other	€	6.85
Clothing	€	8.25
Clothes	€	5.59
Footwear	€	2.27
Accessories	€	0.38
Personal Care	€	7.71
Personal Hygiene	€	5.77
Cosmetics	€	1.94
Health	€	4.36
Over the counter items	€	0.83
Health care services	€	3.53
Household Goods	€	17.41
Furnishings	€	7.56
Appliances	€	2.93
Kitchen items	€	0.97
Cleaning & maintenance	€	4.35
Miscellaneous items	€	1.59
Household Services	€	9.75
Communications	€	10.03
Social Inclusion & Participation	€	46.70
Exercise / Sport Activities	€	4.48
Individual Activities	€	-
Holiday	€	9.24
Household items	€	3.34
Newspapers, Books & Magazines	€	4.86
Socialising	€	19.40

Education	€	5.44
Uniforms	€	-
Books, Stationary, etc.	€	-
Computer Equipment	€	2.48
Other Education Costs	€	2.97
Transport (Public)	€	-
Transport (Private)		
Scenario 1	€	44.57
Scenario 2	€	61.66
Household Energy	€	48.96
Electricity	€	14.71
Heating	€	34.25
Personal Costs		
Unemployed	€	2.68
Employed Full-Time	€	5.75
Childcare		
Scenario 1	€	-
Scenario 2	€	-
Insurance	€	26.81
Home Contents	€	4.24
Health	€	16.59
Car	€	5.98
Savings & Contingencies	€	10.00

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Food

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
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Male

Fruit & Vegetables

§ Apples		Aldi	€ 0.49	4	1 Week	€ 1.96
§ Bananas	1 kg	Aldi	€ 1.25	1	1 Week	€ 1.25
§ Frozen Mixed Veg	1 kg	Four Seasons	€ 1.25	1	3 Weeks	€ 0.42
§ Kiwi		Aldi	€ 0.23	2	1 Week	€ 0.46
§ Lettuce		Aldi	€ 0.90	1	1 Week	€ 0.90
§ Mushroom	250g	Aldi	€ 0.99	1	1 Week	€ 0.99
§ Onions	1kg bag (8 onions per bag)	Aldi	€ 0.71	1	4 Weeks	€ 0.18
§ Oranges		Aldi	€ 0.49	2	1 Week	€ 0.98
§ Pears		Aldi	€ 0.49	2	1 Week	€ 0.98
§ Peppers	Pack of 3	Aldi	€ 1.89	1	3 Weeks	€ 0.63
§ Sultanas	375g	Sweet Vine	€ 0.99	1	3 Weeks	€ 0.33
§ Tomatoes	6 pack	Aldi	€ 1.29	1	2 Weeks	€ 0.86

Groceries

§ Bars	9 Pack	Eat Me Caramel	Aldi	€ 1.09	1	2 Weeks	€ 0.55
§ Beans	(420g)	Corale	Aldi	€ 0.47	2	1 Week	€ 0.94
§ Biscuits	(400g)	Belmont Digestive	Aldi	€ 0.49	1	1 Week	€ 0.49
§ Bolognese Sauce	(320g)	Cucina	Aldi	€ 0.99	1	2 Weeks	€ 0.50
§ Cheese	(8 slices)	Cowbelle	Aldi	€ 0.85	1	2 Weeks	€ 0.43
† Coffee	(200g)	Maxwell House	Tesco / Supervalu		1	6 Weeks	€ 1.65
§ Coleslaw	(400g)	Country Fresh	Aldi	€ 1.29	1	2 Weeks	€ 0.65
§ Cooking Oil	(1 litre)	Solesta	Aldi	€ 1.59	1	4 Weeks	€ 0.40
§ Corn flakes	400g	Harvest Morn	Aldi	€ 0.79	2	3 Weeks	€ 0.53
§ Cream Crackers	(300g)	Savour Bakes	Aldi	€ 0.39	1	6 Weeks	€ 0.07
§ Crisps	(18 pack)	Snackrite	Aldi	€ 1.95	1	6 Weeks	€ 0.33
§ Curry Sauce	(320g)	Tesco	Tesco	€ 1.25	1	1 Week	€ 1.25

