MIS 2024 REBASE

Single Female Pensioner

A: Food and Non-Alcoholic Beverages				**£**	**63.94**
	A1: Food			£	55.84
	A2: Catering			£	8.10
B: Alcohol and Tobacco				**£**	**6.64**
	B1: Alcohol			£	6.64
		B1A: Alcohol at Home		£	5.77
		B1B: Alcohol Away From Home		£	0.87
	B2: Tobacco and Narcotics			£	-
C: Clothing and Footwear				**£**	**8.59**
D: Housing Costs				**£**	**151.16**
	D1: Rent			£	91.68
	D2: Mortgage Interest			£	-
	D3: Water			£	9.24
	D4: Council Tax			£	21.38
	D5: Household Insurance			£	1.07
	D6: Fuel			£	23.95
	D7: Other Housing Costs			£	3.84
E: Household Goods and Services				**£**	**25.40**
	E1: Household Goods			£	20.00
	E2: Household Services			£	5.40
		E2A: Communication		£	5.40
			E2A1: Postage	£	0.38
			E2A2: Telephone	£	5.02
		E2B: Child Care		£	-
		E2C: Other Household Services		£	-
F: Personal Goods and Services (inc Health)				**£**	**34.07**
G: Transport				**£**	**10.36**
	G1: Motoring Expenditure			£	-
	G2: Fares and Other Travel Costs			£	10.36
H: Social and Cultural Participation				**£**	**54.91**
	H1: Leisure Goods			£	13.62
	H2: Pets			£	-
	H3: Entertainment and Recreation			£	27.32
	H4: TV Licence and Rental			£	3.25
	H5: Foreign Holidays			£	-
	H6: UK Holidays			£	10.72

Food	£	63.94
Alcohol	£	6.64
Tobacco	£	-
Clothing and Footwear	£	8.59
Water Rates	£	9.24
Council Tax	£	21.38
Household Insurances	£	1.07
Fuel	£	23.95
Other Household Costs	£	3.84
Household Goods	£	20.00
Household Services	£	5.40
Childcare	£	-
Personal Goods and Services	£	34.07
Motoring	£	-
Other Travel Costs	£	10.36
Social and Cultural Participation	£	54.91
Total	**£**	**263.39**
Rent/Mortgage Interest	£	91.68

