



What is the Cost of a Healthy Food Basket in Ireland in 2024?



Foreword

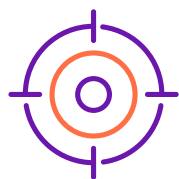
This research presents the cost of a Minimum Essential Healthy Food Basket for 6 household types in Ireland in 2024. This research uses Consensual Budget Standards methodology to establish the cost of the food element of a Minimum Essential Standard of Living (MESL) for the 6 household types.

This report presents the cost of a minimum essential food basket for 6 household types, adjusted to reflect food costs in 2024. The cost of a minimum essential healthy food basket and the cost of an MESL for these household types builds on previous research, which presented costs for these household types for 2014 (1), 2016 (2), 2018 (3), 2020 (4) and 2022 (5).

To ensure the MESL data is reflective of the lived experience, it is necessary to periodically review it. The 2024 MESL data is the product of a 2-year review. Price changes were recorded in March 2024, so this update does not reflect the full extent of food cost changes in 2024.

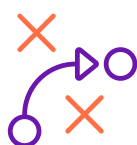


Executive summary



Aim

This research presents the cost of a Minimum Essential Standard of Living (MESL) healthy food basket for 6 household types in Ireland in 2024. It also presents the percentage of take-home income that these households would need to spend to achieve a minimum essential, nutritionally adequate and socially acceptable food basket.



Method

The data is based on ongoing MESL research, where researchers work with members of the public to agree on the following.

- What is needed to live a life with dignity.
- The minimum needed to live and partake in the social and economic norms of everyday life.
- A minimum but acceptable standard that nobody should be expected to live below.

The food basket is part of a minimum essential standard of living and this research identifies the cost of a basket that is nutritious and that everyone should be able to afford. The cost of a food basket in 2024 is presented for 6 household types in urban and rural areas and the cost is presented in the context of the income for these households. This 2024 update to the cost of a minimum essential standard of living healthy food basket series is based on the MESL dataset which was reviewed and rebased in 2020.



Key findings

Table 1 presents these costs for 6 household types in Ireland in 2024

- A weekly minimum essential food basket (€).
- The cost of the basket as a percentage of core MESL expenditure.
- The cost of the basket as a percentage of net income.

The key findings:

- The cost of the basket ranges from **€60** to **€198** for the 6 household types, reflecting differences in household composition
- The MESL food basket increased in cost by an average of **21.3%** in 2023
- By March 2024, average prices in the MESL basket had increased by a further **1.4%**
- Overall, this represents an average increase of **22.7%** since 2022
- The increase in the cost of the MESL food baskets was greater than the CPI basket increase

From March 2022:

- Average food costs increased by **13.1%** in the year to March 2023
- Costs increased by a further **3%** to March 2024
- This amounted to an overall increase of **16.1%** in the 24 months to March 2024, as measured by the Consumer Price Index (CPI) category for food and non-alcoholic beverages
- The cost of a minimum healthy food basket represents a greater share of income for households relying on social welfare than for those earning minimum wage
- Households relying on social welfare spend a larger percentage of their income on food compared to households with an employed adult
- Basic staples – such as bread, cereals, meat, milk, cheese and eggs, fruit and vegetables – account for the largest proportion of spending in the MESL food basket
- The cost of the food basket depends on household composition
- Food costs rise as children grow older, making food a significant cost for households with an older child
- The cost of feeding a teenager is more than double the cost of feeding a pre-school child

- **To meet the cost of an MESL healthy food basket:**
 - Households that include a teenager and rely on social welfare would need to spend **33%** of their income
 - Households with younger children that rely on social welfare would need to spend **27%** of their income
- **When the household has an adult in minimum wage employment, this proportion decreases to:**
 - **27%** of income for households with a teenager
 - **15%** of income for households with younger children
- Low-income families may be unable to afford a healthy diet due to competing budget demands
- This research highlights the challenge of balancing the cost of a healthy food basket with the cost of meeting other needs and expenses on a low income
- Spending on social eating – such as providing for visitors, having an occasional take-away, café visit, or spending extra for special occasions such as Christmas or birthdays – is an important part of the food basket. This reflects the social and cultural aspects of food, ensuring that the minimum standard still enables households to take part in activities that are a normal part of everyday life

Table 1: Minimum essential standard of living (MESL) healthy food basket 2024: summary of results

	Core MESL budget per week	Core MESL budget per week	Food cost per week	Food cost per week	Food as a % of MESL budget	Food as a % of MESL budget
Household	Urban	Rural	Urban	Rural	Urban	Rural
2 parents and 2 children in pre-school and primary school	€561	€720	€152	€162	27%	22%
2 parents and 2 children in primary and secondary school	€658	€816	€187	€198	28%	24%
One parent and 2 children at pre-school and primary school	€433	€525	€115	€122	27%	23%
Single adult, working-age, living alone	€270	€326	€60	€61	22%	19%
Pensioner, living alone	€326	€397	€69	€72	21%	18%
Pensioner couple	€413	€488	€86	€90	21%	18%

	Net Income	Food as a % of net income	Food as a % of net income
Income Scenarios	Urban	Rural	Urban
Social welfare scenario	€546	28%	30%
National minimum wage employment scenario	€696	22%	23%
Social welfare scenario	€59	33%	35%
National minimum wage employment scenario	€701	33%	35%
Social welfare scenario	€422	27%	29%
National minimum wage employment scenario	€784	15%	16%
Social welfare scenario	€232	26%	26%
National minimum wage employment scenario	€442	14%	14%
Contributory Pension	€330	21%	22%
Non-contributory Pension	€342	20%	21%
Contributory Pension, Qualified Adult	€581	15%	15%
Contributory and Non-contributory Pension	€593	15%	15%
Both Non-contributory	€509	17%	18%

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1. Introduction

The Minimum Essential Standard of Living (MESL) Research Centre works with members of the public to reach agreement on the minimum needed to live within the social and economic norms of everyday life in Ireland.

The research identifies the cost of what is needed to live with dignity at a minimum acceptable standard that people agree nobody should be expected to live below.

By working with multiple focus groups, in-depth discussions with members of the public produced a negotiated consensus on what people regard as essential for a socially acceptable minimum standard of living.

The research placed an emphasis on 'needs, not wants', and produced comprehensive, transparent, itemised lists of over 2,000 items of goods and services.

These lists detail what is required to:

- Meet minimum needs
- Enable an acceptable minimum standard of living

From this, budgets were compiled that specify the actual average weekly cost of an MESL. The MESL budgets cover 90% of households across urban and rural Ireland.

