

## FAMILY TYPE: COUPLE PENSIONER

These are the lists constructed by people in pensioner couples.

### Summary

Budget area	Weekly budgets (£)
Food and drink	60.65
Clothing and footwear	9.93
Housing costs	103.64
Household goods and services	20.20
Personal goods and services (inc health)	23.65
Transport	4.65
Social and cultural activities	43.21
<b>TOTAL</b>	<b>265.92</b>

**NB** In the tables on the following pages, the column headings refer to:

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
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**Item:** Name or type of item

**Quantity:** Number of items needed (in food this could relate to individual items, e.g. cooking apples, or packs of an item, e.g. bag of apples, cartons of fruit juice)

**Unit price:** The cost for 1 of that item (whether an individual item or a pack)

**Life (weeks):** The number of weeks the item is expected to last before it needs replacing

**Weekly cost:** (Quantity x Unit price) divided by (Life in weeks)  
e.g. 1 pack of fishcakes costing 80p lasting 2 weeks has a weekly cost of  $(1 \times £0.80)/2 = £0.40$

## Food and drink

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Apple pie	1	0.65	1.5	0.43
Apples fresh, cooking	1	0.51	1.0	0.51
Apples, fresh	1	0.80	1.0	0.80
Ham, cooked	1	0.60	1.0	0.60
Bacon, pre-packed	1	1.12	1.0	1.12
Bakewell tart	1	0.75	2.0	0.38
Bananas, fresh	1	0.58	1.0	0.58
Baked beans	1	0.26	1.0	0.26
Beef joint	1	4.49	1.0	4.49
Beef mince	1	3.14	4.4	0.71
Shortcake biscuits	1	0.39	1.5	0.26
Bread, wholemeal, sliced	2	0.65	1.0	1.30
Broccoli, fresh	1	0.80	1.0	0.80
Cabbage, fresh	1	0.50	1.0	0.50
Mandarin oranges, tinned	1	0.22	1.0	0.22
Peaches, tinned	1	0.44	1.0	0.44
Carrots, fresh	2	0.06	1.0	0.12
Cheese	1	1.52	1.5	1.01
Chicken breast	1	2.99	2.0	1.50
Chips, frozen	1	1.28	5.4	0.24
Coffee, instant	1	1.19	2.5	0.48
Cream, sterilized	1	0.57	2.0	0.29
Cucumber	1	0.34	1.0	0.34
Eggs	1	1.12	1.5	0.75
Extra food at Christmas	1	15.00	52.0	0.29
Fish in batter, frozen	1	3.49	3.0	1.16
Flour, plain	1	0.41	10.0	0.04
Fish fillets in crumb, frozen	1	2.49	1.9	1.31
Fruit cake	1	1.09	2.0	0.55
Fruit juice (orange)	2	1.19	1.0	2.38
Gravy granules	1	0.70	2.0	0.35
Ice-cream	1	1.39	4.0	0.35
Lamb mince	1	3.88	3.0	1.29
Leafy green salad	1	1.00	1.0	1.00
Malted drink	1	0.84	5.0	0.17
Marmalade	1	0.44	3.0	0.15
Mushrooms, fresh	1	0.57	1.0	0.57
Potatoes, new	1	0.23	1.0	0.23
Onions, fresh	1	0.25	1.0	0.25
Oranges, fresh	4	0.26	1.0	1.04
Tuna, tinned	1	0.64	1.0	0.64
Green beans, frozen	1	0.78	9.0	0.09
Shredded Wheat	1	1.59	2.0	0.80
Weetabix	1	1.78	3.0	0.59

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Cheese sauce mix	1	1.12	4.0	0.28
Parsley sauce mix	1	1.24	4.0	0.31
Lasagne	1	0.61	1.5	0.41
Pears, fresh	1	0.41	1.0	0.41
Peas, frozen	1	1.07	2.0	0.54
Pork chops	1	2.60	1.0	2.60
Porridge	1	0.39	9.0	0.04
Potatoes	1	1.12	1.0	1.12
Reduced fat spreads	1	0.97	2.0	0.49
Bread rolls, 6 pack	1	0.49	1.5	0.33
Salt	1	0.24	26.0	0.01
Sausages	1	0.84	1.0	0.84
Semi skimmed milk	6	0.70	1.0	4.20
Sugar	1	0.79	6.0	0.13
Tea	1	1.86	3.4	0.55
Soup, tinned, cream of tomato	1	0.39	1.0	0.39
Soup, tinned, carrot and coriander	1	0.39	1.0	0.39
Tomatoes, fresh	1	1.77	1.0	1.77
Yoghurt, low fat, 6 pack	1	0.98	1.0	0.98
Fish and chips from chip shop	1	3.60	2.0	1.80
Carvery meal	1	18.58	4.3	4.32
Wine (2 glasses with meal out)	1	3.72	4.3	0.87
Stout (4 pack)	1	3.45	4.0	0.86
Red wine (1 bottle)	1	3.19	1.0	3.19
White wine (1 bottle)	1	2.48	1.0	2.48
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>60.65</b>

