

FAMILY TYPE: SINGLE WORKING AGE

These are the lists constructed by groups of single working age males. **NB These figures are for the single male only, whereas the budget for a single working age person in the report averages costs for the single working age male and single working age female.**

Summary

Budget area	Weekly budget (£)
Food and drink	48.07
Clothing and footwear	6.30
Housing costs	83.42
Household goods and services	19.64
Personal goods and services (inc health)	5.99
Transport	17.03
Social and cultural activities	29.73
TOTAL	210.18

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 (£)
Apples, fresh	1	0.59	1.0	0.59
Bacon	1	0.82	1.0	0.82
Baked beans	1	0.26	1.0	0.26
Bananas, fresh	1	0.43	1.0	0.43
Beef Mince	1	3.14	4.0	0.79
Bread, wholemeal, sliced	2	0.65	1.0	1.30
Broccoli, fresh	1	0.80	1.0	0.80
Brown sauce	1	0.68	6.0	0.11
Cabbage, fresh	1	1.20	1.0	1.20
Carrots, fresh	1	0.05	1.0	0.05
Cheese	1	1.52	1.0	1.52
Chicken breast	1	5.19	5.0	1.04
Chips, frozen	1	1.28	12.0	0.11
Coffee, instant	1	1.19	13.0	0.09
Cola	1	2.55	2.0	1.28
Cornflakes	1	0.86	2.8	0.31
Crisps	2	0.35	1.0	0.70
Cucumber	1	0.34	1.0	0.34
Eggs	1	1.12	3.0	0.37
Extra food for Christmas	1	10.00	52.0	0.19
Fruit juice (orange)	1	0.88	1.7	0.53
Ham, cooked	1	0.30	1.0	0.30
Ice-cream	1	1.39	13.0	0.11
Leafy green salad	1	1.10	1.0	1.10
Lemonade	1	1.08	3.0	0.36
Mayonnaise	1	0.52	4.0	0.13
Mixed vegetables, frozen	1	1.30	15.0	0.09
Mushrooms, fresh	1	0.11	1.0	0.11
Onions, fresh	1	0.13	1.0	0.13
Oranges, fresh	4	0.26	1.0	1.04
Pasta sauce, tomato based	1	0.90	1.0	0.90
Pasta, dried (fusilli)	1	0.78	1.3	0.62
Pasta, dried (spaghetti)	1	0.41	2.0	0.21
Peanuts, salted	1	0.51	4.0	0.13
Peas, frozen	1	1.79	14.0	0.13
Pepper	1	0.44	100.0	0.00
Peppers, fresh	1	0.78	1.0	0.78
Pizza	1	2.99	1.0	2.99
Potatoes, previous year's crop	1	1.12	7.0	0.16
Pringles	1	1.48	4.0	0.37
Reduced fat spreads	1	0.97	1.3	0.78
Rice	1	0.44	7.0	0.06
Rice pudding, tinned	1	0.43	1.0	0.43
Salt	1	0.43	300.0	0.00
Satsumas, fresh	1	0.24	1.0	0.24

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Sausages	1	0.84	1.0	0.84
Semi skimmed milk	1	0.76	1.0	0.76
Shortcake biscuits	1	0.39	2.0	0.20
Soup, tinned	1	0.39	1.0	0.39
Steak	1	4.08	1.0	4.08
Sugar	1	0.73	15.0	0.05
Sweetcorn, frozen	1	0.80	37.0	0.02
Tea	1	1.86	26.0	0.07
Tomato ketchup	1	0.37	6.0	0.06
Tomatoes, canned	1	0.39	1.0	0.39
Tomatoes, fresh	1	0.69	1.0	0.69
Tuna, tinned	1	0.64	2.0	0.32
Coffee and biscuit in a café	1	2.77	1.0	2.77
Eating out	1	7.01	1.0	7.01
Holiday spending on lunches out	1	62.22	52.0	1.20
Lager (3 cans)	1	3.98	1.25	3.18
Beer (4 cans)	1	2.63	2	1.32
Wine (1 bottle)	1	3.19	4.3	0.74
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				48.07