MIS 2024 Rebase

A: Food and non-alcoholic beverages

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
A1	1.1	SFP		Apples, eating, raw, flesh and skin, weighed with core		Tesco	0.52	1	3	1	1.56	3 medium apples (522g)	Large Braeburn Apples Loose Class 1
A1	1.1	SFP		Bacon rashers, back, raw weight		Tesco	2.00	1	1	4.29	0.47	2 rashers (70 g)	Tesco Smoked Back Bacon Rashers 300G
A1	1.1	SFP		Baking powder		Tesco	0.57	1	1	50	0.01	3g	Stockwell & Co. Baking Powder 150g
A1	1.1	SFP		Bananas, raw, flesh only, weighed with skin		Tesco	0.16	1	6	1	0.96	6 bananas (948g)	Tesco Bananas Loose
A1	1.1	SFP		Bay leaf, dried		Tesco	1.00		1	2.1	0.47	1.4g	Tesco Bay Leaves 3g
A1	1.1	SFP		Beef, lean, diced, frozen		Tesco	4.60	1	1	3.1	1.47	160g	Tesco Casserole Beef 500g
A1	1.1	SFP		Beef, mince, raw, extra lean		Tesco	2.19	1	1	2	1.10	125g	Tesco Lean Beef Steak Mince 5% Fat 250G
A1	1.1	SFP		Chicken Gravy Granules		Tesco	0.73	1	1	40	0.02	5g	Tesco Gravy Granules For Chicken 200g
A1	1.1	SFP		Bread, white, with added fibre		Tesco	1.30	1	1	1.6	0.82	14 slices (504/800g loaf) (504 g)	Kingsmill 50/50 Medium Bread 800g
A1	1.1	SFP		Breakfast cereal, wheat biscuits, Weetabix type, fortified		Tesco	2.75	48	1	6.00	0.46	8 wheat biscuits (160g)	Tesco Wheat Biscuits Cereal 48 Pack
A1	1.1	SFP		Carrots, raw weight		Tesco	0.52	1	1	1.23	0.42	380+270=650g	Tesco Carrots 800G
A1	1.1	SFP		Chicken breast, raw		Tesco	2.35	2	1	1	2.35	without bone (295 g)	Tesco 2 British Chicken Breast Fillets 300g
A1	1.1	SFP		Coffee powder, instant		Tesco	1.99	1	1	1.90	1.04	105 g	Tesco Classic Instant Coffee 200G
A1	1.1	SFP		Cucumber, raw, flesh and skin weight		Tesco	0.89	1	1	1.14	0.78	308g	Tesco Whole Cucumber Each
A1	1.1	SFP		Eggs, chicken, whole, raw		Tesco	1.85	6	1	1.2	1.54	5 eggs	Tesco Large Free Range Eggs 6 Pack
A1	1.1	SFP		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.50	1	1	1.67	0.90	270g	I Can't Believe It's Not Butter Light Spread 450G
A1	1.1	SFP		Fruit drink/squash, concentrated, no added sugar Robinsons		Tesco	2.00	1	2	1.40	2.86	1430 ml	Robinsons Orange No Added Sugar Squash 1L
A1	1.1	SFP		Garlic, raw		Tesco	0.55	1	1	4.35	0.13	3g	Tesco Garlic Large
A1	1.1	SFP		Tuna Steak with a Little Spring Water 110g		Tesco	1.20	1	1	1	1.20	1 x 110 g tin (110g)	Tesco Drained Tuna Steak in Spring Water 110g
A1	1.1	SFP		Lamb, mince, lean, raw		Tesco	3.80	1	1	2	1.90	125g	Tesco British Lamb Mince 10% Fat 250G
A1	1.1	SFP		Mango, frozen cubes		Tesco	2.25	1	1	0.25	9.00	125g	Tesco Frozen Mango Chunks 500g
A1	1.1	SFP		McVitie's Hobnobs Milk Chocolate		Tesco	1.35	1	1	7	0.19	2 hobnobs (37g)	Mcvities Milk Chocolate Hobnobs 262G approx
A1	1.1	SFP		McVitie's Penguin Original 8 x 24.6g (196.8g)		Tesco	1.00	7	2	3.5	0.57	2 Penguins (49g)	Mcvities Penguin Original Milk Chocolate Biscuit 7Pk 172.2G
A1	1.1	SFP		Milk, semi-skimmed, pasteurised, average		Tesco	1.45	1	1	1.2	1.23	1927 ml	Tesco British Semi Skimmed Milk 2.272L, 4 pints
A1	1.1	SFP		Mixed Salad Leaves		Tesco	1.35	1	1	1	1.35	152g	Tesco Beetroot Salad 160g

