

Please unfold the side flaps to refer to the notes Where bought Consumed **Amount paid** Meals, snacks and drinks CONSUMED Please indicate currency on or off **AWAY FROM HOME** Please indicate if purchased if not Euro (€) eg if item premises? outside the Republic of Ireland bought in Sterling please please tick eg if purchased in Northern Ireland please indicate '£' or 'Sterling' Include canned drinks, crisps, sweets etc on off indicate 'Northern Ireland' Coffee - white 85 1 Mars bar 90 Ham salad sandwich, white bread 3 20 Tayto (crisps) 65 Can of Diet coke 00 Meal for two: Lamb, roast potatoes, carrots, peas 95 14 Pizza - ham and mushroom, with green salad 12 95 2 x chocolate fudge cake with cream 12 00 2 glasses of coke (not diet) 5 80 Round of drinks: 1 pint lager, 1 pint stout (€3.95 each) 7 90 1 gin and tonic ($ext{ } ext{ } ex$ 20 Where bought Amount paid Please tick Age or 'internet' Please indicate if purchased Clothing and footwear Please indicate currency if not Euro (€) eg if item bought in Sterling please (only if outside the Republic of Ireland eg if purchased in Northern Ireland please indicate '£' or 'Sterling' under 16) male I female € C indicate 'Northern Ireland Shirt 14 99 Internet **Trainers** \$49 99 Shoes Northern Ireland £29 99p 6 Jumper 39 99 Where bought **Amount paid** Other payments and purchases today or 'internet' Please indicate currency DO remember to include purchases such as petrol, medical (eg GP, dentist), Please indicate if purchased if not Euro (€) eg if item bought in Sterling please indicate '£' or 'Sterling' outside the Republic of newspapers, cigarettes, stamps, leisure, spa treatments, hotel breaks, Ireland eg if purchased in National Lottery tickets (state if for Monday, Wednesday or Saturday draw) Northern Ireland please indicate 'Northern Ireland' € ✓ DO include payments for services like child care, window cleaner etc. C Lunch money (for Cian) 6 25 Church donation 1 00 Childcare 25 00 5 00 Taxi Admission to cinema x 2 15 00 Internet Lotto tickets (Saturday) x 2 8 00 Book 12 99 Jury's Inn - 2 x nights 170 00 WINNINGS from lottery, bingo, betting shops, football pools, **Amount won** $\vec{0}$ raffles, etc. € C Lotto 10 00 Betting shop (horses) 45 7

Please attach till receipts whenever possible

Attaching a till receipt saves you from writing down all the items, but they may not give all the information required.

We need the weight or volume of **EVERY** item of food and drink and a full description of it (this includes items that are not usually sold by weight, eg a cucumber or chewing gum).

The 6 point guide below tells you what kind of descriptions you should write on the till receipt.

1. Bread Murphys Store, Letterkenny We need to know if bread is sliced or unsliced and whether it is white, wholemeal, softgrain etc. You Tel No 012 234 456 78 may need to weigh items such as individually sold VAT No 123456789 bread rolls. 14-02-2009 TRANS: 0231 12.29 CASHIER: Jane TILL: 002 STORE: 003 2. Butter, margarine and spreads S/W MED 800g (sliced, standard white bread) WMEAL LOAF 800g (unsticed wholemeal) We need to know the brand names of butter 1.49 4 ROLLS @ 23c each (white bread) 4oz each (eg Kerrygold), margarines (eg Flora) and reduced 0.95 450g WEETABIX x24 or low fat spreads (eg Kerry Low Low). 0.92 KERRY LOW LOW (low-fat spread) 500g 1.89 250g KERRYGOLD BTR (butter) 2.50 116 CHK BRST x4 (chichen - uncooked, fresh) 0.99 SMALL CHICKEN (frozen, uncooked) 3.99 3. Meat SWEET 'n' SOUR PORK (chilled, cooked) 450a 5.49 1/216 HAM (cooked, sliced) 1.99 We need to know if meat is cooked, fresh or 1/216 DENNYS SAUSAGES (pork, fresh) 1.26 frozen and what it is eg lamb, pork, chicken. 7oz SALMON (filleted, frozen) 2.25 We also need to know if fish is filleted or not. MONSTER MUNCH (crisps) 28g 3.29 WHISKAS (cat food 0.60 6 EGGS FREE RANG E 0.99 450g CDR CHEESE (cheddar) 2.25 4. Milk MILK 2LTR (own brand, full-fat) 1.99 MILK 2 LTR (low-fat) 1.65 HELLO! (magazine) 2.25 We need to know if milk is semi-skimmed. FAIRY WSH-UP LQD 4.75 skimmed or whole milk and whether it is fresh, **TOILET TISSUE 4 PCK** sterilised or UHT. 2.29 POTATOES (10 kgs, fresh, new) 3.25 BEANS 400g (baked, tinned) 4.99 BROCCOLI 1kg (fresh) 0.75 SD TOMS 100g (dried tomatoes) 3.49 5. Fruit and vegetables 680g APPLES x5 (fresh) 1.49 178g LEMONS 1 @ 0.25c each (fresh) 2.00 ORG CARROTS 1.3kg (fresh) We need to know if fruit and vegetables are 0.25 410g LUSTRE PCH (tinned peaches) fresh, frozen, tinned or dried, and whether 3.37 potatoes are old or new. 116 102 CUCUMBER (fresh) 0.99 SQUEEZ OJ 1ltr (pure orange juice) 1.29 ORANGE JUICE 1ltr (concentrated) 2.63 RIBENA (low calorie, not concentrated) 330g 1.65 330g 6x COKE (diet) 6. Drinks (non- alcoholic) 1.75 30a CHEWING GUM 1.99 125a BISCUITS (chocolate) 0.50 We need to know if soft drinks are pure fruit juice 0.99 or juice drinks and whether they are concentrated (eg Kia Ora) or not concentrated and whether low **BALANCE DUE** calorie or not. AMOUNT TENDERED Orders made over the internet **CHANGE DUE** ordered your shopping over Thank you for shopping with us. the Internet please write Please retain for a refund. "Internet" on the receipt clearly.