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Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
§ Diluted Orange	(1 litre)	Sun Quench	Aldi	€ 1.45	1	2 Weeks	€ 0.73
§ Eggs	(18 eggs)	Mervale	Aldi	€ 2.59	1	6 Weeks	€ 0.43
§ Flora	(1kg)	Flora	Tesco	€ 4.29	1	4 Weeks	€ 1.07
§ Frozen Oven Chips	(1.5kg)	Champion	Aldi	€ 0.99	1	4 Weeks	€ 0.25
§ Frozen cod	(450g)	Northern Catch	Aldi	€ 2.69	1	2 Weeks	€ 1.35
§ Gravy	(300g tin)	Quixo	Aldi	€ 0.85	1	9 Weeks	€ 0.10
§ Ham, Cooked	(8 slices)	Brannans	Aldi	€ 0.88	1	2 Weeks	€ 0.44
§ Jam	(454g)	Grandessa	Aldi	€ 0.65	1	8 Weeks	€ 0.08
§ Low Fat Yogurts	(125g pot)	Duneen	Aldi	€ 0.37	5	1 Week	€ 1.85
§ Marmalade	(454g)	Grandessa	Aldi	€ 0.65	1	8 Weeks	€ 0.08
§ Mayonnaise	(500ml)	Bramwells	Aldi	€ 1.15	1	6 Weeks	€ 0.19
§ Noodles	(65g)	Tesco	Tesco	€ 0.15	2	1 Week	€ 0.30
§ Orange Juice	(1 litre)	Rio'Dora	Aldi	€ 0.89	1	1 Week	€ 0.89
§ Pepper	(25g)	Stone Mill	Aldi	€ 0.89	1	52 Weeks	€ 0.02
§ Red sauce	(570g)	Bramwells	Aldi	€ 0.75	1	8 Weeks	€ 0.09
§ Rice	(1kg)	Bilash	Aldi	€ 1.19	1	4 Weeks	€ 0.30
§ Salmon, Tin	(212g)	Ocean Rise	Aldi	€ 0.99	1	1 Week	€ 0.99
§ Salt	(750g)	Stone Mill	Aldi	€ 0.45	1	39 Weeks	€ 0.01
§ Spaghetti	(1kg)	Cucina	Aldi	€ 0.95	1	4 Weeks	€ 0.24
§ Sugar	(1kg)	The Pantry	Aldi	€ 1.19	1	26 Weeks	€ 0.05
† Tea Bags	(80 bag box)	Lyons	Tesco / Supervalu		1	3 Weeks	€ 0.92
§ Tinned Tomatoes	(400g)	Sweet Harvest	Aldi	€ 0.49	1	2 Weeks	€ 0.25
§ Vinegar	(568ml)	Bramwells	Aldi	€ 0.37	1	26 Weeks	€ 0.01
§ Weetabix	Box of 36	Harvest Morn	Aldi	€ 2.09	1	6 Weeks	€ 0.35
Meat							
† Mince meat	500g		Local butcher		1	2 Weeks	€ 1.52
† Steak	250g		Local butcher		1	2 Weeks	€ 1.77

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
† Chicken fillets	300g (1)	Local butcher		1	1 Week	€ 1.30
† Stewing steak, beef	346g	Local Butcher		1	2 Weeks	€ 1.52
† Bacon Joint	1lb	Local Butcher		1	2 Weeks	€ 1.90
§ Sausages	454g pack	Lidl	€ 1.29	1	4 Weeks	€ 0.32
§ Rashers	250g	Lidl	€ 1.24	1	2 Weeks	€ 0.62
Mixed pudding (227g)	Tesco brand	Tesco	€ 1.65	1	2 Weeks	€ 0.84
Milk & Bread						
† Brown bread	800g	Brennans		2	1 Week	€ 1.99
§ Brown bread rolls		Tesco	€ 0.39	2	1 Week	€ 0.78
† Low-fat milk	2 litres	Local		1	1 Week	€ 1.91
Other						
† Friday lunch		Local deli	€ 3.00	1	1 Week	€ 3.03
† Chinese takeaway		Local takeaway		1	4 Weeks	€ 2.16
Extra for visitors			€ 10.00	1	6 Weeks	€ 1.67
Total						€ 50.00

§ 2012 Review adjustments & additions

† Item priced in Demeber 2009

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Fruit & Vegetables						
§ Apples		Aldi	€ 0.49	4	1 Week	€ 1.96
§ Bananas	1 kg	Aldi	€ 1.25	1	1 Weeks	€ 1.04
§ Cabbage		Aldi	€ 0.99	1	1 Week	€ 0.99
§ Carrots	1 kg	Aldi	€ 0.99	1	2 Weeks	€ 0.50
§ Cauliflower		Aldi	€ 1.49	1	1 Week	€ 1.49
§ Cucumber		Aldi	€ 0.69	1	1 Week	€ 0.69
§ Dried apricots	250g	Tesco Whole Foods	€ 2.99	1	6 Weeks	€ 0.50
§ Frozen bag of broccoli	1kg	Four Seasons	€ 1.35	1	3 Weeks	€ 0.45
§ Lettuce		Aldi	€ 0.90	1	1 Week	€ 0.90
§ Mushrooms	250g	Aldi	€ 0.99	1	2 Weeks	€ 0.50
§ Onions	1kg bag (8 onions per bag)	Aldi	€ 0.79	1	4 Weeks	€ 0.20
§ Oranges			€ 0.49	4	1 Week	€ 1.96
§ Pears			€ 0.49	2	1 Week	€ 0.98
§ Peas	420g	Sweet Harvest	€ 0.49	1	1 Week	€ 0.49
§ Potatoes	Loose	Roosters	€ 0.26	8	1 Week	€ 2.12
§ Tomatoes	6 pack	Aldi	€ 1.29	1	2 Weeks	€ 0.65
§ Turnip		Aldi	€ 0.35	1	1 Week	€ 0.35
Groceries						
§ Bag of sweets	200g	Dominion	€ 0.99	1	1 Week	€ 0.99
§ Beans	420g	Corale	€ 0.47	1	1 Week	€ 0.47
§ Biscuits	400g	Belmont	€ 0.49	1	1 Week	€ 0.49
§ Bran flakes	750g	Harvest Morn	€ 1.19	1	2 Weeks	€ 0.60
§ Cheese	8 slices	Cowbelle	€ 0.85	1	2 Weeks	€ 0.43
§ Chocolate Bars	9 pack	Eat Me Carmel	€ 1.09	1	2 Weeks	€ 0.55
† Coffee	(200g)	Maxwell House		1	6 Weeks	€ 1.65