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
A1	1.1	SFP		Mixed curry spices		Tesco	1.30	1	1	80	0.02	1g	Tesco Medium Curry Power 80g
A1	1.1	SFP		Mushrooms, white		Tesco	1.15	1	1	2	0.58	70g	Tesco Baby Button Mushrooms 200g
A1	1.1	SFP		Olive oil		Tesco	3.30	1	1	2.98	1.11	84g	Tesco Olive Oil 250ml
A1	1.1	SFP		Onions, raw weight		Tesco	0.12	1	2	1	0.24	240g	Tesco Brown Onions Loose (240g)
A1	1.1	SFP		Parsley, dried		Tesco	1.00	1	1	2.2	0.45	5g	Tesco Dried Parsley 11g
A1	1.1	SFP		Parnips frozen		Tesco	1.85	1	1	7.06	0.26	85g	Tesco Seasoned British Parsnips 600G
A1	1.1	SFP		Parsnips, raw		Tesco	0.20	1	1	1.58	0.13	95 g	Tesco Parsnips 500G
A1	1.1	SFP		Pasta, white, spaghetti, dried, boiled in unsalted water		Tesco	0.75	1	1	3.85	0.20	130g	Tesco Quick Cook Spaghetti 500G
A1	1.1	SFP		Pears, average, flesh and skin, raw, weighed with core and stalk		Tesco	0.49	1	3	1	1.47	3 medium pears (480g)	Large Conference Pears Loose Class 1
A1	1.1	SFP		Pepper, black		Tesco	1.15	1	1	83.33	0.01	0.3g	Tesco Ground Black Pepper 25G
A1	1.1	SFP		Peppers, capsicum, green, raw		Tesco	0.59	1	1	1.00	0.59	1 whole medium green pepper (160g)	Tesco Green Peppers Each
A1	1.1	SFP		Peppers, capsicum, red, raw		Tesco	0.59	1	1	1.33	0.44	3/4 medium red pepper (120g)	Tesco Red Peppers Each
A1	1.1	SFP		Potatoes		Tesco	1.39	1	1	3.17	0.44	630 g	Tesco All Rounder Potatoes 2Kg
A1	1.1	SFP		Rice, white, long grain, easy cook		Tesco	1.25	1	1	15.87	0.08	63 g	Tesco Easy Cook Long Grain Rice 1Kg
A1	1.1	SFP		Salt		Tesco	2.70	1	1	50.00	0.05	2g	Tesco Rock Salt Rinder 100G
A1	1.1	SFP		Spinach, frozen		Tesco	1.85	1	1	5.00	0.37	180 g	Tesco Leaf Spinach 900G
A1	1.1	SFP		Spring onions, bulbs and tops, raw		Tesco	0.39	1	1	1.00	0.39	20 g	Tesco Bunched Spring Onions 100G
A1	1.1	SFP		Suet, vegetable, reduced fat		Tesco	1.65	1	1	6.00	0.28	11g	Tesco Vegetable Suet
A1	1.1	SFP		Tea bags		Tesco	1.25	80	1	5.71	0.22	14 bags	Tesco 80 Teabags 250G
A1	1.1	SFP		Tesco Vegetable Stock Cubes		Tesco	1.00	10	1	20.00	0.05	1/2 stock cube (5g)	Tesco 10 Vegetable Stock Cubes 100G
A1	1.1	SFP		Tesco 4 Oat Top Wholemeal Deli Rolls		Tesco	1.00	4	1	4	0.25	1 roll out of pack of 4 (65g)	Tesco Wholemeal Deli Rolls 4 Pack
A1	1.1	SFP		Tesco 6 All Butter Scones		Tesco	1.65	6	1	3	0.55	2 scones out of pack of 6 (120g)	Tesco All Butter Scones 6 Pack
A1	1.1	SFP		Tesco 8 White Tortilla Wraps		Tesco	1.20	8	1	8	0.15	1 wrap out of pack of 8 (61g)	Tesco 8 Plain Tortilla Wraps
A1	1.1	SFP		Tesco Bolognese Pasta Sauce		Tesco	1.80	1	1	2.8	0.64	1 jar is 320 g (125g)	Tesco Bolognese Sauce 350G
A1	1.1	SFP		Tesco Boneless Salmon Fillet		Tesco	4.85	2	1	2	2.43	average fillet size (125g)	Tesco 2 Boneless Salmon Fillets 260G
A1	1.1	SFP		Tesco Broccoli Florets, frozen or fresh		Tesco	1.30	1	1	5.29	0.25	1 frozen bag is 900 g (170g)	Tesco Broccoli Florets 900G (frozen)
A1	1.1	SFP		Tesco Chunky Chicken And Vegetable Soup		Tesco	1.20	1	1	1.00	1.20	1 can (400g)	Tesco Chunky Chicken & Vegetable Soup 400G
A1	1.1	SFP		Tesco Dark Brown Soft Sugar		Tesco	1.80	1	1	10.00	0.18	50g	Tesco Dark Soft Brown Sugar 500G
A1	1.1	SFP		Tesco Dried Mixed Fruit		Tesco	1.60	1	1	10.00	0.16	50g	Tesco Dried Mixed Fruit 500G
A1	1.1	SFP		Tesco Fish Pie Mix		Tesco	4.90	1	1	4.00	1.23	1/4 fish pie mix which is 400 g (100g)	Tesco Fish Pie Mix 400G
A1	1.1	SFP		Tesco Garden Peas		Tesco	1.45	1	1	4.17	0.35	240g	Tesco Garden Peas 1Kg

