

Impossible Decisions worksheet



This activity is designed to help you appreciate the ‘impossible decisions’ some people in the UK are having to make about how they spend their money.

Some people are not earning or receiving enough money in benefits to afford the essentials we all need to get by. This means they are more likely to need a food bank.

How to use this sheet: You have been allocated a weekly budget of £ ____

Below, you will see how much items cost per week - you must decide how to spend your budget, and record your decision in the ‘How much can we afford?’ box.

Item	Cost	How much can we afford?
Rent /mortgage (paying for where you live)	£200	
Council tax	£30	
Food (family of 4)	£80-100	
Heating and lighting	£30	
Water	£8	
Travel (to work or school) (total for family of 4)	£80	
Home entertainment (eg Netflix, other subscriptions)	£4	
Mobile phone (per person)	£5	
Wifi	£8	
Clothes/shoes	£25	
Personal items (eg toiletries)	£15	
Household items (eg furniture)	£30	
Childcare costs (full-time, per child)	£250	