



Household costs 2026

Every year, the Swedish Consumer Agency calculates some of the most common costs for a household of people living in an apartment. The calculations are an estimate of what a reasonable standard of consumption can look like. These are not the actual costs that a household has.







Food costs per person (SEK)

	0 year	1-3	4-6	7-10	11-14	15-17	18-24	25-50	51-70	71+
 all meals made at home... ¹	1 030	1 100	1 710	2 130	2 650	3 050	2 840	2 730	2 490	2 450
 ...except weekday lunch ²	710	830	1 330	1 650	2 060	2 370	2 200	2 120	1 940	1 900

¹ 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.

² 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	18-24	25-50	51-70	71+
 clothes and shoes	1 070	1 050	1 160	1 130	1 000	950	870	820	790	720
 leisure and play	120	240	420	450	410	520	630	600	590	560
 mobile phone ³				80	80	130	130	130	110	110
 personal hygiene ⁴	510	660	170	180	350	560	570	590	580	550
 insurance for children and young people	230	230	230	230	230	230				
 equipment for infants and small children	990	550	20	20						
total costs	2 920	2 730	2 000	2 090	2 070	2 390	2 200	2 140	2 070	1 940

³ Applies for children from the age of 8.

⁴ For 18 to 19-year-olds, reduce the cost by SEK 35 per month due to free dental care. For persons over the age of 65 years, reduce the reduce the cost by SEK 25 per month due to higher benefit level.

Household's shared costs (SEK)

	1 pers	2 pers	3 pers	4 pers	5 pers	6 pers	7 pers
 consumables	200	300	460	560	690	790	890
 home equipment	920	1 030	1 310	1 560	1 790	1 950	2 060
 internet and mobile phone subscriptions ⁵	1 000	1 230	1 460	1 690	1 920	2 150	2 380
 other media services	640	690	720	720	720	720	840
 household electricity	400	530	700	870	1 010	1 150	1 280
 water and wastewater	220	440	650	880	1 080	1 310	1 530
 home insurance	150	170	200	250	300	340	350
total costs	3 530	4 390	5 500	6 530	7 510	8 410	9 330

⁵ Internet and mobile phone subscriptions includes a family mobile phone subscription. For households with children under the age of 8, reduce the cost by SEK 229 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 menu. This is a four-week nutritionally enriched menu. The menu includes breakfast, lunch, dinner and two to three snacks.

All meals except weekday lunches are made at home

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

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 and play

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

Mobile phone

The cost of a mobile phone.

Personal hygiene

Applies to things like soap, toothpaste, sanitary products, haircuts and an annual examination at the dentist.

Insurance for children and youth

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

Equipment for infants and toddlers

Items such as stroller, crib, bedding, changing table and car seat etc.

Consumables

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

Home equipment

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

Internet and mobile phone subscriptions

Costs for subscriptions for internet and mobile phone services.

Other media services

Cost of subscriptions for digital newspapers and computer games as well as streaming services for movies, series and music.

Household electricity

Household electricity for lighting and other electrical equipment.

Water and wastewater

For personal hygiene, toilet, cooking etc.

Home insurance

The cost for living in an apartment. Includes legal protection, travel insurance, liability insurance and general risk.