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
§ Coleslaw	400g	Country Fresh	Aldi	€ 1.29	1	2 Weeks € 0.65
§ Cream crackers	300g	Savour Bakes	Aldi	€ 0.39	1	6 Weeks € 0.07
§ Custard	425g	Delicious Desserts	Aldi	€ 0.65	1	1 Week € 0.65
§ Eggs	18	Mervale	Aldi	€ 2.59	1	6 Weeks € 0.43
§ Flora light	1kg		Tesco	€ 4.29	1	4 Weeks € 1.07
§ Frozen fish (cod)	450g	Northern Catch	Aldi	€ 2.69	1	2 Weeks € 1.35
§ Frozen oven chips	1.5kg	Champion	Aldi	€ 0.99	1	4 Weeks € 0.25
§ Gravy	300g	Quixo	Aldi	€ 0.85	1	9 Weeks € 0.10
§ Ham	8 slices	Brannans	Aldi	€ 0.88	1	2 Weeks € 0.44
§ Low-fat yoghurts	125g	Duneen	Aldi	€ 0.37	4	1 Week € 1.48
§ Marmalade	454g	Grandessa	Aldi	€ 0.65	1	4 Weeks € 0.16
§ Mayonnaise	500ml	Bramwells	Aldi	€ 1.15	1	6 Weeks € 0.19
§ Orange juice	1 litre	Rio D'Ora	Aldi	€ 0.89	1	1 Week € 0.89
§ Pasta sauce (320g)	1kg	Cucina	Aldi	€ 0.95	1	4 Weeks € 0.24
§ Pasta sauce	320g	Cucina	Aldi	€ 0.99	1	2 Weeks € 0.66
§ Pepper	25g	Stone Mill	Aldi	€ 0.89	1	52 Weeks € 0.02
§ Salmon	212g	Ocean Rise	Aldi	€ 0.99	1	1 Week € 0.99
§ Salt	750g	Stone Mill	Aldi	€ 0.45	1	55 Weeks € 0.01
§ Sugar	1kg	The Pantry	Aldi	€ 1.19	1	26 Weeks € 0.05
§ Sunflower cooking oil	1 litre	Solesta	Aldi	€ 1.59	1	4 Weeks € 0.40
§ Sweetcorn	325g	Sweet Harvest	Aldi	€ 0.54	1	1 Week € 0.54
† Tea Bags	(80 bag box)	Lyons	Tesco / Supervalu		1	3 Weeks € 0.92
§ Tin of mixed herbs	11g	Stone Mill	Aldi	€ 0.59	1	26 Weeks € 0.02
§ Tinned tomatoes	400g	Sweet Harvest	Aldi	€ 0.49	1	2 Weeks € 0.25
§ Tuna	185g	Ocean Rise	Aldi	€ 0.59	1	1 Week € 0.59
§ Vinegar	568ml	Bramwells	Aldi	€ 0.37	1	17 Weeks € 0.02
§ Weetabix	Box of 36	Harvest Morn	Aldi	€ 2.09	1	6 Weeks € 0.35

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Meat						
† Chicken breast	2 pack	Local Butcher		1	1 Week	€ 1.30
† Mince steak	500g	Local Butcher		1	2 Weeks	€ 1.52
§ Pork chops	2 pack (348g)	Local Butcher	€ 3.19	1	4 Weeks	€ 0.80
† Steak	250g	Local butcher		1	2 Weeks	€ 1.77
† Stewing steak, beef	346g	Local Butcher		1	2 Weeks	€ 1.52
Milk & Bread						
† Low-fat milk	2 litres	Local		1	1 Week	€ 1.91
† Brown bread	800g	Brennans		2	1 Week	€ 1.99
§ Brown bread rolls		Tesco	€ 0.39	2	1 Week	€ 0.78
§ Scones		Bakery	€ 0.35	2	1 Week	€ 0.70
Other						
† Friday lunch		Local deli	€ 3.00	1	1 Week	€ 3.03
† Chinese takeaway		Local takeaway		1	4 Weeks	€ 2.16
Sunday lunch			€ 10.00	1	6 Weeks	€ 1.67
Total						€ 52.83