Usual purchases

INTERVIEWER: ASK MAIN SHOPPER OR OTHER ADULT. RECORD ANSWERS IN ONE DIARY ONLY FOR HOUSEHOLD.

To illustrate the level of detail we would like you to record in the diary, I'm going to ask you about some of the products your household usually buys. Not usual purchase/ not purchased What types of bread does your household usually buy? **Bread** Sliced or White: Un-sliced Brown: Wholemeal: Milk Fresh: Whole or Semi-Skimmed or Skimmed Condensed: Whole or Semi-Skimmed or Skimmed Fruit drinks Concentrated or Pure juice or Juice drink Not concentrated Carbonated Low calorie/diet or drinks Not low calorie/diet Squash & Low calorie/diet or cordial Not low calorie/diet Cheese Write in name/type: Write in brand name: **Butter** Margarine/ Write in brand name: spread Reduced fat or Full fat low fat Sausages Pork or Beef or Other (describe) Northern Do you ever make purchases in Northern Ireland? Yes Ireland If Yes what type of goods do you purchase? Please also indicate how frequently you would cross the border to make these purchases? Internet Do you ever order goods or services over the internet? Yes If so, what sort of things do you buy? No

Day	1	Mon	Tues	Wed	Thurs		Fri	Sat	Sun
		Please	unfold	the sic	le flaps to	refe	r to the	notes	
1		ood (see next section I items and amounts are			Where bou or 'internet Please indicate if p outside the Repu Ireland eg If purch Northern Ireland	t' urchased iblic of nased in please	Weight/ Volume eg oz, lbs, gms, kilos,	Amount Please indicat if not Euro (€ bought in ster indicate '£' o	te currency) eg If item ling please
· ·	X DO NOT just ente	er totals for whole amou	unt spent		indicate 'Northern	Ireland'	pints, litres	€	С
Please till	here								
Please till attach till receipte								i	
								İ	
								İ	
								i	
								İ	
								ļ	
								İ	
								į	
	Take-away meals a	and snacks EATEN AT	HOME			Size	of portion	Am	ount
2	-	s delivered to home eg		neals on v	wheels	eg s	mall, lium, large		aid
								€	С
									1

ricase uniolu lile side liaps	to refer to the	iic iictco			_			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	public of Ire	sed	on o	ises?	Amount Please indicate if not Euro (€) bought in Ster	e currency eg if item
Include canned drinks, crisps, sweets etc		eg if pur Northern Ir	rchased in reland pleas	se	<i>please</i> on	e tick off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irelai	nd′	···		€	С
				\dashv				i İ
								<u> </u>
				\dashv				<u> </u>
				\dashv				<u> </u>
								l
								<u> </u>
				\dashv				
				\dashv				<u> </u>
	Where bo	ought	Discos	Hale	Ι Δ α		Amount	paid
Clothing and footwear	Please indicate if outside the Repub eq if purcha	Please male I fe		Age (only if under 16)		Please indicate if not Euro (€) of bought in Steri indicate '£' or '	e currency eg if item ling please	
	Northern Irelan indicate 'Northe	l l	illaic		ĺ	€	С	
			L į					
			<u>i</u>					
			-		┝			
			1				-	<u>i</u>
Other payments and purchases today ✓ DO remember to include purchases such as per newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	Please i outsid	de the F	rnet' if puro Republi ourchas	chased ic of sed in	Amount Please indicate if not Euro (€) o bought in Stern indicate '£' or '	e currency eg if item ling please
✓ DO include payments for services like child care	e, window cleaner e	etc	indicat				€	С
								ļ
								<u> </u>
WINNINGS from lottery, bingo, betting sl	nops, football p	ools,					Amoun	won
raffles, etc.							€	С