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A1	1.1	SFP		Tesco Grated 30% Reduced Fat Mature Cheese		Tesco	2.55	1	1	6.25	0.41	40 g out of 250 g pack of cheese (40g)	Tesco Grated 30% Reduces Fat Mature Cheese 250G
A1	1.1	SFP		Tesco Green Thai Curry Cooking Sauce		Tesco	1.20	1	1	2.00	0.60	1 jar is 320 g (160g)	Tesco Green Thai Currey Cooking Sauce 340G
A1	1.1	SFP		Tesco Italian Chopped Tomatoes		Tesco	0.49	1	1	2.00	0.25	1/4 of one 400 g can (100g)	Tesco Italian Chopped Tomatoes 400G
A1	1.1	SFP		Tesco Light Mayonnaise		Tesco	1.20	1	1	10.64	0.11	47 g out of 450 ml jar (47g)	Tesco Light Mayonnaise 500ML
A1	1.1	SFP		Tesco Mixed Herbs		Tesco	1.50	1	1	33.33	0.05	1/4 tsp (0.9g)	Tesco Mixed Herbs 30G
A1	1.1	SFP		Tesco Omega Fish Fingers		Tesco	1.30	10	1	2.50	0.52	4 fish fingers @ 30 g each out of pack of 10 (300g pack) (120g)	Tesco 10 Omega 3 Fish Finers 300G
A1	1.1	SFP		Tesco Plain Chocolate Digestives		Tesco	0.85	1	1	3.13	0.27	6 biscuits equivalent to one third of a packet (300 g pack) (96g)	Tesco Milk Chocolate Digestive Biscuits 300G
A1	1.1	SFP		Tesco Plain Flour		Tesco	0.79	1	1	11.81	0.07	127g	Tesco Plain Flour 1.5Kg
A1	1.1	SFP		Tesco Ready Salted Crisps 2X25g		Tesco	1.00	6	1	3.00	0.33	2 out of packet of 6 (50g)	Tesco Ready Salted Crisps 6X25g
A1	1.1	SFP		Tesco Strawberry Jam		Tesco	0.89	1	1	8.00	0.11	36g	Tesco Strawberry Jam 454G
A1	1.1	SFP		Tesco Frozen Sweetcorn		Tesco	1.75	1	1	9.09	0.19	110g	Tesco Supersweet Sweetcorn 1Kg
A1	1.1	SFP		Tesco Tomato Puree Tube		Tesco	1.20	1	1	7.50	0.16	18g	Tesco Tomato Puree With Herbs 135G
A1	1.1	SFP		Tesco Frozen Very Fine Whole Green Beans		Tesco	1.30	1	1	7.50	0.17	120g	Tesco Very Fine Whole Green Beans 900G
A1	1.1	SFP		The Coconut Collab Overnight Oats Red Berries & Coconut Yog 100g		Tesco	1.00	1	1	1.00	1.00	1 pots (100g)	The Coconut Collab Overnight Oats Red Berries & Coconut Yog 100g
A1	1.1	SFP		Tomatoes, standard, raw		Tesco	1.50	1	1	1.00	1.50	640g	Tesco Salad Tomatoes 650G
A1	1.1	SFP		Vinegar		Tesco	0.35	1	1	113.60	0.00	5g	Tesco Malt Vinegar 568ML
A1	1.1	SFP		Wholemeal flour, Tesco		Tesco	2.30	1	1	20.00	0.12	50g	Allinson Wholemeal Plain Flour 1Kg
A1	1.1	SFP		Worcestershire sauce		Tesco	1.20	1	1	25.00	0.05	6g	Tesco Worcester Sauce
A1	1.1	SFP		Yogurt, low fat, fruit		Tesco	0.89	6	1	1	0.89	6 pots of yoghurt @ 125 g per pot (750g)	Creamfields Berry Medley Low Fat Yogurt 6x125g
A1	7.4	SFP		Delivery		Tesco	3.99		1	4.35	0.92	Off-peak Tesco delivery.	£3.99 per month for Off Peak home delivery for any available slot after 3pm
A1	1.1	SFP		Xmas food & drink			30.00		1	52.14	0.58	£30 per household for additional items such as mince pies and additional alcohol. In addition to weekly food shop	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
A2	11.1	SFP		Eating out			26.07		1	4.35	6.00	Eating out OR takeaway to socialise/have a break from cooking once a week. £30 each time. Eating out AND takeaway once per month.	£30 minus cost of a full meal (including drink & dessert) Roast-chicken(100g)-£1.47, olive oil(15ml)-£0.20, Potato(160g)-£0.11, parsnip(95g)-£0.29, Carrot(85g)-£0.06, Peas(60g)-£0.09, sweetcorn(80g)-£0.14, yorkshire=flour(25g)-£0.01, salt(0.5g)-£0.01, egg(15g)-£0.07, milk(63ml)-£0.04, olive oil(8.5g)-£0.11=£*2.60* Wine(125ml)=£1 Scone(60g)=£0.28, butter(14g)=£0.05, jam(18g)=£0.04=£0.33 £30-£3.93=**£26.07**
A2	11.1	SFP		Takeaway			9.13		1	4.35	2.10	Eating out AND takeaway once per month. £12 for takeaway.	£12 minus the cost of 1 meal chicken curry-chicken(150g)=£1.18, olive oil (13g)=£0.17, curry sauce(160ml)=£0.56, rice(53.5g)=£0.07, onion(60g)=£0.03, Red pepper(80g)=£0.30, green pepper(80g)=£0.30, spinach(60g)=£0.12, green beans(60g)=£0.09=**£2.87** **£12.00-2.87=£9.13**