This understanding of an acceptable minimum standard of living:

- Embodies the concepts which underpin the human right to an adequate standard of living
- Reflects the Irish Government's definition of poverty, which emphasises the ability to have a 'standard of living which is regarded as acceptable by Irish society generally' and to participate in normal activities (6)
- Continues to underpin the Government's strategic response to tackling poverty and social exclusion, as set out in the National Action Plan for Social Inclusion 2007–2016 (7)

The MESL uniquely sheds light on the extent to which individuals and households can afford a standard of living that enables participation in the social and economic norms of Irish society.

An income below the MESL threshold means that individuals and households must choose which essentials to go without, in order to make ends meet.

Further information on the research and the detailed MESL expenditure and income needs can be found at www.budgeting.ie.

2. Objectives

This section outlines the aims of the research on the cost of a Minimum Essential Standard of Living (MESL) healthy food basket in 2024.

The objectives were:

1. To determine the cost of an MESL healthy food basket for 2024 and to present the cost as a proportion of core MESL for the following 6 urban and rural household types in Ireland
 - 2-parent household with 2 children (one in pre-school and one in primary school).
 - 2-parent household with 2 children (one in primary school and one in secondary school).
 - One-parent household with 2 children (one in pre-school and one in primary school).
 - Single adult of working age, living alone.
 - Pensioner, living alone.
 - Pensioner couple.
2. To provide a breakdown of the cost of the food basket by subcategory
3. To present the cost of the food basket as a percentage of household net income for:
 - Working-age households
 - Dependent on social welfare payments only
 - One adult employed full-time and earning the national minimum wage
 - Pensioner households
 - Receiving a Contributory pension
 - Receiving a Non-contributory pension
4. To analyse the cost of food for children

3. Methodology

The cost of a minimum essential healthy food basket and the cost of the MESL for 6 household types were determined in 2012. The costs were subsequently updated for 2014 (1), 2016 (2), 2018 (3), 2020 (4) and 2022 (5).

To ensure that the MESL data accurately reflects lived experience, it is necessary to periodically review what is required for an MESL. The 2024 MESL data is the result of a 2-year review completed in 2022. **This review included:**

- An update of the food basket contents
- Repricing of the items for each household type

As a result of the review and rebase, the findings for 2022 and 2024 are not directly comparable to those from previous years.

The minimum essential healthy food basket is based on the final 7-day menus for each of the 6 households, which are available at Safefood.

MESL update process

To ensure the MESL data remains relevant, grounded in social consensus and reflects lived experience, the update process includes the following steps.

- Researchers hold a series of focus groups with members of the public to review what is required for an MESL.
- The last review took place during 2018–19, with the finalised data published in 2020 (9).
- These findings were included in the report on the cost of the MESL healthy food basket for 2020 and have formed the basis of all MESL updates since then.
- MESL costings are updated annually. They are adjusted for inflation each year for up to two years in succession, and the basket is repriced in the third year. Regular repricing ensures the MESL costings remain accurate and do not rely solely on adjustment for inflation. In years when repricing is not due, the costs are adjusted for inflation.
- The MESL food baskets were repriced in 2024 as they had previously been priced in 2021.

2024 MESL update

- In the 2024 MESL update, the food baskets were adjusted in line with CPI inflation rates as of March 2024.
- Since 2020, a new method of adjusting for inflation has been used.
- This method applies a specific CPI sub-rate item by item, using 128 separate sub-rates.
- Instead of generalising price changes across the full CPI basket, this approach gives a more accurate estimate of the cost of an MESL in the years between repricing.

Income calculations

- Income calculations are based on the 2024 rates for the national minimum wage, personal taxation and social welfare.
- The income scenarios are detailed below, with calculations shown in the Appendix Supplementary tables 12 and 13.

Social welfare scenario

The social welfare income scenarios are based on 2022 rates, and assume the household has full entitlement to the relevant payments.

Table 2: State benefit payments for each household type

2 parents	<ul style="list-style-type: none"> • Jobseeker's Allowance Personal Rate + Qualified Adult + Qualified Child • Child Benefit • Back to School Clothing and Footwear
One parent	<ul style="list-style-type: none"> • One-Parent Family Payment + Qualified Child • Child Benefit • Fuel Allowance • Back to School Clothing and Footwear
Single adult	<ul style="list-style-type: none"> • Jobseeker's Allowance Personal Rate
Pensioner, living alone	<ul style="list-style-type: none"> • State Pension (Contributory) <p>OR</p> <ul style="list-style-type: none"> • State Pension (Non-contributory) <p>AND</p> <ul style="list-style-type: none"> • Living Alone Increase • Fuel Allowance • Telephone Support Allowance • Household Benefits Package
Pensioner couple	<ul style="list-style-type: none"> • State Pension (Contributory and Qualified Adult) <p>OR</p> <ul style="list-style-type: none"> • State Pension (Contributory and Non-contributory) <p>OR</p> <ul style="list-style-type: none"> • State Pension (both Non-contributory) <p>AND</p> <ul style="list-style-type: none"> • Fuel Allowance • Household Benefits Package

All households that are dependent on social welfare are assumed to be eligible for a full medical card.

Employed scenario

- 2-parent households are based on one adult in full-time (37.5 hours) employment and one stay-at-home parent.
- One-parent and single-adult households are based on one adult in full-time (37.5 hours) employment.

Income details

Income is net household income after tax (PAYE income tax, PRSI and Universal Social Charge) and includes applicable social welfare supports, such as:

- Child Benefit
- Means-tested social welfare supports for households with children, such as
 - Working Family Payment
 - One-Parent Family Payment

The medical card means test applies in each scenario, following HSE guidelines on medical cards (10).



4. Results

Cost of the minimum essential healthy food basket in 2024

The cost of an MESL healthy food basket in 2024 for 6 household types in Ireland (urban and rural) is presented in Table 1.