Day 2	Mon	Tues	Wed	Thurs	5	Fri	Sat	Sun
	Please	unfold	the sic	le flaps to	refe	r to the	notes	
✓ DO make sure all in the diary or on	food (see next sectional) items and amounts a	re listed indi	vidually -	Where bot or 'interne Please indicate if p outside the Rep Ireland eg If purc Northern Ireland indicate 'Northerr	et' ourchased ublic of hased in please	10141110	Amount Please indicate if not Euro (€) bought in sterl indicate '£' or	e currency eg If item ling please
Rease till here ditachte here								
Take-away meals a √ DO include meals	wheels	eg s	of portion	ı Amo	ount			
					med	lium, large	€	С

					į	
					i	
2	Take-away meals and snacks EATEN AT HOME ✓ DO include meals delivered to home eg pizza and meals on wl	heels	eg sn	of portion	Amo pa	
			mean	um, large	€	С
Page :	8					

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub	nased in language 1					bought in Steri	ling please
	Northern Irelar	chased in				er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	nι	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	III III III III III III III III III II				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day 3	Mon	Tues	Wed	Thurs		Fri	Sat	Sun
	Please	unfold	the sic	le flaps to	refe	to the	notes	
✓ DO make sure a in the diary or on	food (see next section II items and amounts a	re listed indi		Where bou or 'internet Please indicate if pu outside the Repu Ireland eg If purch Northern Ireland indicate 'Northern	urchased blic of ased in please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amoun Please indica if not Euro (€ bought in ste indicate '£' o	te currency E) eg If item rling please
Please till here attach is here	er totals for whole amo	ин эрен				, , , , ,	E	-
Pleach he he								
, ec								
							i	
								-
								-
							į	
	and snacks EATEN A		neals on v	wheels	eg si	of portior mall, ium, large		ount aid
					mea	um, large	€	С
								1

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub	nased in language 1					bought in Steri	ling please
	Northern Irelar	chased in				er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	nι	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	III III III III III III III III III II				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day 4	Mon	Tues	Wed	Thurs		Fri	Sat	Sun
	Please	e unfold	the sid	le flaps to	refer	to the	notes	
✓ DO make sure a in the diary or o	food (see next sectional items and amounts a	are listed indiv		Where bou or 'internet' Please indicate if pu outside the Repul Ireland eg If purcha Northern Ireland p indicate 'Northern I	rchased blic of ased in please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amoun Please indicate if not Euro (to bought in ste indicate '£' o	ete currency E) eg If item erling please
lease till gre		'						
Please till here attach is here								
(8)								
Take-away meals	and snacks EATEN A	T HOME			Size	of portion	n Am	nount
2 ✓ DO include mea	als delivered to home eq	g pizza and n	neals on v	vheels	eg si medi	mall, ium, large	P	aid
							•	

Please unfold the side haps	to refer to t	iic iictcs			_=			
Meals, snacks and drinks CONSUMED		Where or 'in	boug ternet	jht		umed or off	Amount	
AWAY FROM HOME		Please indica	te if pur	chased of Ireland		ises?	if not Euro (€) bought in Ster	eg if item ling please
Include canned drinks, crisps, sweets etc		eg if pur Northern Ir indicate 'No	rchased eland pl rthern Ir	in lease reland'	on	off	indicate '£' or	'Sterling'
		maioato ito		Olaria				
						 		
						 		<u> </u>
						 		
						 		<u> </u>
						 		
						 		<u> </u>
						!		i
								Î I
								<u> </u>
						i		
						İ		
						<u> </u>		<u>i</u>
					_	<u> </u>		<u>i </u>
Clothing and footwear	Where be	ought	 Plea:	se tick	Age		Amount Please indicate	paid
Clothing and lootwear	Please indicate if outside the Repub	purchased			(onl		if not Euro (€) e bought in Steri	eg if item ling please
	eg if purcha Northern Irelar	male	l female	und	er 16)	indicate '£' or '	_	
	indicate 'Northe	rn Ireland'					€	С
					\vdash			<u> </u>
					\vdash			
				<u> </u>	+			<u> </u>
				 				<u> </u>
Other payments and purchases today			<u> </u>	Where	boug	ht	Amount	paid
✓ DO remember to include purchases such as per	trol medical (eg.	GP dentist)		or 'inte	rnet'		Please indicate if not Euro (€)	e currency
newspapers, cigarettes, stamps, leisure, spa	treatments, hote	l breaks,	οι	itside the	Republ	ic of	bought in Steri	
National Lottery tickets (state if for Monday, W	-		No	orthern Ire	land pl	ease	€	
✓ DO include payments for services like child care	, window cleaner (etc					•	С
			+					
								i L
			+					
	4 11 11		_					!
WINNINGS from lottery, bingo, betting sl raffles, etc.	nops, football p	ools,					Amount	
							€	i C