Clothing and footwear

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Belt	2	3.00	104.0	0.06
Bike helmet	1	22.99	520.0	0.04
Dressing gown	1	15.00	156.0	0.10
Fleece	2	15.00	104.0	0.29
Flip flops	1	15.00	104.0	0.14
Football shorts	2	14.99	104.0	0.29
Football socks	2	2.99	52.0	0.12
Gloves	1	5.00	208.0	0.02
Jackets, casual	3	15.00	156.0	0.29
Jeans	3	12.00	156.0	0.23
Jumpers	4	10.00	104.0	0.38
Pants	10	1.00	52.0	0.19
Raincoat	1	15.00	208.0	0.07
Scarf	1	5.00	208.0	0.02
Shirt, short sleeved	3	4.00	52.0	0.23
Shirts, long sleeved	4	4.50	52.0	0.35
Shoes	1	20.00	52.0	0.38
Shorts	3	6.00	156.0	0.12
Slippers	1	4.00	104.0	0.04
Socks	7	1.40	52.0	0.19
Suit	1	40.00	104.0	0.38
Swimming costume	1	5.00	104.0	0.05
Ties	4	5.00	52.0	0.38
Tracksuit bottoms	2	19.99	104.0	0.38
Trainers, casual	1	5.00	26.0	0.19
Trainers, sports	1	20.00	52.0	0.38
Trousers	4	14.00	208.0	0.27
T-shirts	7	5.00	260.0	0.13
Vests	4	1.50	52.0	0.12
Walking boots	1	19.99	208.0	0.10
Walking socks	4	1.25	52.0	0.10
Winter coat	1	40.00	156.0	0.26
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				6.30

Housing costs

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Contents insurance	1	93.02	52.0	1.79
Council tax (band A, central Loughborough, including 25% single person reduction)	1	693.05	52.0	13.33
Decorating (average spent by single working age adults with no children, living in social housing)	1	112.84	52.0	2.29
Fuel for heating	1	468.14	52.0	9.00
Rent for 1 bed council flat, central Loughborough	1	52.30	1.0	52.30
Water rates	1	245.00	52.0	4.71
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				83.42

Household goods and services

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Armchair	1	249.00	520.0	0.48
Bag for life for shopping	1	0.10	52.0	0.00
Baking tray	1	0.99	520.0	0.00
Bath mat (for floor)	1	3.00	260.0	0.01
Bedside table/cabinet	1	39.99	520.0	0.08
Bin	1	7.97	260.0	0.03
Bin liner	1	0.89	40.0	0.02
Bleach	1	0.62	4.3	0.14
Blind for window (kitchen)	1	24.99	520.0	0.05
Bottle opener	1	2.99	520.0	0.01
Brush/broom	1	2.99	260.0	0.01
Bucket	1	2.00	260.0	0.01
Carpet (bedroom)	1	297.76	520.0	0.57
Carpet (hall)	1	306.75	520.0	0.59
Carpet (living area)	1	306.75	520.0	0.59
chairs (folding)	1	17.99	520.0	0.03
Cheese grater	1	1.89	520.0	0.00
Clingfilm	1	0.39	8.6	0.05
Clothes horse	1	16.99	260.0	0.07
Coffee table	1	12.00	520.0	0.02
Colander	1	2.99	520.0	0.01
Cooker	1	139.99	1040.0	0.13
Crockery set	1	20.00	520.0	0.04

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Curtain pole (bathroom)	1	9.99	520.0	0.02
Curtain pole (bedroom)	1	9.99	520.0	0.02
Curtain pole (hall)	1	9.99	520.0	0.02
Curtain rail (living area)	1	9.99	520.0	0.02
Curtains	1	20.99	520.0	0.04
Curtains (bathroom)	1	20.99	520.0	0.04
Curtains (hall)	1	20.99	520.0	0.04
Curtains/blinds	1	20.99	520.0	0.04
Cushions	1	4.99	260.0	0.02
Cutlery set	1	17.99	520.0	0.03
Cutting/chopping board	1	1.49	52.0	0.03
Dish cloths	1	0.49	26.0	0.02
Double bed	1	209.99	520.0	0.40
Drainer for washing up	1	6.99	260.0	0.03
Dressing table / Drawers	1	69.79	520.0	0.13
Dustpan and brush	1	1.99	156.0	0.01
Duvet	1	30.00	520.0	0.06
Duvet cover	3	15.00	260.0	0.17
First class stamp	1	0.36	1.0	0.36
Foil	1	0.59	8.6	0.07
Fridge freezer	1	199.95	520.0	0.38
Iron	1	24.97	260.0	0.10
Ironing board	1	14.99	1040.0	0.01
Kettle	1	24.97	260.0	0.10
Knives (set)	1	9.99	520.0	0.02
Lamp (bedroom)	1	15.00	260.0	0.06
Lampshade (bedroom)	1	3.50	520.0	0.01
Lampshade (dining area)	1	3.50	520.0	0.01
Lampshade (hall)	1	3.50	520.0	0.01
Lampshade (living area)	1	3.50	520.0	0.01
Landline telephone rental and call charges	1	30.00	4.3	6.98
Landline telephone	1	24.99	260.0	0.10
Light bulbs (energy saving)	8	0.81	312.0	0.02
Mattress protector / cover	1	11.00	364.0	0.03
Measuring jug	1	8.47	520.0	0.02
Medicine cabinet	1	19.99	780.0	0.03
Microwave	1	69.99	364.0	0.19
Mobile telephone	1	24.99	104.0	0.24
Mobile telephone call charges	1	10.00	4.3	2.33
Mop	1	5.99	520.0	0.01
Mop head	1	2.49	26.0	0.10
Pictures	1	30.00	1040.0	0.03
Pillows	4	5.00	260.0	0.08
Pint Glasses	8	0.75	208.0	0.03
Saucepan set	1	30.00	520.0	0.06
Scales	1	6.99	520.0	0.01