- In March 2024, the MESL food baskets cost an average of **22.7%** more than in March 2022.
 - The MESL food budgets were repriced in both 2023 (due to the unprecedented increase in the cost of living, particularly related to food) and 2024, as per the MESL updating process.
 - By March 2023, the MESL food costs had increased by an average of **21.3%** and by March 2024, they had increased further, by an average of **1.4%**.
- The CPI for food and non-alcoholic beverages estimated an increase of **16.1%** in average food costs from 2022 to 2024.
 - This includes an estimated **13.1%** increase in food costs from 2022 to 2023, followed by a further **3%** increase from 2023 to 2024.
- Food continues to comprise a significant proportion of the minimum expenditure need and is one of the most expensive categories of core MESL household expenditure.
- In the urban setting, food is the largest category of minimum expenditure for all household types with children.
- In the case of a working-age single adult, a pensioner, living alone and a pensioner couple household, social inclusion costs are higher than food costs.
- Food is also the largest category for half of the rural household types examined.
 - 2-parent household with 2 children in primary and secondary school.
 - One-parent household with 2 children in pre-school and primary school.
 - Pensioner couple household.
- Food is the second-largest category for all other rural household types.
 - 2-parent household with 2 children in pre-school and primary school.
 - Single adult of working age.
 - Single adult living alone.
- In rural areas higher transport related costs due to the need for a car result in transport costs being the largest category in these three household types.

- The minimum food costs for a 2-parent household with children in primary and secondary school are the most expensive of all the households considered. This reflects the additional minimum needs and costs associated with children aged 12 and over.
- The minimum food baskets cost more in rural areas, as households often need to buy perishable food items – such as milk and bread – in more expensive local shops due to distance from larger grocery stores with lower prices. The additional costs are
 - **5.9%** to **6.6%** for households with children.
 - **1.7%** for a single adult of working age.
 - **4.3%** to **4.7%** for pensioner households.
- The MESL 2024 update found that, although rural food prices remain higher than urban food prices, the gap between the cost of the urban and rural food budgets has reduced slightly over the past number of years, as detailed in Table 9. This is because urban households have seen a sharper rise in the cost of perishable items – such as milk and bread – over the last number of years, compared to rural households.
- The minimum food costs for the working-age single adult household are the least expensive. The urban basket costs **€60** and the rural basket costs **€61** a week.

Change in price of the MESL food basket 2020 to 2024

As previously mentioned, the 2024 MESL minimum food costs are approximately **22.7%** higher, on average, than in 2022. This was an increase, on average, by **21.3%** from 2022 to 2023 and by **1.4%** from 2023 to 2024.

Although food inflation slowed in 2024, as seen in the much smaller increase of **1.4%** in food costs compared to 2023, prices have not fallen or returned to where they were before the significant cost increases of recent years.

Over the four years, from 2020 to 2024, the cumulative change in the cost of the MESL food basket increased, on average, by:

- **23.1%** for urban households
- **17.8%** for rural households

The food budget accounts for one of the largest shares of the overall MESL basket, on average, accounting for

- **23.7%** for households living in an urban area.
- **20.9%** for households living in a rural area.

Therefore, any increase in the cost of the food basket has a significant impact on the overall MESL budget costs of households.

The **23.1%** cumulative increase in the cost of food for urban households and the **17.8%** cumulative increase for rural households have had a substantial effect on the overall MESL cost experienced by households in Ireland over the past 4 years.

MESL food baskets vary by household, reflecting differences in food type, quantity and rate of consumption. These variations lead to differences in how food cost changes affect each household type.

Cost of food basket as a proportion of household income

The cost of the minimum food basket represents a significant share of household income. This share is higher for households that rely on social welfare than for those in employment, due to higher income levels for the employed.

Working-age households

Meeting the cost of the MESL food basket would require:

- Between **26%** and **35%** of net income for working-age social welfare dependent households
- Between **14%** and **28%** of net income for working-age employed households

Pensioner households

There remains a difference in the cost of the food basket as a proportion of household income when comparing a pensioner couple to a pensioner, living alone.

- A pensioner living alone requires a larger percentage of their income to meet the cost of food.
- When receiving a Non-contributory State Pension in an urban area, the proportion of income spent on food is **20%** for a pensioner living alone and **17%** for a pensioner couple.

One-parent household with 2 children in pre-school and primary school

The cost of food as a proportion of income can vary significantly for one-parent households depending on their employment status and income supports.

- When dependent on social welfare, food basket costs represent **27%** of household income.
- When in full-time national minimum wage employment, the same food costs represent a proportionately smaller share of household income at **15%**.
- In the employed scenario above, this household type is eligible for both a partial One-Parent Family Payment and a Working Family Payment, resulting in a substantial increase in income compared to the social welfare-only household.
- However, in a full-time employed scenario, this household would also need to meet the cost of childcare. This differs from the 2-parent scenarios presented later, which are based on one employed adult and one remaining a 'stay-at-home' parent.

2-parent household with an older child

This household type requires the highest proportion of household income to meet the cost of an MESL healthy food basket.

Food costs as a proportion of household income are:

- **33%** of social welfare income in an urban setting
- **35%** of social welfare income in a rural setting
- **27%** of minimum wage income in an urban setting
- **28%** of minimum wage income in a rural setting

This indicates that, despite considerable increases in both social welfare rates and the national minimum wage from 2022 to 2024, incomes have not kept pace with the significant inflation experienced by households, particularly in relation to food costs.

Rising food costs for all households from 2022 to 2024

There has been an increase in the proportion of income needed to meet MESL food costs for all household types examined from 2022 to 2024. This increase varies according to household type:

- **2% to 3%** for working-age households relying on social welfare
- **1% to 3%** for working-age households in minimum wage employment
- **1% to 5%** for pensioner households

Factors contributing to the change in the proportion of income required to meet the MESL healthy food cost

Several economic and policy changes between 2022 and 2024 influenced the proportion of household income needed to cover the cost of an MESL healthy food basket.

- The cost of the minimum food basket was, on average, **22.7%** higher in March 2024 compared to 2022.
- The national minimum wage increased significantly from **€10.50** to **€12.70** an hour between 2022 and 2024.
- Both rates of the Qualified Child Increase (QCI) increased by **€6** from 2022 to 2024.
 - The 2024 rate for children over 12 was **€54**.
 - The 2024 rate for children under 12 was **€46**.
- Working-age social welfare rates increased by **€12** per week in 2023 and a further **€12** in 2024.
- Both the Contributory and Non-contributory State Pension rates increased by **€12** per week in 2023 and by a further **€12** per week in 2024.
- A once-off Cost of Living bonus was paid in January 2024 as a double week's payment to qualifying recipients of long-term social welfare supports. This bonus applied to recipients of the State Pension, One-Parent Family Payment and Jobseeker's Transitional Payment.
- The Fuel Allowance was included in the household income for pensioner households and the one-parent household.