A: Food and Non-Alcoholic Beverages	**£**	**63.94**
A1: Food	£	55.84
A2: Catering	£	8.10

MIS 2024 Rebase

B: Alcohol

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
B1A	2.1	SFP		Wine		Tesco	6.00	1	1	1.0	5.77	1 glass of wine 125ml every other night. One bottle of wine per week. Minus one serving of 125ml per month. 125/4.3=29ml per week 750-29=721 £6.00/750=0.008 0.008*721ml=£5.77	Marques De Los Zancos Rioja 75Cl
B1B	11.1	SFP		Wine		Greene King (Heathley Park - Pub & Grill)	3.79	1	1	1.0	0.87	125ml glass of wine with meal out once a month £3.79/4.34=£0.87	125ml glass of wine £3.79 (EL PICO SAUVIGNON BLANC, CHILE 12%) priced at Greene King pub

B: Alcohol and Tobacco	**£**	**6.64**
B1: Alcohol	£	6.64
B1A: Alcohol at Home	£	5.77
B1B: Alcohol Away From Home	£	0.87

MIS 2024 REBASE

C: Clothing and footwear

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.1	SFP	Female, underwear	Pants		M&S	7.00	5	2	52.1	0.27	10 pairs needed. From M&S/Next. 1 year.	5pk Cotton Lycra High Leg Knickers (available in different styles and colours)
C	3.1	SFP	Female, underwear	Bras		M&S	14.00	1	1	52.1	0.27	4 bras from M&S. From M&S/Next. 1 year.	Cleo Lace Wired Balcony Bra (F-H)
C	3.1	SFP	Female, underwear	Bras		M&S	32.00	3	1	52.1	0.61	4 bras from M&S. From M&S/Next. 1 year.	3 Pack Wired Full Cup Bras F-H
C	3.1	SFP	Female, underwear	Socks (ankle)		Matalan	3.00	5	1	156.4	0.02	5 pairs of ankle socks lasting 3 years. From the supermarket/Primark/Matalan/New Look	5 Pack Black Ankle Socks - One Size
C	3.1	SFP	Female, underwear	Socks (trainer)		Matalan	4.50	5	1	156.4	0.03	5 pairs of trainer socks lasting 3 years. From the supermarket/Primark/Matalan/New Look	5 Pack soft touch bamboo Trainer Socks
C	3.1	SFP	Female, underwear	Tights (opaque)		M&S	5.00	3	2	52.1	0.19	5 pairs of opaque tights from the supermarket/Primark/Matalan/New Look . Lasting 1 year.	3 Pack 60 Denier supersoft opaqueTights black
C	3.1	SFP	Female, underwear	Tights (sheer)		Asda	4.00	5	1	26.1	0.15	5 pairs of sheer tights from the supermarket/Primark/Matalan/New Look . Lasting 6 months.	5 Pack 15 Denier sheer Tights (black or hazelnut)
C	3.1	SFP	Female, main clothing	Vest tops/camisoles		Asda	3.00	1	7	104.3	0.20	7 vest tops from supermarket/Primark/Matalan/New Look. 2 years.	Basic Jersey Vest Top (range of styles and colours available at this price, including 'spaghetti strap' style)
C	3.1	SFP	Female, main clothing	Thermal top		Sports Direct	10.00	1	3	156.4	0.19	3 thermal tops. From supermarket/Primark/Matalan/New Look. 3 years.	Campri Thermal Top Ladies - Black (available in black or white)
C	3.1	SFP	Female, main clothing	T-shirts (short sleeved)		Primark	3.00	1	5	104.3	0.14	5 short sleeved t-shirts needed. From supermarket/Primark/Matalan/New Look. Lasting 2 years.	Stretch Crew T-shirt (range of styles and colours)
C	3.1	SFP	Female, main clothing	T-shirts (long sleeved)		Asda	5.00	1	5	104.3	0.24	5 long sleeved t-shirts needed. From supermarket/Primark/Matalan/New Look. Lasting 2 years.	Crew Neck Long Sleeve Top (5 colours available)
C	3.1	SFP	Female, main clothing	Blouse (smart)		New Look	17.99	1	1	104.3	0.17	1 smart blouse with buttons or shirt. From supermarket/Primark/Matalan/New Look/Next/M&S. Lasting 2 years.	Pale grey Long Sleeve Shirt (in 5 colours)
C	3.1	SFP	Female, main clothing	Blouse (casual)		Asda	12.00	1	1	104.3	0.12	1 casual blouse or shirt. From supermarket/Primark/Matalan/New Look/Next/M&S. Lasting 2 years.	Black floral Popover Blouse (various colours / patterns)
C	3.1	SFP	Female, main clothing	Trousers (smart)		Asda	16.00	1	2	104.3	0.31	2 pairs of smart trousers, 1 light, 1 dark from supermarket/Primark/Matalan/New Look/Next/M&S. Lasting 2 years.	Twill tapered trousers (3 colours incl cream and black and wide leg option)
C	3.1	SFP	Female, main clothing	Leggings		Primark	5.00	1	3	104.3	0.14	3 pairs of leggings from supermarket/Primark/Matalan/New Look. 2 years.	High waist Leggings (black, navy, grey)
C	3.1	SFP	Female, main clothing	Jogging bottoms		Primark	7.00	1	2	104.3	0.13	2 pairs of jogging bottoms from supermarket/Primark/Matalan/New Look. 2 years .	Drawstring joggers (5 colours)
C	3.1	SFP	Female, main clothing	Jeans		Asda	17.00	1	3	104.3	0.49	3 pairs of jeans or jeggings from supermarket/Primark/Matalan/New Look. 2 years .	Dark wash skye straight leg jeans (3 colours and different styles at this price)
C	3.1	SFP	Female, main clothing	Dress (summer)		Asda	18.00	1	1	156.4	0.12	1 summer dress from supermarket/Primark/Matalan/New Look. 3 years.	Green floral shirred midi dress short sleeves