## Clothing and footwear

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
<b>Men's</b>				
Belt	2	3.00	104.0	0.06
Boots	1	19.99	104.0	0.19
Dressing gown	1	19.50	260.0	0.08
Hat	1	2.00	104.0	0.02
Jacket, light summer/blazer	1	15.00	260.0	0.06
Jumpers	5	12.00	260.0	0.23
Pants	10	1.00	52.0	0.19
Pyjamas	2	5.00	52.0	0.19
Raincoat	1	15.00	260.0	0.06
Sandals	1	25.00	104.0	0.24
Shirts	12	10.00	260.0	0.46
Shoes	1	20.00	104.0	0.19
Shorts	2	10.00	104.0	0.19
Slippers	1	4.00	52.0	0.08
Socks, lightweight	5	1.25	52.0	0.12
Socks, thick	5	0.83	52.0	0.08
Suit	1	79.00	520.0	0.15
Sweatshirt	4	4.00	104.0	0.15
Swimming costume	1	5.00	104.0	0.05
Ties	3	4.00	520.0	0.02
Trainers	1	5.00	104.0	0.05
Trousers	6	14.00	260.0	0.32
T-shirts	6	2.50	104.0	0.14
Vests	10	1.50	52.0	0.29
Winter coat	1	22.00	260.0	0.08
<b>Women's</b>				
Boots	2	45.00	104.0	0.87
Bras	3	4.00	52.0	0.23
Cardigans	4	10.00	104.0	0.38
Dress	2	22.00	104.0	0.42
Dressing gown	1	19.50	312.0	0.06
Fleece	1	3.00	104.0	0.03
Gloves	1	4.00	104.0	0.04
Hat	1	5.00	104.0	0.05
Jumpers	4	8.00	104.0	0.31
Knickers	12	1.50	52.0	0.35
Nighties	2	4.00	52.0	0.15
Pop socks	5	1.00	52.0	0.10
Pyjamas	2	4.00	52.0	0.15
Sandals	2	25.00	104.0	0.48
Scarf	1	2.00	104.0	0.02
Shoes	2	29.50	104.0	0.57
Slip	4	8.00	104.0	0.31
Slippers	1	3.00	52.0	0.06

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Socks	6	0.21	52.0	0.02
Swimming costume	1	7.00	104.0	0.07
Thermal vests	6	5.00	52.0	0.58
Tights	5	0.50	52.0	0.05
Tops	6	8.00	104.0	0.46
Trousers	3	10.00	104.0	0.29
Waterproof coat	1	4.00	104.0	0.04
Winter coat	1	15.00	104.0	0.14
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>9.93</b>

### Housing costs

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Contents insurance	1	85.72	52.0	1.65
Council tax (Band A, central Loughborough)	1	924.07	52.0	17.77
Decorating (average amount spent by pensioner couples in social housing)	1	187.72	52.0	3.61
Fuel for heating	1	552.42	52.0	10.62
Rent for 2 bed council flat, central Loughborough	1	64.43	1.0	64.43
Water rates	1	289	52.0	5.56
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>103.64</b>

## Household goods and services

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
3 seater sofa bed	1	499.00	520.0	0.96
Armchair	2	249.00	520.0	0.96
Baking tray	2	0.99	520.0	0.00
Bath mat (for floor)	1	3.00	260.0	0.01
Bath mat (non-slip for inside the bath)	1	2.99	104.0	0.03
Bedside table/cabinet	2	39.99	520.0	0.15
Bin	1	7.00	260.0	0.03
Bleach	1	0.62	4.3	0.14
Second class stamps	1	1.38	2.0	0.69
Bread bin	1	9.99	520.0	0.02
Bread board	1	3.99	260.0	0.02
Brush	1	2.99	260.0	0.01
Bucket	1	2.00	520.0	0.00
Cake tin	1	1.99	520.0	0.00
Carpet (bedroom 1)	1	231.60	520.0	0.45
Carpet (bedroom 2)	1	114.34	520.0	0.22
Carpet (hall)	1	131.65	520.0	0.25
Carpet (living area)	1	423.88	520.0	0.82
Carving knives	1	9.99	520.0	0.02
Chamois leather	1	2.99	260.0	0.01
Clothes line	1	1.99	520.0	0.00
Coat hooks	1	7.99	1040.0	0.01
Coffee table	1	£69.00	520.0	0.13
Colander	1	2.99	260.0	0.01
Cooker	1	139.99	260.0	0.54
Corkscrew	1	0.99	260.0	0.00
Cream cleaner	1	0.66	8.6	0.08
Crockery set	1	20.00	520.0	0.04
Curtain pole (bedroom 1)	1	9.99	520.0	0.02
Curtain pole (bedroom 2)	1	9.99	520.0	0.02
Curtain pole (hall)	1	9.99	1040.0	0.01
Curtain pole (living area)	1	9.99	1040.0	0.01
Curtains (bedroom 1)	1	20.99	520.0	0.04
Curtains (bedroom 2)	1	20.99	520.0	0.04
Curtains (hall)	1	20.99	1040.0	0.02
Curtains (living area)	1	20.99	1040.0	0.02
Cushions	3	2.99	520.0	0.02
Cutlery set	1	17.99	520.0	0.03
Cutting/chopping board	1	1.49	104.0	0.01
Dish cloths	1	0.49	52.0	0.01
Door mat	1	2.99	104.0	0.03
Double bed	1	209.99	520.0	0.40
Drawers	2	69.79	780.0	0.18
Dresser/cabinet	1	199.99	1300.0	0.15
Dusters	1	0.29	260.0	0.00