Table 3: MESL healthy food basket by sub-category for 6 household types (urban)

	2 parents with 2 children in pre-school and primary school		2 parents with 2 children in primary and secondary school	
Urban sub-category	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget
Bread and cereals	€17.24	11.3%	€21.77	11.6%
Meat	€37.28	24.5%	€43.73	23.4%
Fish	€8.77	5.8%	€11.72	6.3%
Milk, cheese and eggs	€25.19	16.5%	€28.58	15.3%
Oils and fats	€1.64	1.1%	€1.90	1.0%
Fruit	€11.50	7.6%	€13.40	7.2%
Vegetables	€24.08	15.8%	€28.19	15.1%
Sugar, jam, honey, etc.	€1.50	1.0%	€1.69	0.9%
Food products (not elsewhere classified)	€2.78	1.8%	€3.25	1.7%
Coffee, tea and cocoa	€2.71	1.8%	€2.78	1.5%
Soft drinks, juices, etc.	€4.25	2.8%	€4.99	2.7%
Snacks and treats	€6.47	4.3%	€7.74	4.1%
Cafes, takeaways, etc.	€6.05	4.0%	€14.01	7.5%
Social ¹	€2.86	1.9%	€3.30	1.8%

¹This sub-category provides for the social aspects of food, which vary by household. Parents and Working-age adults have a monthly takeaway, as a break from cooking, and working-age adults also have a deli –lunch on a Friday. Pensioner households are allotted ‘extra for visitors’. Since 2020, a new addition to the social aspect of the food basket has been the inclusion of a specific allocation for additional food costs for Christmas. The focus group deliberations agreed that an amount equivalent to an additional average week’s food grocery bill would be appropriate to provide ‘extra for Christmas’.

These allocations ensure that the social and cultural aspects of food are reflected in the healthy food baskets, allowing households to take part in activities and practices considered a normal part of everyday life.

One parent with 2 children in pre-school and primary school		Single adult – working age, living alone		Pensioner, living alone		Pensioner couple	
Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget
€12.29	10.7%	€4.15	6.9%	€4.47	6.4%	€6.32	7.3%
€31.27	27.2%	€15.18	25.4%	€16.80	24.2%	€17.92	20.8%
€5.97	5.2%	€4.08	6.8%	€5.18	7.5%	€7.17	8.3%
€16.41	14.3%	€5.58	9.3%	€5.45	7.9%	€8.47	9.8%
€1.23	1.1%	€1.17	1.9%	€1.25	1.8%	€1.53	1.8%
€9.21	8.0%	€3.98	6.7%	€5.16	7.4%	€7.99	9.3%
€18.51	16.1%	€10.00	16.7%	€12.92	18.6%	€17.57	20.4%
€0.95	0.8%	€0.42	0.7%	€0.51	0.7%	€0.86	1.0%
€2.26	2.0%	€1.27	2.1%	€1.70	2.5%	€2.49	2.9%
€2.64	2.3%	€0.86	1.4%	€1.80	2.6%	€2.02	2.3%
€3.61	3.1%	€1.17	2.0%	€0.89	1.3%	€0.89	1.0%
€4.78	4.2%	€1.72	2.9%	€5.01	7.2%	€4.30	5.0%
€3.83	3.3%	€9.35	15.6%	€0.00	0.0%	€0.00	0.0%
€2.16	1.9%	€0.95	1.6%	€8.18	11.8%	€8.49	10.1%

Table 4: MESL healthy food basket by sub-category for 6 household types (rural)

	2 parents with 2 children in pre-school and primary school		2 parents with 2 children in primary and secondary school	
Urban sub-category	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget
Bread and cereals	€23.71	14.8%	€29.26	14.9%
Meat	€37.28	23.2%	€43.73	22.2%
Fish	€8.77	5.5%	€11.72	6.0%
Milk, cheese and eggs	€27.71	17.3%	€31.43	16.0%
Oils and fats	€1.64	1.0%	€1.90	1.0%
Fruit	€11.50	7.2%	€13.40	6.8%
Vegetables	€24.08	14.3%	€28.19	13.7%
Sugar, jam, honey, etc.	€1.50	0.9%	€1.69	0.9%
Food products (not elsewhere classified)	€2.78	1.7%	€3.25	1.7%
Coffee, tea and cocoa	€2.71	1.7%	€2.78	1.4%
Soft drinks, juices, etc.	€4.25	2.6%	€4.99	2.5%
Snacks and treats	€6.47	4.0%	€7.74	3.9%
Cafes, takeaways, etc.	€6.21	3.9%	€14.27	7.3%
Social ²	€3.03	1.9%	€3.50	1.8%

² This sub-category provides for the social aspects of food, which vary by household. Parents and Working-age adults have a monthly takeaway, as a break from cooking, and working-age adults also have a deli lunch on a Friday. Pensioner households are allotted 'extra for visitors'. Since 2020, a new addition to the social aspect of the food basket has been the inclusion of a specific allocation for additional food costs for Christmas. The focus group deliberations agreed that an amount equivalent to an additional average week's food grocery bill would be appropriate to provide 'extra for Christmas'.

These allocations ensure that the social and cultural aspects of food are reflected in the healthy food baskets, allowing households to take part in activities and practices considered a normal part of everyday life.

One parent with 2 children in pre-school and primary school		Single adult – working age, living alone		Pensioner, living alone		Pensioner couple	
Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget	Weekly food costs	Food costs as a % of MESL budget
€17.22	14.1%	€4.85	8.0%	€6.37	8.9%	€9.42	10.5%
€31.27	25.7%	€15.18	24.9%	€16.80	23.5%	€17.92	20.0%
€5.97	4.9%	€4.08	6.7%	€5.18	7.2%	€7.17	8.0%
€18.04	14.8%	€5.98	9.8%	€5.85	8.2%	€8.87	9.9%
€1.23	1.0%	€1.17	1.9%	€1.25	1.7%	€1.53	1.7%
€9.21	7.6%	€3.49	5.7%	€5.16	7.2%	€7.99	8.9%
€18.51	15.2%	€10.00	16.4%	€12.92	18.0%	€17.57	19.6%
€0.95	0.8%	€0.42	0.7%	€0.51	0.7%	€0.86	1.0%
€2.26	1.9%	€1.27	2.1%	€1.70	2.4%	€2.49	2.8%
€2.64	2.2%	€0.86	1.4%	€1.80	2.5%	€2.02	2.3%
€3.61	3.0%	€1.17	1.9%	€0.89	1.2%	€0.89	1.0%
€4.78	3.9%	€1.72	2.8%	€5.01	7.0%	€4.30	4.8%
€3.90	3.2%	€9.77	16.0%	€0.00	0.0%	€0.00	0.0%
€2.28	1.9%	€0.96	1.6%	€8.22	11.5%	€8.56	9.6%

Cost of the food basket by sub-category

Examining the composition of the food basket by category shows that the main food categories – meat, bread and cereals, dairy products, fruit and vegetables – make up the majority of the minimum food cost.