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.1	SFP	Female, main clothing	Dress (winter)		Asda	22.00	1	1	260.7	0.08	1 winter dress from supermarket/Primark/Matalan/New Look. FG2 said replaced every 5 years.	Balck floral textured midi dress long sleeves
C	3.1	SFP	Female, main clothing	Dresses (occasion)	Apricot	Next	35.00	1	2	521.4	0.13	2 occasion dresses from Next./supermarket/Primark/Matalan/New Look. FG2 said replaced every 10 years.	Apricot blue miniature rose fuffle midi Dress (range of styles at price point)
C	3.1	SFP	Female, main clothing	Skirt (summer)		Matalan	20.00	1	1	260.7	0.08	1 long summer skirt from supermarket/Primark/Matalan/New Look. 5 years .	Blue and white leaft print Midi Skirt
C	3.1	SFP	Female, main clothing	Skirt (winter)		Matalan	26.00	1	1	260.7	0.10	1 long winter skirt from supermarket/Primark/Matalan/New Look. 5 years .	Roman black foral print midi stretch skirt
C	3.1	SFP	Female, main clothing	Jumpers (light)		Asda	14.00	1	1	104.3	0.13	1 lightweight jumper. From supermarket/Primark/Matalan/New Look. 2 years	Ochre stripe lightweight knitted Jumper
C	3.1	SFP	Female, main clothing	Jumpers (thick)		Sainsbury's	14.00	1	3	107.4	0.39	3 thick jumpers. From supermarket/Primark/Matalan/New Look. 2 years	Cream Cropped Roll Neck Cable Knit Jumper (choice of colours and styles at price point)
C	3.1	SFP	Female, main clothing	Hoody		Asda	10.00	1	2	107.4	0.19	4 zip-up hoodies from supermarket/Primark/Matalan/New Look. 2 years. FG2 said 2 needed.	Grey Zip through Hoodie
C	3.1	SFP	Female, main clothing	Cardigans (light)		Asda	12.00	1	1	107.4	0.11	2 cardigans, 1 light, 1 thick. From supermarket/Primark/Matalan/New Look. 2 years	Black long sleeve button up Cardigan
C	3.1	SFP	Female, main clothing	Cardigans (thick)		Asda	14.00	1	1	107.4	0.13	2 cardigans, 1 light, 1 thick. From supermarket/Primark/Matalan/New Look. 2 years	Navy knitted midi cardigan (4 colours)
C	3.1	SFP	Female, accessories	Winter hat		Asda	8.00	1	2	1074.3	0.01	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 20 years	Rib knitted beanie (4 colours)
C	3.1	SFP	Female, accessories	Winter gloves		Asda	6.00	2	2	107.4	0.11	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 2 years.	Pink striped cuff knitted gloves
C	3.1	SFP	Female, accessories	Winter scarves		Asda	12.00	1	2	1074.3	0.02	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 20 years	Striped Pink knitted scarf (2 colours)
C	3.1	SFP	Female, accessories	Sun hat		Asda	10.00	1	1	268.6	0.04	1 sun hat from supermarket/Primark/Matalan/New Look. 5 years	Ribbon trim straw hat
C	3.1	SFP	Female, accessories	Scarves (light)		Sainsbury's	9.00	1	2	537.1	0.03	4 accessory scarves, 2 dark, 2 light, from supermarket/Primark/Matalan/New Look. 10 years	Cream butterfuly / orange print Scarf
C	3.1	SFP	Female, accessories	Scarves (dark)		New look	10.99	1	2	537.1	0.04	4 accessory scarves, 2 dark, 2 light, from supermarket/Primark/Matalan/New Look. 10 years	Black Leopard Print / black fray trim Scarf
C	3.1	SFP	Female, outer clothing	Coat (winter)		Sports Direct	75.00	1	1	537.1	0.14	1 everyday waterproof coat, length past knee, 10 years. From supermarket/Primark/Matalan/New Look.	Craghoppers Caithness Jacket (4 colours)
C	3.1	SFP	Female, outer clothing	Coat (smart)		Primark	35.00	1	1	521.4	0.07	FG2 addded 1 smart mac from Primark or Matalan. Replaced every 10 years.	Double-Breasted trench coat
C	3.1	SFP	Female, outer clothing	Anorak		Sports Direct	16.00	1	1	537.1	0.03	Short anorak from supermarket/Primark/Matalan/New Look. 10 years	Regatta Lalita Jckt Ld99 (4 colours)