§ 2012 Review adjustments & additions

† Item priced in Demeber 2009

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Clothing

Mar 2012

Item		Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female							
Underwear & Nightwear							
Bras		Dunnes	Dunnes	€ 7.00	6	52 Years	€ 0.59
Dressing gown		Penny's	Penny's	€ 12.00	1	104 Weeks	€ 0.09
Pants		Dunnes	Dunnes	€ 1.50	14	52 Weeks	€ 0.29
Pyjamas		Penny's	Penny's	€ 8.00	2	52 Weeks	€ 0.22
Slippers	Pair	Penny's	Penny's	€ 6.00	2	52 Weeks	€ 0.17
Socks	5 pack	Penny's	Penny's	€ 5.00	2	52 Weeks	€ 0.14
Tights	2 pack	Penny's	Penny's	€ 2.50	2	6 Weeks	€ 0.60
Coats, jackets							
Fleece		Dunnes	Dunnes	€ 15.00	1	104 Weeks	€ 0.10
Light casual jacket		Penny's	Penny's	€ 18.00	1	104 Weeks	€ 0.12
Winter coat		Dunnes	Dunnes	€ 45.00	1	104 Weeks	€ 0.31
Main clothing							
3/4 summer trousers		Dunnes	Dunnes	€ 8.00	2	52 Weeks	€ 0.22
Belt		Dunnes	Dunnes	€ 8.00	2	156 Weeks	€ 0.07
Hat, scarf & glove set		Penny's	Penny's	€ 8.00	1	104 Weeks	€ 0.06
Jeans		Dunnes	Dunnes	€ 25.00	2	104 Weeks	€ 0.35
Jumpers		Dunnes	Dunnes	€ 15.00	3	104 Weeks	€ 0.31
Smart skirt		Dunnes	Dunnes	€ 25.00	1	52 Weeks	€ 0.35
Smart top		Dunnes	Dunnes	€ 15.00	1	52 Weeks	€ 0.21
Swimsuit		Penny's	Penny's	€ 7.00	1	104 Weeks	€ 0.05
Tracksuit bottoms		Dunnes	Dunnes	€ 10.00	2	52 Weeks	€ 0.28
Trousers		Dunnes	Dunnes	€ 15.00	3	104 Weeks	€ 0.31
T-shirt		Dunnes	Dunnes	€ 5.00	5	52 Weeks	€ 0.35
Vest tops		Penny's	Penny's	€ 3.00	2	52 Weeks	€ 0.09
Footwear							

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Clothing

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Boots		Clarks	€ 65.00	1	104 Weeks	€ 0.63
Flip flops	Penny's	Penny's	€ 3.00	1	52 Weeks	€ 0.04
Leather shoes	Clarks	Clarks	€ 60.00	1	52 Weeks	€ 1.15
Sandals	Dunnes	Dunnes	€ 15.00	1	104 Weeks	€ 0.10
Trainers	Dunnes	Dunnes	€ 20.00	1	52 Weeks	€ 0.28
Wellingtons		Local Shop	€ 12.00	1	208 Weeks	€ 0.06
Personal Accessories						
Battery replacement		Local Shop	€ 8.00	1	104 Weeks	€ 0.15
Dry Cleaing		Local Shop	€ 15.00	1	52 Weeks	€ 0.29
Earrings		Local Jewellers	€ 20.00	1	260 Weeks	€ 0.06
Handbag		Penny's	€ 5.00	2	104 Weeks	€ 0.07
High Visibility Bib		Local Shop	€ 3.00	1	156 Weeks	€ 0.04
Purse	Dunnes	Dunnes	€ 6.00	1	156 Weeks	€ 0.03
Sunglasses		Penny's	€ 3.00	1	156 Weeks	€ 0.01
Watch		Local Shop	€ 40.00	1	520 Weeks	€ 0.06
Female Total						€ 8.25

Male

Underwear and nightwear							
Pants	3 pack	Penny's	Penny's	€ 5.00	3	52 Weeks	€ 0.21
Pyjamas		Penny's	Penny's	€ 8.00	2	104 Weeks	€ 0.11
Slippers		Penny's	Penny's	€ 6.00	1	104 Weeks	€ 0.04
Socks	3 pack	Penny's	Penny's	€ 5.00	3	52 Weeks	€ 0.21
Vests	2 pack	Penny's	Penny's	€ 5.00	2	52 Weeks	€ 0.14
Coats, jackets							
Fleece		Penny's	Penny's	€ 10.00	1	104 Weeks	€ 0.07
Light casual jacket		Penny's	Penny's	€ 21.00	1	104 Weeks	€ 0.14

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Clothing

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Winter coat	Dunnes	Dunnes	€ 45.00	1	104 Weeks	€ 0.31
Main clothing						
Belt	Dunnes	Dunnes	€ 10.00	2	156 Weeks	€ 0.09
Hat, scarf & glove set		Penny's	€ 8.00	1	104 Weeks	€ 0.06
Jeans	Dunnes	Dunnes	€ 25.00	2	104 Weeks	€ 0.35
Jumper	Dunnes	Dunnes	€ 15.00	2	104 Weeks	€ 0.21
Shorts	Dunnes	Dunnes	€ 8.00	2	104 Weeks	€ 0.11
Smart shirt	Dunnes	Dunnes	€ 25.00	2	104 Weeks	€ 0.48
Smart shirt and tie set	Dunnes	Dunnes	€ 20.00	1	104 Weeks	€ 0.07
Smart trousers	Dunnes	Dunnes	€ 20.00	1	52 Weeks	€ 0.38
Suit		Local Shop		1	260 Weeks	€ 0.74
Swim shorts	Dunnes	Dunnes	€ 6.00	1	104 Weeks	€ 0.04
Tracksuit bottoms		Dunnes	€ 10.00	2	52 Weeks	€ 0.28
Trousers	Dunnes	Dunnes	€ 15.00	3	104 Weeks	€ 0.31
T-shirts	Dunnes	Dunnes	€ 5.00	6	52 Weeks	€ 0.42
Footwear						
Sandals	Dunnes	Dunnes	€ 10.00	1	104 Weeks	€ 0.07
Shoes	Clarks	Clarks	€ 70.00	1	52 Weeks	€ 1.34
Trainers	Dunnes	Dunnes	€ 25.00	1	52 Weeks	€ 0.35
Wellingtons		Local Shop	€ 17.95	1	156 Weeks	€ 0.08
Work Boots		Local Shop	€ 49.95	1	156 Weeks	€ 0.26
Personal Accessories						
Battery replacement		Local Jewellers	€ 8.00	1	104 Weeks	€ 0.08
Dry Cleaing		Local Dry Cleaners	€ 15.00	1	52 Weeks	€ 0.29
High Visibility Bib		Local Shop	€ 3.00	1	156 Weeks	€ 0.04
Sunglasses		Penny's	€ 3.00	1	156 Weeks	€ 0.01
Wallet	Dunnes	Dunnes	€ 8.00	1	260 Weeks	€ 0.02