They account for:

- **73%** to **77%** for households with children
- **65%** to **69%** for pensioner households
- **65%** for the working-age single adult

As with previous years, these categories are among the largest areas of food expenditure for all household types. Meat continues to represent the largest share of the food basket cost, accounting for between **21%** and **27%** of the household's MESL food basket cost. The combined cost of fruit and vegetables represents an additional **22%** to **30%** of the cost. A household with an older child has higher minimum food costs in all categories, again reflecting the cost of the additional needs of this age group.

Social aspects of food

The social aspects of food are important for all household types, especially for people living alone. Food poverty is multi-dimensional. It encompasses both the lack of access to a nutritionally adequate diet, and the consequential impact on health and social participation.

The MESL food baskets are based on nutritionally balanced weekly menus. The budgets also include provisions for the social aspects of food, which vary by household.

- Parents and working-age adults have a monthly take-away as a break from cooking.
- Working-age adults also have a deli lunch on a Friday.
- Pensioner households are given 'extra for visitors'.
- Since 2020, all households have had a specific allocation for additional food costs for Christmas. The focus group discussions agreed that an amount equivalent to an additional average week's food grocery bill would be appropriate to provide 'extra for Christmas'.

These allocations ensure that the social and cultural aspects of food are reflected in the healthy food baskets, allowing households to take part in activities and practices considered a normal part of everyday life.



Spending on social eating

- Spending on the social aspects of food accounts for between **11.5%** and **17.6%** of the minimum food costs for the working-age single adult and pensioner living alone households.
- Focus groups discussing minimum needs agreed that these costs are a minimum need and reflect additional social inclusion costs associated with living alone.
- Social eating costs are highest for working-age single adults as a proportion of overall food costs.
- The costs represent approximately **17%** of minimum food expenditure in both urban and rural areas.
- Spending on 'extra for visitors' is also included for pensioner household types and represents approximately **€7** of food costs per week.
- Focus groups regarded it as essential to be able to afford to host family or friends for a drink or a meal once a month, considering it a necessary component of an acceptable minimum standard of living.
- The social eating costs for family households with children average **2%** of their total food costs, which is considerably smaller than those for single-person households.

Cost of the food basket by the age of the child in the household

The costs of meeting a child's minimum food needs are shown in Table 5. It presents the share of a household's minimum food basket that is required for children, based on their ages.

Table 5: MESL core budget and food expenditure by child age group

		Pre-school	Primary school	Secondary school
Urban households	Food costs	€27.90	€42.23	€62.64
	Other MESL costs	€31.88	€58.22	€93.47
	Total MESL core budget	€59.78	€100.45	€156.11
	Food as a % of MESL core budget	46.7%	42.0%	40.1%
Rural households	Food costs	€29.66	€44.72	€65.86
	Other MESL costs	€32.22	€57.54	€91.20
	Total MESL core budget	€61.88	€102.26	€157.06
	Food as a % of MESL core budget	47.9%	43.7%	41.9%

Table 6: Child social welfare income supports

		Pre-school	Primary school	Secondary school
Income	Child Benefit	€32.31	€32.31	€32.31
	Increase for a Qualified Child	€46.00	€46.00	€54.00
	Back to School Clothing and Footwear Allowance	€0.00	€3.08	€5.48
	Total social welfare	€78.31	€81.39	€91.79
Food* as a % social welfare income supports	Urban	36%	52%	68%
	Rural	38%	55%	72%

* The calculations in Table 6 are based on the food costs shown in Table 5.

- Food costs for a child increase as the child gets older.
- Households with an older child – aged 12 or over, in secondary school – face significantly higher food costs than those with younger children.
- **The weekly cost of a teenager's minimum essential healthy food basket in an urban area is:**
 - **48%** more than that of a primary school child
 - **125%** more – more than double – than that of a child in pre-school
- Food remains the largest core MESL cost across the 3 child age groups, when childcare is excluded.

Pre-school age

- **Food expenditure as a percentage of core MESL costs is:**
 - **46.7%** in urban areas
 - **47.9%** in rural areas
- Other core MESL costs are lower in rural areas at this stage of childhood, so food represents a larger share of spending.
- This age group has the lowest food costs among the 3 age groups considered.

Primary-school age

- **Food expenditure as a percentage of core MESL costs is:**
 - **42.0%** in urban areas
 - **43.7%** in rural areas
- For both rural and urban areas, research shows an increase of **51%** in food costs when comparing a primary-school to a pre-school aged child.
- As expected, food costs are higher for this age group compared to the pre-school stage.

Second-level age

- In 2024, the cost of an MESL healthy food basket in an urban area for this age group was **€62.64** per week. In a rural setting this was **€65.86**.
- This reflects the increased cost of an older child, for example in the urban setting, which amounts to:
 - **€20.41** more than the weekly cost for a primary school child
 - **€34.74** more than the weekly cost for a pre-school child

Food as a proportion of social welfare child income supports

Table 6 compares the weekly MESL food cost for each age group with the weekly value of child-related social welfare income supports.

Between 2022 and 2024, the share of child-related payments needed to meet the cost of the minimum food basket increased between **4%** and **10%**. This increased proportion is due to the child income supports not keeping pace with the rising costs of MESL food.

- The Qualified Child Increase (QCI) was adjusted in both 2023 and 2024.
 - In 2023, there was a €2 nominal increase in both rates for children under and over 12 years old.
 - In 2024, there was a €4 nominal increase in both rates.
- These nominal increases did not continue the previous trend of expanding the higher QCI rate for children over 12, which had recognised the additional costs associated with having an older child in the household.
- While the total weekly value of child income supports exceeds the cost of the food basket for all 3 child age groups, food is only one area of household spending.
- Households with children also face additional costs – including clothing, education and social inclusion, as well as the cost of meeting the household's minimum needs overall.

Infant child

Although not previously included in the Cost of the MESL Healthy Food Basket series, it is important to note the significant change in food costs for an infant child, as highlighted by the wider MESL research.

From March 2023 to March 2024, the individual MESL food basket for an infant child increased by **7.2%** in both urban and rural households. This was the largest increase across all individual MESL food costs during this 12-month period.