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.1	SFP	Female, outer clothing	Waterproof		Sports Direct	19.99	1	1	537.1	0.04	Packamac from supermarket/Primark/Matalan/New Look. 10 years	Gelert Packaway Waterproof Jacket Ladie
C	3.1	SFP	Female, outer clothing	Jacket (summer)		Primark	17.00	1	1	537.1	0.03	1 lightweight or denim jacket. From supermarket/Primark/Matalan/New Look. 10 years	Denim Jacket (in 2 colours)
C	3.1	SFP	Female, outer clothing	Jacket (smart)		Asda	25.00	1	1	537.1	0.05	1 blazer. From supermarket/Primark/Matalan/New Look. 10 years	Button up blazer (3 colours)
C	3.1	SFP	Female, swimwear	Swimming costume		Asda	18.00	1	2	537.1	0.07	2 swimsuits from supermarket/Primark/Matalan/New Look. 10 years	Pink Wrap Swimsuit (range of styles/patterns at price point)
C	3.1	SFP	Female, nightwear	Nighties		Peacocks	12.00	1	3	268.6	0.13	3 nighties from supermarket/Primark/Matalan/New Look. 5 years	White broderie long nightdress (other styles / patterns at this price)
C	3.1	SFP	Female, nightwear	Pyjamas		Asda	18.00	1	3	268.6	0.20	3 sets of pyjamas. from supermarket/Primark/Matalan/New Look. 5 years	Blue checked shirt pyjamas
C	3.1	SFP	Female, nightwear	Dressing gown (winter)		Asda	18.00	1	1	537.1	0.03	1 thick dressing gown. From supermarket/Primark/Matalan/New Look. 10 years	Rust borg hooded dressing gown
C	3.1	SFP	Female, nightwear	Dressing gown (summer)		Asda	16.00	1	1	537.1	0.03	1 lightweight dressing gown. From supermarket/Primark/Matalan/New Look. 10 years	Black Satin lace trim Dressing Gown
C	3.1	SFP	Female, accessories	Belts		Asda	6.00	1	2	104.3	0.02	2x belts, 1 black, 1 brown. From supermarket/Primark/Matalan/New Look. 2 years	Tan circular gold buckle belt (also available in black)
												C: Clothing and footwear	**£ 6.24**