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Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Watch		Local Jewellers	€ 40.00	1	520 Weeks	€ 0.07
Male Total						€ 7.39

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

§ 2012 Review adjustments & additions

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Personal Care

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Personal Hygiene						
§ Conditioner	300ml	Timotei	Tesco	€ 1.34	1	1 Week € 0.67
§ Deodorant	150ml	Nivea	Tesco	€ 2.04	1	3 Weeks € 0.68
Disposable razors	Pack of 10	Bic	Tesco	€ 2.15	1	10 Weeks € 0.25
Hairbrush			Local	€ 1.99	2	52 Weeks € 0.09
Haircut		Hairdressers	Local	€ 39.00	3	52 Weeks € 1.61
§ Sanitary towels	Pack of 14	Always ultra	Tesco		1	4 Weeks € 0.63
§ Shampoo	300ml	Timotei	Tesco	€ 1.34	1	6 Weeks € 0.22
‡ Shower Gel		Tesco Sea Minerals	Tesco	€ 0.99	1	3 Weeks € 0.32
‡ Soap		Tesco Pure Soap	Tesco	€ 1.39	1	12 Weeks € 0.11
Suncream (40+)	200ml	Amber Solaire	Local	€ 8.99	1	52 Weeks € 0.14
§ Tampons	Box of 30	Tampax	Tesco		1	4 Weeks € 0.39
§ Tweezers		Boots	Boots	€ 6.09	1	520 Weeks € 0.01
§ Nail Clippers		Boots	Boots	€ 11.13	1	520 Weeks € 0.02
Toiletries bag		Dunnes	Dunnes	€ 5.00	1	260 Weeks € 0.02
Toothbrush		Colgate	Tesco	€ 2.59	1	13 Weeks € 0.17
Toothpaste	100ml	Aqua Fresh	Tesco	€ 2.09	1	4 Weeks € 0.43
Cosmetics						
§ Moisturiser	50ml	Nivea	Tesco	€ 6.45	1	9 Weeks € 0.68
§ Body lotion (200ml)		Vaseline Int care	Tesco	€ 2.83	1	9 Weeks € 0.30
§ Lipstick		Natural collection	Boots	€ 3.80	1	26 Weeks € 0.14
§ Mascara		Rimmel	Boots	€ 7.57	1	17 Weeks € 0.44
§ Foundation	40ml	Natural collection	Boots	€ 3.95	2	52 Weeks € 0.14
§ Eye shadow		Natural collection	Boots	€ 2.80	1	52 Weeks € 0.05
§ Perfume		Laimant	Boots	€ 11.25	1	52 Weeks € 0.20
Female Total						€ 7.71

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Personal Care

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male						
Personal Hygiene						
Blades	Pack of 5	Gillette Mach 3	Tesco	€ 8.45	1	3 Weeks € 1.61
Comb			Local	€ 1.99	1	52 Weeks € 0.04
§ Deodorant	150ml	Nivea	Tesco	€ 2.05	1	3 Weeks € 0.68
Hair Gel		Brylcream	Tesco	€ 3.67	1	10 Weeks € 0.43
Haircut		Barber		€ 12.00	1	6 Weeks € 1.54
Razor		Gillette Mach 3	Tesco	€ 7.25	1	52 Weeks € 0.14
§ Shampoo	300ml	Timotei	Tesco	€ 1.34	1	6 Weeks € 0.22
Shaving cream	250ml	Tesco value	Tesco	€ 1.39	1	4 Weeks € 0.45
‡ Shower Gel		Tesco Sea Minerals	Tesco	€ 0.99	1	3 Weeks € 0.32
‡ Soap		Tesco Pure Soap	Tesco	€ 1.39	1	12 Weeks € 0.11
Suncream (40+)	200ml	Amber Solaire	Local	€ 8.99	1	52 Weeks € 0.14
§ Nail Clippers		Boots	Boots	€ 11.13	1	520 Weeks € 0.02
Toiletries bag		Dunnes	Dunnes	€ 5.00	1	260 Weeks € 0.02
Toothbrush		Colgate	Tesco	€ 2.59	1	13 Weeks € 0.17
Toothpaste	100ml	Aqua Fresh	Tesco	€ 2.09	1	4 Weeks € 0.43
Cosmetics						
§ Moisturiser	75ml	Nivea	Boots	€ 7.72	1	13 Weeks € 0.59
§ Aftershave		Old spice	Boots	€ 12.90	1	52 Weeks € 0.23
Male Total						€ 7.16