Day	5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Pleas	e unfold	the sic	le flaps to refe	er to the	notes	
1	✓ DO make sure al in the diary or on	food (see next section liters and amounts	are listed indiv		Where bought or 'internet' Please indicate if purchase outside the Republic of Ireland eg If purchased in Northern Ireland please indicate 'Northern Ireland'	eg oz, lbs, gms, kilos,	Amour Please indicatif not Euro (bought in staindicate '£')	ate currency €) eg If item erling please
Please til attachte receipte	here							
atte pile								
2	-	and snacks EATEN as delivered to home e		neals on v	whools eg	e of portion small, edium, large		nount paid
					,,,,		€	С
								\vdash

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub	nased in language 1					bought in Steri	ling please
	Northern Irelar	chased in				er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	nι	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	- India				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Plea	se unfold	the sic	le flaps to refe	r to the	notes	
except take-av √ DO make su in the diary of	k BROUGHT HOME vay food (see next sec re all items and amount or on the till receipt t enter totals for whole a	s are listed indi		Where bought or 'internet' Please indicate if purchased outside the Republic of Ireland eg If purchased in Northern Ireland please indicate 'Northern Ireland'	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amoun Please indica if not Euro (to bought in ste indicate '£' to	ete currency E) eg If item erling please
Please till here attachts here							
attachie).							
	als and snacks EATEN		neals on v	whools eg :	of portionsmall,		nount paid
					a.a, ia.ge	€	С

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub eg if purcha	lic of Ireland			(onl		bought in Steri	ling please
	Northern Irelar	nd please	male	female	una	er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	ΠL	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	- India				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day	7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Pleas	e unfold t	the sic	le flaps to re	efer to the	notes	
1	✓ DO make sure al in the diary or on	ood (see next section items and amounts a	are listed indiv		Where bough or 'internet' Please indicate if purch outside the Republic Ireland eg If purchase Northern Ireland plea indicate 'Northern Irela	ased of d in se gms, kilos,	Please indic if not Euro (bought in ste indicate '£'	nt paid ate currency €) eg If item erling please or 'Sterling' C
Please til atachti receiptis	here							
2	_	and snacks EATEN As delivered to home e		neals on v		Size of portio eg small, medium, large		nount paid

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub eg if purcha	lic of Ireland			(onl		bought in Steri	ling please
	Northern Irelar	nd please	male	female	una	er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	ΠL	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	- India				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day 8	Mon	Tues	Wed	Thurs	•	Fri	Sat	Sun
	Please	unfold	the sid	le flaps to	refe	r to the	notes	
✓ DO make sure a in the diary or or	food (see next sectional) items and amounts a	re listed indi		Where bot or 'interne Please indicate if p outside the Repu Ireland eg If purch Northern Ireland indicate 'Northern	t' urchased ublic of hased in please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	if not Euro (bought in st	nt paid ate currency (€) eg If item erling please or 'Sterling'
Please till here attach le here receiptes here								
atachie).								
								i I
								_
	and snacks EATEN A s delivered to home eg		neals on v	vheels	eg s	of portior mall, lium, large		nount paid
							€	С

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	rchased in reland plea	ase	on	off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	OII	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub eg if purcha	lic of Ireland			(onl		bought in Steri	ling please
	Northern Irelar	nd please	male	female	una	er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	ΠL	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	- India				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day	9	Mon	Tues	Wed	Thurs	5	Fri	Sat		Sun
		Please	unfold	the sic	de flaps to	refe	r to the	note	s	
1	✓ DO make sure al in the diary or on	ood (see next section I items and amounts a	re listed indi	vidually -	Where both or 'internet' or 'internet' Please indicate if poutside the Replareland eg If purc Northern Ireland indicate 'Northern	et' ourchased ublic of hased in I please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amore Please indifference in the first Europe in the indicate	licate o (€) e sterlii	currency eg If item ng please
Please til attach til receiptis	here								+	
atta pils									+	
									+	
									<u> </u>	
									1	
									†	=
									+	=
									+	
									†	
									‡	
			_					÷	<u>!</u>	_
2	_	and snacks EATEN A state of the		neals on	wheels	eg s	of portior mall, lium, large	י [Amo pai	
								€		С
									i	
									ij	