- From 2020 to 2024, the infant child food budget rose by **27.3%** for both urban and rural households – the largest increase across all individual MESL food budgets.
- **This notable increase is due to:**
 - General food inflation experienced across all MESL food budgets over the past number of years
 - Specific increases in the cost of infant-related items, such as baby food jars, wheat-based biscuits marketed for infants and baby formula. In the past 12 months, the cost of these items has increased by between **6%** and **21%**
- When combined with previous cost increases seen over the past number of years, the cost of these 3 specific infant-related items increased by between **30%** and **37%** in the 4 years to March 2024.

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Appendix

– Supplementary tables

Table 7: Urban Household Core MESL Expenditure in 2024, excluding housing, childcare and the effect of secondary benefits

		2 parents with 2 children in pre-school and primary school	2 parents with 2 children in primary and secondary school
Core MESL	Food	€152.31	€187.05
	Clothing	€36.37	€37.92
	Personal care	€24.76	€30.68
	Health	€14.97	€18.43
	Household goods	€26.50	€26.84
	Household services	€7.13	€7.13
	Communications	€20.10	€25.48
	Social inclusion and participation	€86.71	€108.22
	Education	€12.13	€30.96
	Transport	€50.10	€52.20
	Household energy	€48.81	€52.34
	Personal costs	€17.21	€17.21
	Insurance	€38.30	€37.26
	Savings and contingencies	€26.03	€26.03
Total Expenditure	Core MESL	€561.42	€657.75
	Food	€152.31	€187.05
	Food as a % of core MESL	27.1%	28.4%

One parent with 2 children in pre-school and primary school	Single adult – working age	Pensioner, living alone	Pensioner couple
€115.12	€59.87	€69.31	€86.02
€27.14	€13.21	€13.69	€25.12
€16.69	€10.91	€11.05	€17.50
€11.60	€5.42	€11.77	€23.38
€25.54	€6.57	€23.24	€24.84
€7.13	€4.04	€15.82	€8.49
€14.71	€14.50	€19.62	€25.56
€69.31	€60.50	€75.62	€92.24
€12.13	€3.44	€0	€0
€26.10	€31.59	€7.79	€7.79
€45.91	€27.79	€41.49	€47.92
€15.68	€7.53	€8.91	€6.29
€22.99	€14.54	€17.27	€32.52
€22.54	€10.00	€10.00	€15.00
€432.59	€269.90	€325.58	€412.68
€115.12	€59.87	€69.31	€86.02
26.6%	22.2%	21.3%	20.8%

Table 8: Rural Household Core MESL Expenditure in 2024, excluding housing, childcare and the effect of secondary benefits

		2 parents with 2 children in pre-school and primary school	2 parents with 2 children in primary and secondary school
Core MESL	Food	€161.65	€197.85
	Clothing	€37.41	€38.88
	Personal care	€24.76	€30.68
	Health	€13.81	€17.08
	Household goods	€26.35	€26.67
	Household services	€8.69	€8.69
	Communications	€20.10	€25.48
	Social inclusion and participation	€84.99	€106.09
	Education	€12.05	€31.08
	Transport	€194.98	€194.98
	Household energy	€47.81	€51.34
	Personal costs	€9.21	€9.21
	Insurance	€52.65	€51.61
	Savings and contingencies	€26.03	€26.03
Total Expenditure	Core MESL	€720.49	€815.67
	Food	€161.65	€197.85
	% MESL	22.4%	24.3%

One parent with 2 children in pre-school and primary school	Single adult – working age	Pensioner, living alone	Pensioner couple
€121.88	€60.91	€71.65	€89.58
€28.10	€13.54	€13.99	€25.28
€16.69	€10.64	€11.05	€17.50
€10.73	€5.14	€11.00	€21.88
€25.36	€6.74	€23.22	€24.86
€8.69	€2.25	€16.42	€13.78
€14.71	€16.40	€19.62	€25.56
€68.18	€53.82	€68.79	€84.76
€12.05	€3.44	€0	€0
€111.19	€82.28	€81.42	€81.77
€44.91	€32.86	€41.36	€46.93
€7.68	€7.53	€4.91	€2.29
€31.97	€20.95	€23.50	€38.69
€22.54	€10.00	€10.00	€15.00
€524.69	€326.48	€396.95	€487.90
€121.88	€60.91	€71.65	€89.58
23.2%	18.7%	18.1%	18.4%

Table 9: Comparison of the cost of a minimum essential healthy food basket by year

MESL healthy food cost by year			Adjusted by CPI Division – Food and Non-Alcoholic beverages			
			2012	2013	2014	2015
Urban	2 parents and 2 children	Pre-school and primary school	€125.09	€127.10	€125.19	€121.81
	2 parents and 2 children	Primary and secondary school	€150.26	€152.66	€150.37	€146.31
	One parent and 2 children	Pre-school and primary school	€96.14	€97.68	€96.22	€93.62
	Single adult	Working-age, living alone	€57.01	€57.92	€57.05	€55.51
	Pensioner	Living alone	€62.54	€63.54	€62.59	€60.90
	Pensioner couple		€82.34	€83.66	€82.41	€80.18
Rural	2 parents and 2 children	Pre-school and primary school	€137.77	€139.97	€137.87	€134.15
	2 parents and 2 children	Primary and secondary school	€164.67	€167.30	€164.79	€160.34
	One parent and 2 children	Pre-school and primary school	€104.63	€106.31	€104.71	€101.89
	Single adult	Working- age, living alone	€52.83	€53.68	€52.87	€51.44
	Pensioner	Living alone	€66.34	€67.40	€66.39	€64.60
	Pensioner couple		€89.08	€90.51	€89.15	€86.74

				Rebase				
2016	2017	2018	2019	2020	2021	2022	2023	2024
€121.20	€118.05	€115.92	€115.23	€120.75	€ 119.59	€122.33	€151.52	€152.31
€145.58	€141.79	€139.24	€138.41	€147.44	€146.41	€149.69	€185.10	€187.05
€93.15	€90.73	€89.10	€88.56	€91.69	€90.61	€92.58	€114.56	€115.12
€55.23	€53.80	€52.83	€52.51	€47.58	€47.54	€48.65	€59.27	€59.87
€60.59	€59.02	€57.96	€57.61	€60.04	€56.63	€57.96	€68.63	€69.31
€79.78	€77.71	€76.31	€75.85	€74.69	€69.69	€71.14	€83.76	€86.02
€133.48	€130.01	€127.67	€126.90	€138.14	€129.27	€132.55	€160.92	€161.65
€159.54	€155.39	€152.60	€151.68	€168.94	€157.72	€161.63	€196.04	197.85
€101.38	€98.74	€96.96	€96.38	€102.72	€97.58	€99.94	€121.32	€121.88
€51.19	€49.86	€48.96	€48.66	€50.51	€48.27	€49.46	€59.52	€60.91
€64.28	€62.61	€61.48	€61.11	€62.15	€59.18	€60.62	€71.29	€71.65
€86.31	€84.06	€82.55	€82.06	€76.74	€73.73	€75.32	€88.25	€89.58