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

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Health

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
Over the counter health items						
§ Cough Bottle	Benylin	Boots	€ 5.25	1	52 Weeks	€ 0.10
§ Lemsip	10 pack Lemsip	Boots	€ 7.59	1	52 Weeks	€ 0.15
‡ Neurofen	Neurofen	Boots	€ 5.49	4	52 Weeks	€ 0.42
‡ Paracetamol	Box of 24	Local chemist	€ 2.00	1	26 Weeks	€ 0.12
‡ Waterproof plasters	Tesco Waterproof	Tesco	€ 1.49	1	52 Weeks	€ 0.03
Main Care						
§ GP		Local doctor		2	52 Weeks	€ 0.97
§ Prescriptions		Pharmacy		2	52 Weeks	€ 0.65
‡ Contraceptive	Nordiy	Local Chemist	€ 38.00	2	52 Weeks	€ 1.47
Dentist		Local dentist		1	52 Weeks	€ 0.34
Optician		Local optician		1	104 Weeks	€ 0.11
Female Total						€ 4.36

Male

Over the counter health items						
§ Condoms	12 Pack	Durex	Tesco	€ 10.89	2	52 Weeks € 0.42
§ Cough Bottle		Benylin	Boots	€ 5.25	1	52 Weeks € 0.10
§ Lemsip	10 pack	Lemsip	Boots	€ 7.59	1	52 Weeks € 0.15
‡ Paracetamol	Box of 24		Local chemist	€ 2.00	1	26 Weeks € 0.12
‡ Waterproof plasters		Tesco Waterproof	Tesco	€ 1.49	1	52 Weeks € 0.03
Main Care						
§ GP		Local doctor			1	52 Weeks € 0.49
§ Prescriptions		Pharmacy			2	52 Weeks € 0.65
Dentist		Local dentist			1	52 Weeks € 0.34
Optician		Local optician			1	104 Weeks € 0.11

Single Adult of Working Age

Health

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male Total						€ 2.40

Rural

Mar 2012

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

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

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
Single bed				1	780 Weeks	€ 0.15
Single mattress				1	416 Weeks	€ 0.17
Wardrobe				2	1,040 Weeks	€ 0.41
Chest of drawers				2	780 Weeks	€ 0.27
Bedside locker				4	780 Weeks	€ 0.30
Bathroom cabinet				1	780 Weeks	€ 0.08
Vase				2	1,040 Weeks	€ 0.01
§ Computer Desk				1	520 Weeks	€ 0.05
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	€ 0.19
Kitchen				1	416 Weeks	€ 0.65
Bathroom				1	416 Weeks	€ 0.23
Textiles and soft furnishings						
Double duvet				1	312 Weeks	€ 0.07
Single duvet				1	520 Weeks	€ 0.03
Pillows				6	260 Weeks	€ 0.14
Single fitted sheet				2	416 Weeks	€ 0.06
Double fitted sheet				4	416 Weeks	€ 0.15

Single Adult of Working Age

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Single duvet cover and 1 pillowcase	2	416 Weeks	€	0.11
Double duvet cover and 2 pillowcases	2	416 Weeks	€	0.15
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	2	364 Weeks	€	0.07
Table cloth	2	520 Weeks	€	0.07
Curtains, Blinds, etc.				
§ Kitchen	1	416 Weeks	€	0.03
§ Bathroom	1	416 Weeks	€	0.03
§ Lounge	1	416 Weeks	€	0.03
§ Bedrooms	2	416 Weeks	€	0.06
Lounge	1	520 Weeks	€	0.11
Bedrooms	3	520 Weeks	€	0.19
Patio door	1	520 Weeks	€	0.10
Curtain track and fittings	1	1,040 Weeks	€	0.02
Curtain track and fittings	1	1,040 Weeks	€	0.02
Curtain track and fittings	2	1,040 Weeks	€	0.03
Curtain hooks	5	1,040 Weeks	€	0.01
Lampshades	7	780 Weeks	€	0.05
Appliances				
Portable radio & cassette player	1	416 Weeks	€	0.10
Television	1	520 Weeks	€	0.27
§ Saorview Set-Top Box	1	520 Weeks	€	0.14
§ DVD Player	1	520 Weeks	€	0.08
Fridge-freezer	1	520 Weeks	€	0.49
Cooker (Gas Hob)	1	624 Weeks	€	0.42

Single Adult of Working Age

Rural

Kettle		1	260 Weeks	€	0.08
Microwave		1	520 Weeks	€	0.10
Washing machine		1	520 Weeks	€	0.44
Vacuum cleaner		1	520 Weeks	€	0.11
Table lamp		3	780 Weeks	€	0.03
§ Blender		1	520 Weeks	€	0.05
§ Iron		1	520 Weeks	€	0.03
Radio alarm clock		1	1,040 Weeks	€	0.03
† Tumble Dryer		1	520 Weeks	€	0.43
Kitchen and hardware					
Crockery set		1	520 Weeks	€	0.04
Coffee mugs	Pair	3	156 Weeks	€	0.04
Oven proof dish set	3 piece set	1	1,040 Weeks	€	0.01
Egg cups		2	520 Weeks	€	0.01
Glasses set		2	104 Weeks	€	0.08
Cutlery set		4	1,040 Weeks	€	0.02
Milk jug		1	364 Weeks	€	0.01
§ Measuring jug		1	1,040 Weeks	€	0.00
§ Mixing bowl		1	780 Weeks	€	0.00
§ Non-stick baking sheet		1	780 Weeks	€	0.01
Cake tin		1	1,040 Weeks	€	0.00
Rolling pin		1	1,040 Weeks	€	0.01
Sieve		1	1,040 Weeks	€	0.00
Colander		1	1,040 Weeks	€	0.00
§ Kitchen scales		1	780 Weeks	€	0.01
3 piece saucepan set		1	1,040 Weeks	€	0.03
§ Knife set (5 piece)		1	520 Weeks	€	0.05
Utensil set and rack		1	780 Weeks	€	0.01
Tin opener		1	260 Weeks	€	0.01
Potato peeler		1	260 Weeks	€	0.01