Please uniold the side haps	to relei to ti	ne notes		_=			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	bought ternet' te if purchased public of Ireland	Consu on o premi	r off ses?	Amount Please indicate if not Euro (€) bought in Ster	e currency eg if item ling please
Include canned drinks, crisps, sweets etc		Northern Ir	chased in eland please rthern Ireland'	please on	off	indicate '£' or	'Sterling'
		indicate No	rmem ireiand			<u> </u>	
							i i
							<u> </u>
							<u> </u>
							<u> </u>
							<u> </u>
							Ì
							<u> </u>
							! !
							<u> </u>
				<u> </u>			<u>i </u>
Clothing and footwear	Where bought or 'internet' Please indicate if purchased outside the Republic of Ireland eg if purchased in Northern Ireland please Northern Ireland please Please tick Age (only if under 16)					Amount Please indicate if not Euro (€) o bought in Sterl indicate '£' or '	e currency eg if item ling please
	indicate 'Northe				€	С	
							<u> </u>
				1			<u> </u>
			<u> </u>				<u> </u>
				+			
			<u> </u>	<u> </u>			<u> </u>
Other payments and purchases today Do remember to include purchases such as pet newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	outside the Ireland eg if	ernet' te if purc Republi purchas	hased c of ed in	Amount Please indicate if not Euro (€) a bought in Stern indicate '£' or '	e currency eg if item ling please
✓ DO include payments for services like child care	-		Northern Ir indicate 'No			€	С
							[]
							!
							İ
							i
							!
WINNINGS from lottery, bingo, betting shraffles, etc.	nops, football p	ools,				Amount	
Tames, etc.						€	С
							i

Day	10	Mon	Tues	Wed	Thurs	5	Fri	Sat		Sun
		Pleas	e unfold t	he sid	e flaps to	refe	r to the	note	s	
1	✓ DO make sure al in the diary or on	food (see next section I items and amounts a	are listed indiv		Where boo or 'internet Please indicate if p outside the Rep Ireland eg If purc Northern Ireland indicate 'Northern	et' ourchased ublic of hased in I please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amo Please indifference if not Europe bought in indicate	dicate ro (€) e sterlir	currency eg If item ng please
please till attachtie receiptie	hete									
									+	
2		and snacks EATEN As delivered to home e		neals on v	vheels	eg s	of portion mall, lium, large	n /	Amo pai	
								€		С

Please uniold the side haps	to relei to ti	ne notes		_=			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	bought ternet' te if purchased public of Ireland	Consu on o premi	r off ses?	Amount Please indicate if not Euro (€) bought in Ster	e currency eg if item ling please
Include canned drinks, crisps, sweets etc		Northern Ir	chased in eland please rthern Ireland'	please on	off	indicate '£' or	'Sterling'
		indicate No	rmem ireiand			<u> </u>	
							i i
							<u> </u>
							<u> </u>
							<u> </u>
							<u> </u>
							Ì
							<u> </u>
							! !
							<u> </u>
				<u> </u>			<u>i </u>
Clothing and footwear	Where bought or 'internet' Please indicate if purchased outside the Republic of Ireland eg if purchased in Northern Ireland please Northern Ireland please Please tick Age (only if under 16)					Amount Please indicate if not Euro (€) o bought in Sterl indicate '£' or '	e currency eg if item ling please
	indicate 'Northe				€	С	
							<u> </u>
				1			<u> </u>
			<u> </u>				<u> </u>
				+			
			<u> </u>	<u> </u>			<u> </u>
Other payments and purchases today Do remember to include purchases such as pet newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	outside the Ireland eg if	ernet' te if purc Republi purchas	hased c of ed in	Amount Please indicate if not Euro (€) a bought in Stern indicate '£' or '	e currency eg if item ling please
✓ DO include payments for services like child care	-		Northern Ir indicate 'No			€	С
							[]
							!
							İ
							i
							!
WINNINGS from lottery, bingo, betting shraffles, etc.	nops, football p	ools,				Amount	
Tames, etc.						€	С
							i

Day 11	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Please unfold the side flap	s to refer to the notes
-----------------------------	-------------------------

Food and drink BROUGHT HOME except take-away food (see next section) DO make sure all items and amounts are listed individually in the diary or on the till receipt	xcept take-away food (see next section) DO make sure all items and amounts are listed individually in the diary or on the till receipt Please indicate if purchased outside the Republic of Ireland eg If purchased in Northern Ireland please		Amount paid Please indicate currency if not Euro (€) eg If item bought in sterling please indicate '£' or 'Sterling'		
	indicate 'Northern Ireland'	gms, kilos, pints, litres	€	С	
Please till here Atachite here Receipt till here					
atach shi					
· keceli					

