



# Your guide to weekly retirement expenses

**1** person household



**2** person household



	No Frills		Choices		No Frills		Choices	
	City	Country	City	Country	City	Country	City	Country
Food	55.95	52.43	107.52	96.23	93.67	96.34	216.75	170.51
Alcoholic beverages, tobacco, illicit drugs	0	0	6.82	10.80	0	0	18.19	26.38
Clothing and footwear	0	0	14.77	8.86	0	0	24.61	12.31
Household energy	17.87	17.65	33.30	41.17	30.41	34.52	51.05	51.94
Household contents and services	1	2.40	16.43	18.44	6.71	6.91	46.39	46.99
Health	0	0	20.14	21.44	3.59	5.77	41.58	48.32
Transport	4.70	5.49	41.32	33.71	27.89	28.78	103.59	137.30
Telecommunication	9.55	10.63	24.15	21.09	15.20	16.40	42.20	28.50
Recreation and culture	8.59	8.68	37.21	44.81	35.19	22.57	104.39	89.82
Miscellaneous goods and services	15.72	15.93	45.23	53.56	28.69	32.95	102.80	70.27
Other expenditure	0	0	2.90	0.80	0	0	10	11.50
<b>TOTAL</b>	<b>113.38</b>	<b>113.22</b>	<b>349.78</b>	<b>350.91</b>	<b>241.35</b>	<b>244.24</b>	<b>761.56</b>	<b>693.83</b>

**No Frills** A basic standard of living that includes few, if any, luxuries

**Choices** A better standard of living that includes some luxuries or treats