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Scourers	1	0.69	13.0	0.05
Sheets (fitted)	3	9.50	260.0	0.11
Shower curtain	1	7.99	104.0	0.08
Soda crystals	1	0.47	2.0	0.24
Sofa bed	1	499.00	520.0	0.96
Storage/shelves	1	49.99	520.0	0.10
Table (hall)	1	14.99	520.0	0.03
Table	1	109.99	520.0	0.21
Tea towels	1	2.99	260.0	0.01
Tin opener	1	1.99	520.0	0.00
Toaster	1	19.97	260.0	0.08
Toilet brush	1	1.29	260.0	0.00
Toilet cleaner	1	0.72	2.0	0.36
Toolkit	1	19.97	520.0	0.04
Towels	1	20.97	364.0	0.06
Tumblers	1	4.99	156.0	0.03
Tupperware set	1	5.99	260.0	0.02
Utensils (set)	1	1.25	520.0	0.00
Vacuum cleaner	1	59.99	260.0	0.23
Vinyl flooring (bathroom)	1	69.94	520.0	0.13
Vinyl flooring (kitchen)	1	89.92	520.0	0.17
Vinyl flooring (porch)	1	39.97	520.0	0.08
Wardrobe	1	189.99	780.0	0.24
Washing machine	1	169.95	520.0	0.33
Washing powder	3	0.14	1.0	0.42
Washing up liquid	1	0.68	4.3	0.16
Wine glasses	1	6.99	156.0	0.04
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				19.64

Personal goods and services, including health

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Clock (alarm clock)	1	7.99	260.0	0.03
Clock (living area)	1	3.99	260.0	0.02
Cold/flu remedies	1	3.65	26.0	0.14
Dentist: 2xcheck up and 1 filling per year	1	61.10	52.0	1.18
Hairdressers	1	8.00	4.3	1.86
Headache tablets / paracetamol	1	0.19	4.3	0.04
NHS prescription charges/payments	4	7.10	52.0	0.55
Optician	1	20.00	104.0	0.19
Plasters	1	0.99	52.0	0.02
Sunglasses	1	10.00	52.0	0.19
Toilet rolls	1	0.35	1.0	0.35

Toiletries/personal care	1	5.00	4.3	1.16
Umbrella	1	6.95	104.0	0.07
Watch	1	49.99	260.0	0.19
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				5.99

Transport

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Bike	1	100.00	520.0	0.19
Bike lights	1	7.99	520.0	0.02
Bike lock	1	6.99	260.0	0.03
Bike puncture repair kit	1	9.99	260.0	0.04
Bike upkeep	1	12.50	52.0	0.24
Bus	1	27.00	2.0	13.50
Coach fare	1	73.00	24.4	2.99
Fluorescent sash (for bike)	1	12.79	520.0	0.02
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				17.03

Social and cultural activities

Item	Quantity	Unit Price (£)	Life (weeks)	Weekly cost (£)
Barbecue	1	24.99	104.0	0.24
Birthdays	1	150.00	52.0	2.88
CD player/radio	1	34.99	260.0	0.13
Christmas or equivalent festival	1	150.00	52.0	2.88
DVD	1	49.99	260.0	0.19
Football boots	1	25.00	104.0	0.24
Freeview box	1	29.99	260.0	0.12
General social activities	1	10.49	1.0	10.49
Self catering holiday cottage in UK for 1 week (1/2 total cost)	1	150.00	52.0	2.88
Shin pads (for football)	1	4.99	520.0	0.01
Stationery, newspaper, magazines, books	1	6.66	1.0	6.66
TV	1	89.99	260.0	0.35
TV licence	1	11.37	4.3	2.64
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				29.73