2	Take-away meals and snacks EATEN AT HOME ✓ DO include meals delivered to home eg pizza and meals on wheels	Size of portion eg small, medium, large	Amo pa	
		moulam, largo	€	С

Please uniold the side haps	to relei to ti	ne notes		_=			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	bought ternet' te if purchased public of Ireland	if purchased blic of Ireland premises			paid currency eg if item ling please
Include canned drinks, crisps, sweets etc		chased in eland please rthern Ireland'	on	off	indicate '£' or	'Sterling'	
		rmem ireiand			<u> </u>		
							i i
							<u> </u>
							<u> </u>
							<u> </u>
							<u> </u>
							Ì
							<u> </u>
							! !
							<u> </u>
				<u> </u>			<u>i </u>
Clothing and footwear	Where bo or 'intern Please indicate if outside the Repub eg if purcha Northern Irelan		Please tick Age (only if under 16)				
	indicate 'Northe	rn Ireland'				€	С
							<u> </u>
				1			<u> </u>
			<u> </u>				<u> </u>
				+			
			<u> </u>	<u> </u>			<u> </u>
Other payments and purchases today Do remember to include purchases such as pet newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	outside the Ireland eg if	ernet' te if purc Republi purchas	hased c of ed in	Amount paid Please indicate current if not Euro (€) eg if iten bought in Sterling plea indicate '£' or 'Sterling	
✓ DO include payments for services like child care	-		Northern Ir indicate 'No			€	С
							[]
							!
							İ
							i
							!
WINNINGS from lottery, bingo, betting shraffles, etc.	nops, football p	ools,				Amount	
Tames, etc.						€	С
							i

Day	12	Mon	Tues	Wed	Thurs	}	Fri	Sat	Sun
		Pleas	e unfold t	the sid	le flaps to	refe	r to the	notes	
1	✓ DO make sure al in the diary or on	ood (see next secti I items and amounts the till receipt	are listed indiv		Where bot or 'internet Please indicate if p outside the Repu Ireland eg If purch Northern Ireland indicate 'Northern	t' urchased ublic of nased in please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	Amoun Please indica if not Euro (€ bought in ste indicate '£' o	te currency E) eg If item rling please
Please til attachtie receiptie	here								
2	eg small,				of portion mall, lium, large		ount aid		

ricase uniolu lile side liaps	to refer to the	iic iictco			_			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	public of Ire	sed	on o	ises?	Amount Please indicate if not Euro (€) bought in Ster	e currency eg if item
Include canned drinks, crisps, sweets etc		eg if pur Northern Ir	rchased in reland pleas	se	<i>please</i> on	e tick off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irelai	nd′	···		€	С
				\dashv				i İ
								<u> </u>
				\dashv				<u> </u>
				\dashv				<u> </u>
								<u> </u>
				\dashv				
				\dashv				<u> </u>
	Where bo	ought	Please	Hale	Ι Δ α		Amount	paid
Clothing and footwear	Please indicate if outside the Repub eq if purcha	se indicate if purchased le the Republic of Ireland eg if purchased in			Age (only if under 16)		Please indicate if not Euro (€) of bought in Steri indicate '£' or '	e currency eg if item ling please
	Northern Irelan indicate 'Northe	id please rn Ireland'	male i fe	illaic		ĺ	€	С
			L į					
			<u>i</u>					
			-		┝			
			1				-	<u>i</u>
Other payments and purchases today ✓ DO remember to include purchases such as per newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	Please i outsid	de the F	rnet' if puro Republi ourchas	chased ic of sed in	Amount Please indicate if not Euro (€) o bought in Stern indicate '£' or '	e currency eg if item ling please
✓ DO include payments for services like child care	e, window cleaner e	etc	indicat				€	С
								ļ
								<u> </u>
WINNINGS from lottery, bingo, betting sl	nops, football p	ools,					Amoun	won
raffles, etc.							€	С

Day 13	Mon	Tues	Wed	Thurs	•	Fri	Sat	Sun
	Please	unfold t	the sid	le flaps to	refe	r to the	notes	
✓ DO make sure al in the diary or on	food (see next section I items and amounts a	re listed indiv		Where bou or 'interne Please indicate if p outside the Rep Ireland eg If purci Northern Ireland indicate 'Northerr	t' ourchased ublic of hased in please	Weight/ Volume eg oz, lbs, gms, kilos, pints, litres	if not Euro bought in st	nt paid ate currency €) eg If item erling please or 'Sterling'
Please till here Attach is here								
	and snacks EATEN Assets delivered to home eg		neals on v	vheels	eg s	of portior mall, ium, large		nount paid
					mod	am, large	€	С