Table 10: Comparison of cost of a minimum essential healthy food basket by sub-category for urban households

	2 parents with 2 children in pre-school and primary school		
	2022	2024	Change
Bread and cereals	€12.81	17.24	34.6%
Meat	€30.42	€37.28	22.6%
Fish	€6.62	€8.77	32.5%
Milk, cheese and eggs	€19.93	€25.19	26.4%
Oils and fats	€1.53	€1.64	7.2%
Fruit	€9.46	€11.50	21.6%
Vegetables	€19.06	€24.08	26.3%
Sugar, jam, honey, etc.	€1.71	€1.50	-12.3%
Food products (not elsewhere classified)	€3.33	€2.78	-16.5%
Coffee, tea and cocoa	€2.39	€2.71	13.4%
Soft drinks, juices, etc.	€2.46	€4.25	72.8%
Snacks and treats	€5.36	€6.47	20.7%
Cafés, takeaways, etc.	€4.98	€6.05	21.5%
Social	€2.28	€2.86	25.4%

2 parents with 2 children in primary and secondary school			One parent with 2 children in pre-school and primary school		
2022	2024	Change	2022	2024	Change
€15.47	€21.77	40.7%	€9.10	€12.29	35.1%
€35.68	€43.73	22.6%	€25.52	€31.27	22.5%
€8.14	€11.72	44.0%	€4.44	€5.97	34.5%
€22.63	€28.58	26.3%	€13.12	€16.41	25.1%
€1.77	€1.90	7.3%	€1.15	€1.23	7.0%
€11.01	€13.40	21.7%	€7.52	€9.21	22.5%
€22.35	€28.19	26.1%	€14.68	€18.51	26.1%
€1.93	€1.69	-12.4%	€1.07	€0.95	-11.2%
€3.89	€3.25	-16.5%	€2.75	€2.26	-17.8%
€2.44	€2.78	13.9%	€2.37	€2.64	11.4%
€2.89	€4.99	72.7%	€2.06	€3.61	75.2%
€6.40	€7.74	20.9%	€3.99	€4.78	19.8%
€12.47	€14.01	12.3%	€3.07	€3.83	24.8%
€2.63	€3.30	25.5%	€1.72	€2.16	25.6%

Table 10 continued

	Single adult – working age, living alone		
	2022	2024	Change
Bread and cereals	€2.89	€4.15	43.6%
Meat	€12.91	€15.18	17.6%
Fish	€2.67	€4.08	52.8%
Milk, cheese and eggs	€4.27	€5.58	30.7%
Oils and fats	€0.80	€1.17	46.3%
Fruit	€3.25	€3.98	22.5%
Vegetables	€7.82	€10.00	27.9%
Sugar, jam, honey, etc.	€0.49	€0.42	-14.3%
Food products (not elsewhere classified)	€1.07	€1.27	18.7%
Coffee, tea and cocoa	€0.74	€0.86	16.2%
Soft drinks, juices, etc.	€0.80	€1.17	46.3%
Snacks and treats	€1.31	€1.72	31.3%
Cafés, takeaways, etc.	€8.88	€9.35	5.3%
Social	€0.75	€0.95	26.7%

Pensioner, living alone			Pensioner couple		
2022	2024	Change	2022	2024	Change
€3.76	€4.47	18.9%	€5.69	€6.32	11.1%
€14.30	€16.80	17.5%	€15.61	€17.92	14.8%
€3.69	€5.18	40.4%	€4.64	€7.17	54.5%
€4.29	€5.45	27.0%	€6.34	€8.47	33.6%
€0.88	€1.25	42.0%	€1.02	€1.53	50.0%
€4.44	€5.16	16.2%	€6.79	€7.99	17.7%
€9.96	€12.92	29.7%	€13.41	€17.57	31.0%
€0.56	€0.51	-8.9%	€0.98	€0.86	-12.2%
€1.57	€1.70	8.3%	€2.26	€2.49	10.2%
€1.58	€1.80	13.9%	€1.71	€2.02	18.1%
€0.93	€0.89	-4.3%	€0.93	€0.89	-4.3%
€3.84	€5.01	30.5%	€3.35	€4.30	28.4%
€0.00	€0.00	0.0%	€0.00	€0.00	0.0%
€8.17	€8.18	0.1%	€8.42	€8.49	0.8%

Table 11: Comparison of cost of a minimum essential healthy food basket by sub-category for rural households

	2 parents with 2 children in pre-school and primary school		
	2022	2024	Change
Bread and cereals	€21.25	€23.71	11.6%
Meat	€30.42	€37.28	22.6%
Fish	€6.62	€8.77	32.5%
Milk, cheese and eggs	€21.27	€27.71	30.3%
Oils and fats	€1.53	€1.64	7.2%
Fruit	€9.46	€11.50	21.6%
Vegetables	€18.03	€24.08	33.6%
Sugar, jam, honey, etc.	€1.71	€1.50	-12.3%
Food products (not elsewhere classified)	€3.33	€2.78	-16.5%
Coffee, tea and cocoa	€2.39	€2.71	13.4%
Soft drinks, juices, etc.	€2.46	€4.25	72.8%
Snacks and treats	€5.36	€6.47	20.7%
Cafés, takeaways, etc.	€5.21	€6.21	19.2%
Social	€2.46	€3.03	23.2%

