's week	
Food and non-alcoholic drinks	
Electricity and other utilities	
Clothes and shoes	
Phones, internet and postage	
Travel,	• • • • •
Sundries: Toiletries, haircut, cleaning	
materials, bank charges	
• • • • • • • • • • • • • • • • • • • •	• • • • •
•••••	• • • • •
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the trussell trust



Do you think the basic rate of Universal Credit covers these essential costs?



TOTAL: £