Single Adult of Working Age

Rural

Kitchen scissors	1	260 Weeks	€	0.01
§ Wooden spoon set	1	156 Weeks	€	0.01
§ Whisk	1	1,040 Weeks	€	-
Chopping board	1	260 Weeks	€	0.03
Plastic food box	1	260 Weeks	€	0.02
Vacuum flask	1	520 Weeks	€	0.02
Candles	1	260 Weeks	€	0.01
Freezer bags	1	26 Weeks	€	0.09
Cling film	1	13 Weeks	€	0.15
Tin foil	1	13 Weeks	€	0.11
Ironing board	1	780 Weeks	€	0.03
Clothes Airer	1	1,040 Weeks	€	0.01
Washing line	1	260 Weeks	€	0.01
Clothes pegs	1	52 Weeks	€	0.03
Laundry basket	1	1,040 Weeks	€	0.01
Tablemat set, 4 piece	1	156 Weeks	€	0.04
Tray	1	780 Weeks	€	0.00
Hand torch	1	260 Weeks	€	0.02
Step-stool	1	1,040 Weeks	€	0.02
Other Household Items				
Clock	1	260 Weeks	€	0.03
Umbrella	2	52 Weeks	€	0.06
Suitcase	1	364 Weeks	€	0.08
Holdall	1	520 Weeks	€	0.04
Stationary and paper goods				
Birthday cards	15	104 Weeks	€	0.38
Occasion cards	2	52 Weeks	€	0.15
Christmas cards	2	52 Weeks	€	0.09
Gift wrap	2	52 Weeks	€	0.21
Christmas wrapping paper	3	52 Weeks	€	0.09

Single Adult of Working Age

Rural

Writing pad	1	52 Weeks	€	0.03
Envelopes	1	52 Weeks	€	0.03
Mini note book	1	52 Weeks	€	0.02
Scissors	1	260 Weeks	€	0.01
Glue	1	52 Weeks	€	0.04
Sellotape	1	52 Weeks	€	0.04
Pens	1	156 Weeks	€	0.01
Home Security				
Window Locks			€	-
Front door bolt			€	-
Back door bolt			€	-
Smoke detector			€	-
§ Carbon Monoxide Alarm	1	260 Weeks	€	0.12
† Fire Blanket	1	416 Weeks	€	0.03
† Fire Extinguisher	1	416 Weeks	€	0.13
Cleaning & maintenance				
Bucket	1	260 Weeks	€	0.02
Mop	2	52 Weeks	€	0.23
Dust pan and brush	1	260 Weeks	€	0.02
Washing up brush	2	52 Weeks	€	0.04
Washing up bowl	1	260 Weeks	€	0.02
Dustbin	1	260 Weeks	€	0.03
Vacuum bags	1	52 Weeks	€	0.10
Batteries	8	52 Weeks	€	0.14
Toilet brush set	1	26 Weeks	€	0.11
§ Toilet paper (9 pack)	1	4 Weeks	€	0.60
Household matches	1	52 Weeks	€	0.02
Stain remover	1	104 Weeks	€	0.04
§ Washing up liquid 1 litre	1	8 Weeks	€	0.12
§ Bleach	1	4 Weeks	€	0.14

Single Adult of Working Age

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§ Toilet cleaner				1	4 Weeks	€	0.21
Air freshener				1	9 Weeks	€	0.19
§ Furniture polish				1	26 Weeks	€	0.03
§ Disinfectant				1	26 Weeks	€	0.09
Shoe polish				1	52 Weeks	€	0.03
§ Dish cloths				1	104 Weeks	€	0.01
§ Household gloves				1	52 Weeks	€	0.03
Bin liners				1	9 Weeks	€	0.55
Tools							
Garden tool set				1	780 Weeks	€	0.03
Lawn mower				1	520 Weeks	€	0.40
Watering can				1	1,040 Weeks	€	0.01
Gardening gloves				1	52 Weeks	€	0.03
Kneeling mat				1	364 Weeks	€	0.02
Screwdriver				1	1,040 Weeks	€	0.00
Hammer				1	1,040 Weeks	€	0.01
Measuring tape				1	1,040 Weeks	€	0.00
Nails				1	1,040 Weeks	€	0.00
Light bulbs, 60w	Pack of 10			1	52 Weeks	€	0.25
Paint							
Paint roller and tray set				1	260 Weeks	€	0.03
Paint brushes				1	260 Weeks	€	0.03
Paint, emulsion				6	260 Weeks	€	0.24
Paint, gloss				6	260 Weeks	€	0.52
Total						€	17.26

Additional items for Female

§ Hair straightener	Remington	Kellehers	€	19.99	1	260 Weeks	€	0.05
Hairdryer	Philips	Kellehers	€	14.99	1	520 Weeks	€	0.10

Single Adult of Working Age

Rural

Total	€	17.41
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§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Household Services

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Chimney Sweep		Local	€ 40.00	1	26 Weeks	€ 1.32
Waste		Local	€ 32.00	1	4 Weeks	€ 6.89
Boiler Service		Local	€ 85.00	1	52 Weeks	€ 1.53
Total						€ 9.75