r lease uniolu tile side liaps	to refer to the	ne netec	<u> </u>		_=			
Meals, snacks and drinks CONSUMED		Where	bough ternet	ıt	Cons	umed	Amount	paid
AWAY FROM HOME		or 'in Please indica	ternet'	nasad		r off	Please indicate if not Euro (€)	
AWAT FROM HOME		outside the Re	public of	Ireland	prem pleas	ises?	bought in Ster	ling please
Include canned drinks, crisps, sweets etc		Northern In	Ireland please			off	indicate '£' or	'Sterling'
		indicate 'No	rthern Irel	and'	on	i on	€	С
						l		!
						!		i
						 		<u> </u>
								<u> </u>
						į		
								İ
						i I		!
								!
						 		<u> </u>
						 		<u> </u>
						 		ļ
								l I
						<u> </u>		<u>i </u>
						<u>!</u>		<u>i </u>
	Where bo	ought	Please	a tick	Αç	ne.	Amount	paid
Clothing and footwear	Please indicate if	purchased	licase	LIOK			Please indicate if not Euro (€)	ea if item
	outside the Repub eg if purcha	lic of Ireland		(only			bought in Steri	ling please
	Northern Irelar	nd please	male	female	una	er 16)	€	C
	indicate 'Northe	rn Ireland'	 				<u> </u>	C
					₩			<u> </u>
					┞			<u> </u>
			j					!
								İ
			1 10	lboro l	20116	h+	Amount	hooid
Other payments and purchases today			vv	here I or inte	ooug rnet'	ΠL	Amount	
✓ ✓ DO remember to include purchases such as per				indicate	if pur		if not Euro (€) bought in Ster	eg if item
newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W				side the nd eg if p			indicate '£' or	
	Ť	•	Nort	thern Ire	land pl	ease		<u> </u>
✓ DO include payments for services like child care	e, window cleaner	etc	- India				€	C
								l I
								!
WINNINGS from lottery, bingo, betting sl	hops, football p	ools,					Amoun	t won
raffles, etc.							€	С

Day 14	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Pleas	e unfold	the side	flans to re	fer to th	ne notes	

in the diary or on the till receipt DO NOT just enter totals for whole amount spent Ireland eg ir purchased in Northern Ireland please indicate 'Northern Ireland' Please indicate 'Northern I	С
Please till here datechtis here	
Paltachte inte	
Tecesit.	

2	Take-away meals and snacks EATEN AT HOME ✓ DO include meals delivered to home eg pizza and meals on wheels	Size of portion eg small, medium, large	Amo pa	
		, 0	€	С

Please uniold the side haps	to relei to ti	ne notes		_=			
Meals, snacks and drinks CONSUMED AWAY FROM HOME		Please indica outside the Re	bought ternet' te if purchased public of Ireland	if purchased blic of Ireland premises			paid currency eg if item ling please
Include canned drinks, crisps, sweets etc		chased in eland please rthern Ireland'	on	off	indicate '£' or	'Sterling'	
		rmem ireiand			<u> </u>		
							i i
							<u> </u>
							<u> </u>
							<u> </u>
							<u> </u>
							Ì
							<u> </u>
							! !
							<u> </u>
				<u> </u>			<u>i </u>
Clothing and footwear	Where bo or 'intern Please indicate if outside the Repub eg if purcha Northern Irelan		Please tick Age (only if under 16)				
	indicate 'Northe	rn Ireland'				€	С
							<u> </u>
				1			<u> </u>
			<u> </u>				<u> </u>
				+			
			<u> </u>	<u> </u>			<u> </u>
Other payments and purchases today Do remember to include purchases such as pet newspapers, cigarettes, stamps, leisure, spa National Lottery tickets (state if for Monday, W	treatments, hote	l breaks,	outside the Ireland eg if	ernet' te if purc Republi purchas	hased c of ed in	Amount paid Please indicate current if not Euro (€) eg if iten bought in Sterling plea indicate '£' or 'Sterling	
✓ DO include payments for services like child care	-		Northern Ir indicate 'No			€	С
							[]
							!
							İ
							i
							!
WINNINGS from lottery, bingo, betting shraffles, etc.	nops, football p	ools,				Amount	
Tames, etc.						€	С
							i



Home-grown and wild food

We want you to record any home-grown or wild food which you bring into your home in the two weeks. Include things which you bring in even if not eaten during the diary keeping (eg that you freeze or store).

