

What is the cost of a healthy food basket in Ireland in 2022?

Low-income households:

Eat less well



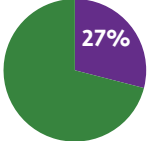
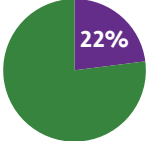


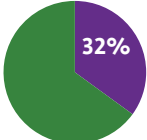
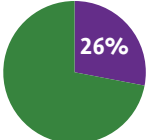


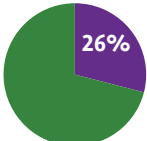
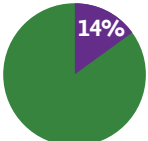


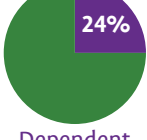



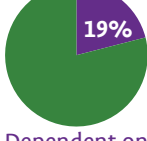


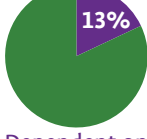


Higher level of diet-related disease



Research to find out the cost of a food basket that is:



Household type	Total basket cost	% of take home income	
 <p>Two-parent two-child Pre-school and primary school</p>	 <p>€133 Per week</p>	 <p>27% Dependent on State Benefits</p>	 <p>22% One adult employed (earning the National Minimum Wage)</p>
 <p>Two-parent two-child Primary and secondary school</p>	 <p>€162 Per week</p>	 <p>32% Dependent on State Benefits</p>	 <p>26% One adult employed (earning the National Minimum Wage)</p>
 <p>One-parent two-child Pre-school and primary school</p>	 <p>€100 Per week</p>	 <p>26% Dependent on State Benefits</p>	 <p>14% Adult employed (earning the National Minimum Wage)</p>
 <p>Single adult</p>	 <p>€49 Per week</p>	 <p>24% Dependent on State Benefits</p>	 <p>14% Adult employed (earning the National Minimum Wage)</p>
 <p>Female pensioner living alone</p>	 <p>€61 Per week</p>	 <p>19% Dependent on State Pension</p>	
 <p>Pensioner couple</p>	 <p>€75 Per week</p>	 <p>13% Dependent on State Pension</p>	

Cost of healthy food basket



Objectives

To estimate the cost of a Minimum Essential Standard of Living (MESL) Healthy Food Basket for 2022 and to present the cost as a proportion of take-home income for six household types in Ireland.

Methodology

The food basket is part of a minimum essential standard of living and identifies a food basket that everyone should be able to afford. It represents a socially acceptable and nutritious food basket. The 2020 food basket costs were updated in 2022 by applying the Republic of Ireland Consumer Price Index (CPI).

Results

Household type	Food basket cost per week		Income scenarios	Proportion of take home income	
	Urban	Rural		Urban	Rural
Two-parent, two-child (Pre-school and primary school)	€122	€133	Social welfare	25%	27%
			One adult earning national minimum wage	20%	22%
Two-parent, two-child (Primary and secondary school)	€150	€162	Social welfare	30%	32%
			One adult earning national minimum wage	24%	26%
One-parent, two-child (Pre-school and primary school)	€93	€100	Social welfare	24%	26%
			Adult earning national minimum wage	13%	14%
Single adult	€49	€49	Social welfare	23%	24%
			Adult earning national minimum wage	13%	14%
Female pensioner living alone	€58	€61	Contributory pension	18%	18%
			Non-contributory pension	18%	19%
Pensioner Couple	€71	€75	Contributory pension, qualified adult payment	14%	15%
			Non-contributory pension, contributory pension	12%	13%
			Both non-contributory pension	13%	13%

Key conclusions

- Low income households need to spend between 12% and 32% of their take-home income to buy a healthy minimum essential food basket. This is dependent on household composition and location
- Food costs rise as children grow older, food is a significant cost for households with an adolescent. The cost of food for a teenager was more than double the cost of food for a pre-school child.
- Food costs are more expensive for rural households with the exception of the single adult
- Households receiving state benefits spend a larger percentage of take home income on the food basket than households with an employed adult.
- This research highlights the challenges when trying to balance buying a healthy food basket with other weekly household expenses.
- Meat, breads and cereals, milk, cheese, eggs, fruit, and vegetables account for the largest share of the food basket.
- Spending on restaurants, cafes, fast food, takeaways and visitors are an important part of the food basket highlighting the social and cultural aspects of food. It ensures that households can participate in activities that are considered to be part of everyday life.



To download a copy of the full report and infographic visit www.safefood.net/professional