Single Adult of Working Age

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
Phone						
§ Mobile phone	Nokia	Vodafone	€ 59.99	1	156 Weeks	€ 0.38
§ Phone credit	Vodafone	Vodafone	€ 20.00	1	4 Weeks	€ 4.62
Internet						
§ Internet Connection	dongle wireless	emobile	€ 20.32	1	4 Weeks	€ 4.69
Total						€ 10.03

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

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Social Inclusion

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Indiviudal Activies						
GAA Matches	(9 months of year)	GAA			15 Weeks	€ 3.26
Second Activity	(48 weeks of year)	Swimming / Cards			1 Week	€ 4.48
Day Trip	(e.g. Galway Races)			100	1 Week	€ 1.86
Holiday	3 Night Trip, Off-Season					
Accommodation	B&B	Local		1	52 Weeks	€ 3.54
Spending money			€ 305.26	1	52 Weeks	€ 5.70
Household Items						
§ Camera	Kodak Digital	Argos	€ 74.99	1	260 Weeks	€ 0.29
§ Film processing		Local chemist	€ 6.45	2	52 Weeks	€ 0.25
Television Licence		An Post	€ 160.00	1	52 Weeks	€ 3.06
Newspapers, Books & Magazines						
§ Music Downloads		Itunes	€ 0.99	30	52 Weeks	€ 0.57
§ DVD Rental		Local	€ 4.60	4	52 Weeks	€ 0.35
Novels		Local		2	52 Weeks	€ 0.35
Local newspaper		Local Newsagent		1	1 Week	€ 1.71
Sunday newspaper		Local Newsagent		1	1 Week	€ 1.88
Socialising						
Socialising/entertainment			€ 20.00	1	1 Week	€ 19.40
Total						€ 46.70

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Education

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Education Course						
Training Course		Local		24	52 Weeks	€ 2.97
Computer Equipment						
§ Laptop	Toshiba	PC World	€ 479.00	1	260 Weeks	€ 1.84
§ Printer	HP Deskjet 3920	Argos	€ 59.99	1	520 Weeks	€ 0.03
§ A4 Paper	100G pack	Easons	€ 4.99	1	52 Weeks	€ 0.03
§ Ink Cartridge	HP Deskjet 3920	Argos	€ 21.99	1	52 Weeks	€ 0.11
§ Microsoft Office Package	Microsoft	PC World	€ 119.99	1	260 Weeks	€ 0.46
Total						€ 5.44

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Private Transport (Unemployed)						
§ Car - Nissan Micra (2008)	I.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
‡ Maintenance and repairs		Local	€ 165.00	1	52 Weeks	€ 3.33
Petrol				1	1 Week	€ 15.19
§ Driving Licence		Motor Tax Office	€ 25.00	1	520 Weeks	€ 0.05
						€ 44.57
Private Transport (Employed)						
§ Car - Nissan Micra (2008)	I.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
‡ Maintenance and repairs		Local	€ 165.00	1	52 Weeks	€ 3.33
Petrol				1	1 Week	€ 32.28
§ Driving Licence		Motor Tax Office	€ 25.00	1	520 Weeks	€ 0.05
Total						€ 61.66

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

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Household Energy

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Male						
Electricity		ESB	€ 14.37	1	1 Week	€ 14.37
Gas			€ -	0	0 Week	€ -
Home Heating Oil		Local	€ 34.25	1	1 Week	€ 34.25
Male Total						€ 48.63
Female						
‡ Electricity		ESB	€ 14.71	1	1 Week	€ 14.71
Gas			€ -	0	0 Week	€ -
Home Heating Oil		Local	€ 34.25	1	1 Week	€ 34.25
Female Total						€ 48.96

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

Single Adult of Working Age

Rural

Personal Costs

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Unemployed						
§ Donations to charity			€ 2.50	1	1 Week	€ 2.50
Trade Union Subscription	None		€ -	0	0 Week	€ -
§ Passport Fee	None	Passport Office	€ 95.00	1	520 Weeks	€ 0.18
Total						€ 2.68
Employed Full-Time						
§ Donations to charity			€ 2.50	1	1 Week	€ 2.50
Trade Union Subscription	Full-time	SIPTU	€ 2.80	1	1 Week	€ 3.07
§ Passport Fee	None	Passport Office	€ 95.00	1	520 Weeks	€ 0.18
Total						€ 5.75

§ 2012 Review adjustments & additions

Single Adult of Working Age

Rural

Insurance

Mar 2012

Item	Brand	Retailer	Unit Price	Quantity	Life span	Cost / Week
Female						
‡ Home Contents Insurance		Quinn	€ 196.59	1	52 Weeks	€ 4.24
‡ Private Health Insurance	Healthcare Manager S	Quinn	€ 757.28	1	52 Weeks	€ 16.59
§ Car Insurance	Fully Comprehensive	123.ie (RSA)	€ 310.90	1	52 Weeks	€ 5.98
Female Total						€ 26.81
Male						
‡ Home Contents Insurance		Quinn	€ 196.59	1	52 Weeks	€ 4.24
‡ Private Health Insurance	Healthcare Manager S	Quinn	€ 757.28	1	52 Weeks	€ 16.59
§ Car Insurance	Fully Comprehensive	123.ie (RSA)	€ 310.90	1	52 Weeks	€ 5.98
Male Total						€ 26.81

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

§ 2012 Review adjustments & additions

Single Adult of Working Age

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