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Dustpan and brush	1	1.99	520.0	0.00
Duvet	1	30.00	520.0	0.06
Duvet cover	3	15	260.0	0.17
Floor cleaner	1	0.97	13.0	0.07
Footstool	1	149.00	520.0	0.29
Fridge freezer	1	149.95	520.0	0.29
Frying pan	1	3.99	520.0	0.01
Glasses, 6 tumbler, 6 wine glasses	1	13.98	520.0	0.03
Hand washing liquid/powder	1	1.15	26.0	0.04
Hand whisk	1	0.99	520.0	0.00
Hook on door (bedroom)	1	2.99	520.0	0.01
Iron	1	24.97	260.0	0.10
Ironing board	1	24.99	520.0	0.05
Kettle	1	24.97	260.0	0.10
Kitchen roll	1	0.79	4.0	0.20
Lamp	1	8.00	260.0	0.03
Lamp (bedroom)	1	4.00	260.0	0.02
Lampshade	1	3.50	520.0	0.01
Lampshade(1st bedroom)	1	3.50	520.0	0.01
Lampshade(2nd bedroom)	1	3.50	520.0	0.01
Lampshade (bathroom)	1	3.50	520.0	0.01
Lampshade (hall)	1	3.50	520.0	0.01
Lampshade (dining area)	1	3.50	520.0	0.01
Lampshade (kitchen)	1	3.50	520.0	0.01
Lampshade (living area)	1	3.50	520.0	0.01
Landline telephone	1	24.99	260.0	0.10
Landline telephone rental and call charges	2	15.75	4.3	7.33
Lemon squeezer	1	0.99	520.0	0.00
Light bulbs	8	0.81	312.0	0.02
Mattress protector / cover	1	11.00	156.0	0.07
Measuring jug	1	1.49	520.0	0.00
Medicine cabinet	1	19.99	780.0	0.03
Microwave	1	34.94	260.0	0.13
Mirror (hall)	1	9.99	780.0	0.01
Mixing bowl	1	1.99	520.0	0.00
Mobile phone call charges	2	20	52.0	0.77
Mobile telephone	2	24.99	260.0	0.19
Mop	1	5.99	260.0	0.02
Mop head	1	2.49	13.0	0.19
Ornaments	1	9.00	520.0	0.02
Oven gloves/cloth	1	2.99	260.0	0.01
Pattie tin	1	1.50	520.0	0.00
Pegs	1	0.77	104.0	0.01
Pillows	4	5.00	260.0	0.08
Polish	1	0.87	17.2	0.05
Potato peeler	1	0.99	520.0	0.00

