



ASFA Retirement Standard

Detailed budget breakdowns

March quarter 2025



The Association of Superannuation Funds of Australia

	COUPLE		SINGLE	
Expenditure items	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Building and contents insurance	\$47.73	\$47.64	\$45.02	\$37.48
Council rates	\$46.72	\$42.67	\$46.72	\$40.20
Water charges	\$27.22	\$27.22	\$23.44	\$23.44
Home improvements	\$8.18	\$0.00	\$8.18	\$0.00
Repairs and maintenance	\$24.53	\$24.53	\$24.53	\$24.53
Total housing	\$154.38	\$142.06	\$147.88	\$125.65
Electricity and gas	\$55.62	\$47.54	\$44.85	\$35.40
Food – groceries and other fresh food	\$256.71	\$211.79	\$147.70	\$114.24
Bundle of home phone, broadband, mobile	\$29.70	\$20.55	\$22.82	\$18.25
Household cleaning and other supplies	\$30.47	\$18.21	\$23.35	\$18.21
Cosmetic and personal care items	\$7.61	\$7.29	\$5.44	\$5.21
Barber or hairdressing	\$28.75	\$12.72	\$18.73	\$7.63
Media, including digital	\$10.30	\$3.01	\$10.06	\$3.01
Computer, printer and software	\$4.84	\$2.72	\$4.84	\$2.72
Household appliances, air conditioners, smart phone	\$17.61	\$2.88	\$16.26	\$2.88
Miscellaneous	\$7.64	\$0.00	\$7.64	\$0.00
Total household goods and services	\$107.23	\$46.84	\$86.31	\$39.67
Clothing and footwear	\$52.90	\$40.42	\$28.41	\$21.27
Car transport and running costs	\$187.61	\$110.71	\$175.56	\$106.37
Public transport	\$5.37	\$5.37	\$2.69	\$2.69
Total transport	\$192.99	\$116.09	\$178.25	\$109.06

Numbers are weekly, except where otherwise specified. Totals may not exactly equal the sum of components due to rounding of price adjustments.

	COUPLE		SINGLE	
Expenditure items	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Health insurance	\$96.33	\$36.81	\$48.16	\$18.41
Chemist	\$51.09	\$25.54	\$29.41	\$14.70
Co-payment and out of pocket	\$69.69	\$51.54	\$38.67	\$25.78
Vitamins and other over the counter medicines	\$6.35	\$0.00	\$3.17	\$0.00
Total health services	\$223.46	\$113.90	\$119.40	\$58.88
Membership clubs	\$6.93	\$4.62	\$4.64	\$3.46
TV, DVD	\$1.16	\$0.44	\$1.16	\$0.44
Streaming services (Stan/Netflix or like)	\$13.24	\$3.55	\$13.24	\$3.55
Alcohol consumed or equivalent spent with charity or church	\$47.99	\$27.12	\$22.99	\$17.99
Lunches and dinners out	\$99.95	\$52.36	\$71.39	\$30.93
Cinema, plays, sport and day trips	\$11.55	\$13.85	\$6.93	\$6.93
Domestic vacations	\$92.16	\$64.40	\$60.55	\$40.82
Overseas vacations	\$35.64	\$0.00	\$22.49	\$0.00
Take away food, snacks	\$33.64	\$17.55	\$24.49	\$13.05
Total leisure	\$342.25	\$183.89	\$227.88	\$117.17
Total weekly expenditure	\$1,415	\$923	\$1,003	\$640
Total annual expenditure	\$73,875	\$48,184	\$52,383	\$33,386

Numbers are weekly, except where otherwise specified. Totals may not exactly equal the sum of components due to rounding of price adjustments.

Expenditure items	MODEST	
	Couple	Single
Private rent (after receipt of Rent Allowance)	\$430.00	\$360
Allowance for moving costs due to limited tenure period	\$20.00	\$20
Total housing	\$450	\$380
Electricity and gas	\$47.54	\$35.40
Food – groceries and other fresh food	\$211.79	\$114.24
Bundle of home phone, broadband, mobile	\$20.55	\$18.25
Household cleaning and other supplies	\$18.21	\$18.21
Cosmetic and personal care items	\$7.29	\$5.21
Barber or hairdressing	\$12.72	\$7.63
Media, including digital	\$3.01	\$3.01
Computer, printer and software	\$2.72	\$2.72
Household appliances, air conditioners, smart phone	\$2.88	\$2.88
Miscellaneous	\$0.00	\$0.00
Total household goods and services	\$46.84	\$39.67
Clothing and footwear	\$40.42	\$21.27
Car transport and running costs	\$110.71	\$106.37
Public transport	\$5.37	\$2.69
Total transport	\$116.09	\$109.06
Health insurance	\$36.81	\$18.41
Chemist	\$25.54	\$14.70

Numbers are weekly, except where otherwise specified. Totals may not exactly equal the sum of components due to rounding of price adjustments.