Examples of home-grown and wild food:

- Home-grown vegetables and fruit from you garden or allotment, or from a friends or relative's garden or allotment
- Wild food picked or caught eg berries, mushrooms, fish, game
- Eggs, milk or meat from your own animals

Please weigh items before preparation (eg before trimming, peeling, cooking, etc)

		· ,	
Day number ie 1-14		Weight or volume eg oz, lbs, gms, kg, pints, litres	Source eg garden, farm, friend,relative, employer
6	Broad beans - fresh EXAMPLE	8oz	our garden

8	Holidays, short breaks and day trips outside the Republic of Ireland (abroad, including Northern Ireland)					
	If you go on any trip abroad during the 2 weeks, please fill in this section.					
	If you go on holiday IN THE REPUBLIC OF IRELAND - keep your diary as if you were at home. If you go on a day trip abroad, eg UK including Northern Ireland, record the amount you spend abroad below (include spending on the ferry, plane etc). Any spending in the Republic of Ireland on that day should be entered in Sections 1-6. Any daily expenditure abroad should also be included in Sections 1-6 along with the currency.					
8a						
	Country visited					
	DAY					
	Date you leave Republic of Ireland					
	DAY	MONTH YEAR				
	Date you return	Is this date before the end of the 2 week diary? Yes - answer 8b and 8c				
		No - answer 8d				
8b		<u></u>				
	How much spending money did you take abroad? (to the nearest euro - €)					
	- in euro?	€				
	- in travellers cheques?	€				
	- in foreign currency? (please give the amount in euro)	€				
	How much did you spend abroad using credit or debit card?	€				
н	low much did you withdraw from ATMs/Cashpoints while abroad?	€				
8c						
	How much spending money did you bring back?					
	- in euro?	€				
	- in travellers cheques?	€				
(p	- in foreign currency? lease convert this to euro - give an estimate if necessary)	€				
Col						
8d IF YOU DO NOT RETURN BEFORE THE END OF THE DIARY PERIOD						
How much did you think you will spend while you are away?						
Includ	de spending in foreign currency and by credit card. Please give an estimate if necessary.	€				



Business refunds

Any item of business expenditure which has been bought within the two weeks and has been or will be refunded should be entered below (eg a petrol refund for business travel).

If you have already recorded the item in Section 1-6, please cross it out there before recording it below.

Day number			Amount paid Please indicate currency if not Euro (€) eg if item bought in Sterling please indicate '£' or 'Sterling'		Amount refunded Please indicate currency if not Euro (€) eg if item bought in Sterling please indicate '£' or 'Sterling'	
			€	С	€	С
5	Petrol	EXAMPLE	40	00	40	00

Special circumstances
Were there any special circumstances, such as visitors staying with you or temporary absences
of members of your household during the past two weeks? Please tick
No
Yes If yes, please make a note here about these special circumstances

What to do with.....

Till receipts from supermarkets

If you have a receipt, attach it to the relevant day in the diary. This will save you writing out all the items.

- If it does not describe individual items you will need to write out the items instead.
- If it does not include weight/volume or whether the item is fresh/frozen, chilled, tinned or dried, write the missing information on the till receipt or on the blank diary page with an arrow pointing to the relevant item.
- If there are any items of clothing on the receipt please cross them out and record them at Section 4 'Clothing and footwear'.

Money off vouchers, coupons or loyalty and reward cards

- Check they are shown on the till receipt.
- If they are not, write them on the diary page together with how much they are worth eg '10c off Fairy Liquid' or '200 points = €2'.

Gift tokens and vouchers

These should be treated as if you were paying by cash.

Purchases over the internet

Don't forgot to record anything you order over the internet, such as groceries, flights, books or CDs.

- Record any items ordered during the diary period even if you do not pay for them until later.
- Include orders made where the internet was accessed using a computer, digital TV, WAP phone or games console.
- In the 'Where bought' column please write 'internet', not the name of the seller eg groceries bought from Tesco.ie should be recorded as from the 'internet' not 'Tesco'. If you attach a receipt, please write 'internet' on it clearly.

Money you give to someone

- If the money is a present or pocket money, enter the amount at Section 5 and note whether it is for someone in your household.
- If it is for a specific purpose (eg school dinners or travel fares), also enter the amount at Section 5 and note what it was used for and who it was given to.
- If it was given to someone else to buy something for yourself, it should be entered in your diary as if you spent it.

Gifts and presents bought by you

You need to give a description of the gift or present in the diary. 'Present for Mum' is not sufficient.

Refunds and Exchanges

- If you get a full refund from a shop, friend or relative on something that you have written in your diary, cross out the item and note 'refunded' beside it.
- If less than the full amount is refunded, reduce the amount paid by the amount of the refund.
- If an item is exchanged, cross out the old item and write in the new one.
- If you get or will get a refund from an employer for business expenses incurred in the diary period, enter the details in Section 9 on page 36.

Budget accounts and mail order clubs

- If you make regular payments write 'Payment into budget account' or 'Payment into mail order club' and the amount you pay. Do not record each item you obtain.
- If you pay for something outright by order, record each item and its cost as normal

Hire purchase or credit sale

Note the item and the amount of your payment, and record that it is an HP or credit payment and also whether it was a deposit or instalment.







