

Household Costs per Month

The Swedish Consumer Agency's estimates for 2024

Food costs per person (SEK)

	6-11 m	1 year	2-5	6-9	10-13	14-17	18-30	31-60	61-74 ¹
all meals made at home... ²	1 090	1 220	1 630	2 380	2 990	3 600	3 940	3 710	3 330
...except weekday lunch ³	750	910	1 260	1 850	2 320	2 800	3 070	2 890	2 590

¹ The recommendations for daily energy needs only apply up to the age of 74.

² All meals for both children and adults are made at home, based on the Swedish Consumer Agency's menu. The menu includes breakfast, lunch, dinner and two snacks.

³ Lunch five days a week is subtracted from the cost. Children eat at school. You need to add the cost of your lunches.

Other costs (SEK)

	0 year	1-3	4-6	7-10	11-14	15-17	18-25	26-49	50-64	65+
clothes and shoes	1 050	1 030	1 130	1 110	980	930	840	800	760	700
leisure	120	240	420	500	490	600	660	640	630	600
mobile phone ⁴				90	120	160	160	160	100	100
personal hygiene ⁵	500	790	210	220	460	810	820	770	750	700
insurance for children	220	220	220	220	220	220				
equipment for infants and young children	970	520	20	20						
total costs	2 860	2 800	2 000	2 160	2 270	2 720	2 480	2 370	2 240	2 100

⁴ Applies for children from the age of 8.

⁵ For 18 to 23-year-olds, reduce the cost by SEK 80 per month due to free dental care.

Household's shared costs (SEK)

	1 pers	2 pers	3 pers	4 pers	5 pers	6 pers	7 pers
household goods	160	210	320	370	450	520	570
furniture and household items	1 100	1 220	1 570	1 920	2 120	2 310	2 430
media ⁶	1 600	1 850	2 080	2 330	2 530	2 730	3 050
electricity	430	560	740	920	1 070	1 220	1 360
water and wastewater	180	360	540	720	900	1 080	1 260
home insurance							
large city more than 200,000 inhabitants	200	220	270	330	360	430	440
medium-sized city 50,000-200,000 inhabitants	140	160	200	250	290	320	330
small town and rural areas fewer than 50,000 inhabitants	130	140	160	200	230	270	270
total shared costs							
large city	3 670	4 420	5 520	6 590	7 430	8 290	9 110
medium-sized city	3 610	4 360	5 450	6 510	7 360	8 180	9 000
small town	3 600	4 340	5 410	6 460	7 300	8 130	8 940

⁶ Media includes a family mobile phone subscription. For households with children under the age of 8, reduce the cost for these children by SEK 199 per month.

Swedish Consumer Agency's estimates

All meals made at home

All meals for both children and adults are made at home, based on the Swedish Consumer Agency's new menu. This is a four-week basic menu. The menu includes breakfast, lunch, dinner and two snacks. The menu is available on the Swedish Consumer Agency's website.

All meals except weekday lunches are made at home

Lunch five days a week has been subtracted from the cost. Children eat at school. You have to add the cost of your lunches.

Clothes and shoes

Basic needs of clothes and shoes for everyday use, for leisure activities and more festive occasions. This also includes accessories such as bags, watches and umbrellas.

Leisure

Common leisure activities, toys, books, skis, a bicycle, membership fees etc.

Mobile phone

The cost of purchasing a mobile phone.

Personal hygiene

Applies to things like soap, toothpaste, sanitary products, haircuts and an annual visit to the dentist (examination) for adults.

Insurance for children and young people

Cost of accident and health insurance that also covers leisure activities.

Equipment for infants and young children

Items such as pram, cot, bedding, changing table and car seat.

Household goods

Items such as washing- and cleaning products, toilet paper, paper towels etc.

Furniture and household items

Furniture, household utensils, TV, computer, tablet etc. Appliances such as dishwashers and washing machines are not included.

Media

Costs for broadband, mobile phone subscriptions, streaming services, daily newspaper etc.

Electricity

Does not include heating.

Water

Water usage in the home that is provided by the municipality.

Home insurance

The cost of a home insurance varies depending on the amount insured and your location.