Co-payment and out of pocket	\$51.54	\$25.78
Vitamins and other over the counter medicines	\$0.00	\$0.00
Total health services	\$113.90	\$58.88

Membership clubs	\$4.62	\$3.46
TV, DVD	\$0.44	\$0.44
Streaming services (Stan/Netflix or like)	\$3.55	\$3.55
Alcohol consumed or equivalent spent with charity or church	\$27.12	\$17.99
Lunches and dinners out	\$52.36	\$30.93
Cinema, plays, sport and day trips	\$13.85	\$6.93
Domestic vacations	\$64.40	\$40.82
Overseas vacations	\$0.00	\$0.00
Take away food, snacks	\$17.55	\$13.05
Total leisure	\$183.89	\$117.17

Total weekly expenditure	\$1,231.02	\$893.93
Total annual expenditure	\$64,259.07	\$46,663.11
Age Pension and supplements	\$45,037.00	\$29,874.00

Numbers are weekly, except where otherwise specified. Totals may not exactly equal the sum of components due to rounding of price adjustments.

	COUPLE		SINGLE	
Expenditure items	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Building and contents insurance	\$47.73	\$47.64	\$45.02	\$37.48
Council rates	\$46.72	\$42.67	\$46.72	\$40.20
Water charges	\$27.22	\$27.22	\$23.44	\$23.44
Home improvements	\$8.18	\$0.00	\$8.18	\$0.00
Repairs and maintenance	\$24.53	\$24.53	\$24.53	\$24.53
Total housing	\$154.38	\$142.06	\$147.88	\$125.65
Electricity and gas	\$55.62	\$47.54	\$44.85	\$35.40
Food – groceries and other fresh food	\$256.71	\$211.79	\$147.70	\$114.24
Bundle of home phone, broadband, mobile	\$29.70	\$20.55	\$22.82	\$18.25
Household cleaning and HACC contribution	\$141.69	\$60.82	\$118.70	\$40.54
Cosmetic and personal care items	\$7.61	\$7.29	\$5.44	\$5.21
Barber or hairdressing	\$28.75	\$12.72	\$18.73	\$7.63
Media, including digital	\$10.30	\$3.01	\$10.06	\$3.01
Computer, printer and software	\$4.84	\$2.72	\$4.84	\$2.72
Household appliances, air conditioners, smart phone	\$17.61	\$2.88	\$16.26	\$2.88
Miscellaneous	\$7.64	\$0.00	\$7.64	\$0.00
Total household goods and services	\$218.45	\$89.45	\$181.66	\$62.00
Clothing and footwear	\$52.90	\$40.42	\$28.41	\$21.27
Taxis	\$47.89	\$42.57	\$42.57	\$37.25
Public transport	\$10.64	\$10.64	\$5.32	\$5.32
Total transport	\$58.53	\$53.21	\$47.89	\$42.57

	COUPLE		SINGLE	
Expenditure items	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Health insurance	\$96.33	\$36.81	\$48.16	\$18.41
Chemist	\$51.09	\$25.54	\$29.41	\$14.70
Co-payment and out of pocket	\$112.83	\$82.07	\$89.74	\$71.28
Vitamins and other over the counter medicines	\$6.35	\$0.00	\$3.17	\$0.00
Total health services	\$266.59	\$144.43	\$170.48	\$104.39
Membership clubs	\$6.93	\$4.62	\$4.64	\$3.46
TV, DVD	\$1.16	\$0.44	\$1.16	\$0.44
Streaming services (Stan/Netflix or like)	\$13.24	\$3.55	\$13.24	\$3.55
Alcohol consumed or equivalent spent with charity or church	\$47.99	\$27.12	\$22.99	\$17.99
Lunches and dinners out	\$51.80	\$16.15	\$38.69	\$19.38
Cinema, plays, sport and day trips	\$8.40	\$11.69	\$4.22	\$3.62
Domestic vacations	\$54.97	\$26.11	\$46.73	\$13.06
Overseas vacations	\$0.00	\$0.00	\$0.00	\$0.00
Take away food, snacks	\$35.68	\$18.62	\$25.98	\$13.84
Total leisure	\$220.17	\$108.30	\$157.65	\$75.34
Total weekly expenditure	\$1,313.06	\$857.75	\$949.34	\$599.10
Total annual expenditure	\$68,542	\$44,775	\$49,555	\$31,273

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