2 parents with 2 children in primary and secondary school			One parent with 2 children in pre-school and primary school		
2022	2024	Change	2022	2024	Change
€25.22	€29.26	16.0%	€15.43	€17.22	11.6%
€35.68	€43.73	22.6%	€25.52	€31.27	22.5%
€8.14	€11.72	44.0%	€4.44	€5.97	34.5%
€24.16	€31.43	30.1%	€13.99	€18.04	28.9%
€1.77	€1.90	7.3%	€1.15	€1.23	7.0%
€11.01	€13.40	21.7%	€7.52	€9.21	22.5%
€21.31	€28.19	32.3%	€14.68	€18.51	26.1%
€1.93	€1.69	-12.4%	€1.07	€0.95	-11.2%
€3.89	€3.25	-16.5%	€2.75	€2.26	-17.8%
€2.44	€2.78	13.9%	€2.37	€2.64	11.4%
€2.89	€4.99	72.7%	€2.06	€3.61	75.2%
€6.40	€7.74	20.9%	€3.99	€4.78	19.8%
€12.92	€14.27	10.4%	€3.10	€3.90	25.8%
€2.85	€3.50	22.8%	€1.86	€2.28	22.6%

Table 11 continued

	Single adult – working age, living alone		
	2022	2024	Change
Bread and cereals	€3.82	€4.85	27.0%
Meat	€12.91	€15.18	17.6%
Fish	€2.67	€4.08	52.8%
Milk, cheese and eggs	€4.49	€5.98	33.2%
Oils and fats	€0.80	€1.17	46.3%
Fruit	€2.85	€3.49	22.5%
Vegetables	€7.82	€10.00	27.9%
Sugar, jam, honey, etc.	€0.49	€0.42	-14.3%
Food products (not elsewhere classified)	€1.07	€1.27	18.7%
Coffee, tea and cocoa	€0.74	€0.86	16.2%
Soft drinks, juices, etc.	€0.80	€1.17	46.3%
Snacks and treats	€1.31	€1.72	31.3%
Cafés, takeaways, etc.	€8.93	€9.77	9.4%
Social	€0.76	€0.96	26.3%

Pensioner, living alone			Pensioner couple		
2022	2024	Change	2022	2024	Change
€6.16	€6.37	3.4%	€9.60	€9.42	-1.9%
€14.30	€16.80	17.5%	€15.61	€17.92	14.8%
€3.69	€5.18	40.4%	€4.62	€7.17	55.2%
€4.50	€5.85	30.0%	€6.55	€8.87	35.4%
€0.88	€1.25	42.0%	€1.02	€1.53	50.0%
€4.44	€5.16	16.2%	€6.79	€7.99	17.7%
€9.96	€12.92	29.7%	€13.42	€17.57	30.9%
€0.56	€0.51	-8.9%	€0.98	€0.86	-12.2%
€1.57	€1.70	8.3%	€2.26	€2.49	10.2%
€1.58	€1.80	13.9%	€1.73	€2.02	16.8%
€0.93	€0.89	-4.3%	€0.90	€0.89	-1.1%
€3.84	€5.01	30.5%	€3.35	€4.30	28.4%
€0.00	€0.00	0.0%	€0.00	€0.00	0.0%
€8.22	€8.22	0.0%	€8.50	€8.56	0.7%

Table 12: Household income calculations for working-age households in 2024

Social welfare		2 parents with 2 children in pre-school and primary school
Primary social welfare benefits	Adult 1 (Jobseeker's / One-Parent Family Payment)	€232.00
	Adult 2 (Jobseeker's / Qualified Adult)	€154.00
	Qualified Child Increase	€92.00
	Total primary social welfare	€478.00
Secondary social welfare benefits	Child Benefit	€64.62
	Back to School Clothing and Footwear Allowance	€3.08
	Fuel Allowance	€0.00
	Cost-of-living January double payment	€0.00
	Christmas Bonus	€0.00
	Medical Card	Full
	Household Income	€545.69

2 parents with 2 children in primary and secondary school	One parent with 2 children in pre-school and primary school	Single adult – working age, living alone
€232.00	€232.00	€232.00
€154.00	€0.00	€0.00
€100.00	€92.00	€0.00
€486.00	€324.00	€232.00
€64.62	€64.62	€0.00
€8.56	€3.08	€0.00
€0.00	€17.77	€0.00
€0.00	€6.23	€0.00
€0.00	€6.23	€0.00
Full	Full	Full
€559.17	€421.92	€232.00

Table 12 continued

National minimum wage	2 parents with 2 children in pre-school and primary school
Gross salary	€476.25
PAYE Income Tax	€0.00
USC	€6.06
PRSI	€19.05
Net salary	€451.14
Child Benefit	€64.62
Working Family Payment	€177.00
Back to School Clothing and Footwear Allowance	€3.08
One-Parent Family Payment	€0.00
Fuel Allowance	€0.00
Christmas Bonus	€0.00
Cost-of-living support	€0.00
Medical Card	Full
Household Income	€695.83

2 parents with 2 children in primary and secondary school	One parent with 2 children in pre-school and primary school	Single adult – working age, living alone
€476.25	€476.25	€476.25
€0.00	€25.32	€8.71
€6.06	€6.06	€6.06
€19.05	€19.05	€19.05
€451.14	€425.82	€442.43
€64.62	€64.62	€0.00
€177.00	€82.00	€0.00
€8.56	€3.08	€0.00
€0.00	€184.00	€0.00
€0.00	€17.77	€0.00
€0.00	€3.54	€0.00
€0.00	€3.54	€0.00
Full	Full	FULL
€701.31	€784.36	€442.43

Table 13: Household income calculations for pensioner households in 2024

		Pensioner, living alone	Pensioner, living alone
State Pension		Non-contributory	Contributory
Primary social welfare	Pension 1	€266.00	€277.30
	Pension 2 / Qualifying Adult / Living Alone	€22.00	€22.00
	Fuel Allowance	€17.77	€17.77
	Household Benefits Package (Electricity/Gas, TV Licence)	€11.15	€11.15
	Telephone Support Allowance	€2.50	€2.50
	COL Jan double payment	€5.54	€5.54
	Christmas Bonus	€5.54	€5.76
	Total primary social welfare	€330.50	€342.02
Secondary social welfare	Household Benefits Package	Yes	Yes
	Medical Card	Yes	Yes
	Household Income	€330.50	€342.02

Pensioner couple	Pensioner couple	Pensioner couple
Both Non-contributory	Contributory and Non-contributory	Contributory and Qualified Adult
€266.00	€277.30	€277.30
€266.00	€266.00	€184.70
€17.77	€17.77	€17.77
€11.15	€11.15	€11.15
€0.00	€0.00	€0.00
€10.23	€10.45	€8.88
€10.23	€10.45	€8.88
€581.38	€593.12	€508.68
Yes	Yes	Yes
Yes	Yes	Yes
€581.38	€593.12	€508.68

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