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Roasting dish	1	1.99	520.0	0.00
Rolling pin	1	0.95	520.0	0.00
Saucepan set	1	9.99	520.0	0.02
Scales	1	6.99	520.0	0.01
Scourers	1	0.49	12.0	0.04
Secateurs	1	3.99	1300.0	0.00
Serving dishes	2	2.99	520.0	0.01
Sewing kit	1	3.00	260.0	0.01
Shears	1	2.99	1300.0	0.00
Sheets (fitted)	3	9.50	260.0	0.11
Shoe rack	1	4.99	1040.0	0.00
Shopping bag	1	1.00	156.0	0.01
Shower curtain	1	5.99	104.0	0.06
Sieve	1	0.99	520.0	0.00
Spade	1	9.99	1300.0	0.01
Spice rack	1	2.49	520.0	0.00
Sponge tin	2	0.89	520.0	0.00
Storage jars	1	8.99	520.0	0.02
Storage/shelves	1	49.99	1300.0	0.04
Surface cleaner	1	0.75	13.0	0.06
Table (hall)	1	14.99	1040.0	0.01
Table mats	4	2.99	520.0	0.02
Table, dining	1	25.00	520.0	0.05
Tablecloth	2	6.00	520.0	0.02
Tea towels	3	0.30	104.0	0.01
Teapot	1	2.99	520.0	0.01
Tin opener	1	1.99	520.0	0.00
Toaster	1	19.97	260.0	0.08
Toilet brush	1	1.29	104.0	0.01
Toilet roll holder	1	6.00	520.0	0.01
Top/flat sheets	3	12.00	260.0	0.14
Towel rail	1	13.00	520.0	0.03
Towels, bath	4	6.99	260.0	0.11
Towels, hand	6	3.29	260.0	0.08
Utensils (set)	1	1.25	260.0	0.00
Vacuum cleaner	1	59.99	260.0	0.23
Vinyl flooring (bathroom)	1	63.35	520.0	0.12
Vinyl flooring (kitchen)	1	86.12	520.0	0.17
Wardrobe	2	189.99	780.0	0.49
Washing basket	1	3.00	156.0	0.02
Washing machine	1	169.95	520.0	0.33
Washing powder	3	0.14	1.0	0.42
Washing up bowl	1	1.25	260.0	0.00
Washing up liquid	1	0.68	13.0	0.05
Watering can	1	1.99	1300.0	0.00
Window blind	1	24.99	520.0	0.05
Window blind (bathroom)	1	24.99	520.0	0.05

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Window cleaner	1	1.26	13.0	0.10
Wooden spoon	1	0.23	260.0	0.00
Yorkshire pudding tins	1	1.79	520.0	0.00
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>20.20</b>

### Personal goods and services, including health

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Bonjela	1	2.09	26.0	0.08
Antiseptic	1	0.68	26.0	0.03
Bath brush	1	1.99	104.0	0.02
Beechams flu plus	2	3.65	26.0	0.28
Boots	1	2.29	26.0	0.09
Califig	1	4.39	13.0	0.34
Clock (alarm clock)	1	9.79	260.0	0.04
Clock (living area)	1	3.99	260.0	0.02
Comb	1	0.39	104.0	0.00
Deep Heat	1	4.99	26.0	0.19
Dentist (includes 2 x check ups and 1 filling per year)	2	44.60	52.0	1.72
Dentist	2	16.20	52.0	0.62
Deodorant	2	0.99	4.3	0.46
Face flannel	4	0.89	260.0	0.01
Hair conditioner	1	0.59	4.3	0.14
Hair dryer	1	7.99	260.0	0.03
Hairbrush	1	1.29	260.0	0.00
Hairdressers for men	1	5.00	4.3	1.16
Hairdressers for women	1	12.00	2.0	6.00
Handbag, casual, work, going out	2	15.00	156.0	0.19
Moisturiser	1	1.49	4.3	0.35
Nail brush	1	0.49	104.0	0.00
Optician - new glasses	2	£100	52.0	3.85
Optrex	1	3.99	13.0	0.31
Purse	1	6.00	156.0	0.04
Razor	2	5.59	260.0	0.04
Razor blades	1	6.99	6.0	1.17
Rennies	1	3.99	13.0	0.31
Scales	1	19.99	520.0	0.04
Scholl corn removal plasters	2	1.95	13.0	0.30
Shampoo	2	0.59	8.5	0.14
Shaving foam	1	1.97	3.0	0.66
Shower gel	1	0.76	4.3	0.18
Soap	1	0.38	4.3	0.09
Sponge	2	0.19	13.0	0.03

Suncream	1	9.89	52.0	0.19
Toilet rolls	2	0.35	1.0	0.70
Toiletries/personal care	1	15.00	4.3	3.49
Toothbrush	1	0.39	6.0	0.07
Toothpaste	1	0.69	4.3	0.16
Umbrella	2	6.95	104.0	0.13
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>23.65</b>

## Transport

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Taxi	1	20	4.3	4.65
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>4.65</b>

## Social and cultural activities

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Block of writing paper	1	0.92	26.0	0.04
CD player/radio	1	34.99	260.0	0.13
Charitable donation	1	10	52.0	0.19
Christmas, birthdays, anniversaries etc.	1	400	52.0	7.69
DVD	1	49.99	260.0	0.19
Freeview box	1	29.99	260.0	0.12
General social activities	2	10	1.0	20.00
Half-board holiday in UK for 5 days + 6 day trips each (free bus travel and food costs from food budget)	1	400	52.0	7.69
Newspapers	1	3.50	1.0	3.50
Pack of envelopes	1	0.79	26.0	0.03
Plants	1	30.00	52.0	0.58
TV	1	89.99	260.0	0.35
TV licence	1	11.63	4.3	2.70
<b>TOTAL (NB may not be equal to the sum of the shown figures due to rounding)</b>				<b>43.21</b>