MIS 2024 REBASE

C: Clothing and footwear

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.2	SFP	Footwear	Slippers (summer)		Asda	4.50	1	1	104.3	0.04	2 pairs, 1 summer, 1 winter. From supermarket/M+S/Matalan/Next/New Look. 6 months. 2 years	Light grey marl open toe slippers
C	3.2	SFP	Footwear	Slippers (winter)		Asda	8.50	1	1	104.3	0.08	2 pairs, 1 summer, 1 winter. From supermarket/M+S/Matalan/Next/New Look. 6 months. 2 years	Grey plait full back slippers
C	3.2	SFP	Footwear	Shoes (casual)		New Look	29.99	1	3	104.3	0.86	3 pairs of comfy, casual flat shoes, e.g. loafer or moccasins. 1 light, 1 dark, 1 tan. From supermarket/Primark/Matalan/New Look. 2 years	Black suedette tassel loafers (different colours and styles incl wide fit at price point)
C	3.2	SFP	Footwear	Sandals		Asda	12.50	1	1	52.1	0.24	1 pair of sandals. From supermarket/Primark/Matalan/New Look. Lasting 1 year.	Black Toe Post Footbed Sandals
C	3.2	SFP	Footwear	Trainers		Primark	14.00	1	2	104.3	0.27	2 pairs of trainers from supermarket/Primark/Matalan/New Look. 2 years	Constrast sole low top trainers (sport and slip on style available at price point)
C	3.2	SFP	Footwear	Wellington boots		Asda	17.00	1	1	1042.9	0.02	1 pair of wellington boots From supermarket/Primark/Matalan/New Look. 20 years	Navy stripe wellingtons
C	3.2	SFP	Footwear	Boots (knee)		Matalan	40.00	1	1	104.3	0.38	1 pair of knee-high boots. Sturdy, winter. From supermarket. from supermarket/Primark/Matalan/New Look. 2 years	Where's That From Parker Knee High Boots, Black faux leather
C	3.2	SFP	Footwear	Boots (ankle)		Deichmann	39.99	1	1	104.3	0.38	1 pair of ankle boots. Sturdy, winter. From supermarket. from supermarket/Primark/Matalan/New Look. 2 years	Landrover brock lace up / zip ankle boot
C	3.2	SFP	Footwear	Walking boots		Sports Direct	30.00	1	1	417.1	0.07	Walking boots. Sports Direct/JD. 8 years	Karrimor Aspen mid ladies walking boots
												C: Clothing and Footwear	**£ 2.35**

MIS 2024 Rebase

D: Housing costs

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
D1	4.1	SFP	Rent	Rent			91.68		1	1.0	91.68	One bedroom social housing.	
D3	4.3	SFP	Water supply	Water rates			482.05		1	52.1	9.24		
D4	NA	SFP	Council tax	Council tax			1114.84		1	52.1	21.38		
D5	12.1	SFP	Contents insurance	Contents insurance		Saga (via MoneySuperMarket.com)	55.62		1	52.1	1.07	Contents insurance including accidental damage cover, with £50 excess.	Contents insurance for single pensioner in 1-bedroom flat. £50,000 cover level. Paid with £4.80 deposit and then 11 months x £4.62 = £55.62 total annual cost.
D6	4.5	SFP	Electricity, gas and other fuels	Fuel			1248.93		1	52.1	23.95		
D7	4.3	SFP	Home maintenance	Decorating and other home maintenance			200.00		1	52.1	3.84	£200 every year, inclusive of all decorating, maintenance and hire.	

D: Housing Costs	**£ 151.16**
D1: Rent	91.68
D3: Water	9.24
D4: Council Tax	21.38
D5: Household insurance	1.07
D6: Fuel	23.95
D7: Other housing costs	3.84

MIS 2024 Rebase

E: Household goods and services

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E1	4.3	SFP	Security	Locking door chain		B&Q	10.24	1	1	1303.6	0.01	Cheapest recognisable brand and strong. Argos/Wilko/ Homebase/B+Q/supermarket/Primark/B+M. 25 years.	Carlisle Brass Polished Chrome Heavy Door Chain (AA75CP)
E1	4.3	SFP	Security	Door viewer		B&Q	4.61	1	1	1303.6	0.00	Cheapest okay. Argos/Wilko/ Homebase/B+Q/supermarket/Primark/B+M. 25 years.	Smith & Locke Chrome-plated Galvanised Zinc alloy 180° Door viewer, (Dia)25.9mm
E1	5.2	SFP	Hall	Door mat		Argos	5.50	1	1	260.7	0.02	For outside, cheap coir mat, approx. £5. 5 years.	Argos Home Coir Flatweave Doormat - 40 x 60cm - Natural
E1	5.1	SFP	Hall	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. B&M, IKEA, Matalan, Dunelm, Wilko, Home Bargains, B&Q. Lifespan 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Hall	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 needed for main light	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.5	SFP	Hall	Coat hooks		The Range	9.99	4	1	1042.9	0.01	4 hooks, up to £10. 20 years.	Four Chrome Half-Ribbed Hooks On Grey Hook Rail
E1	5.1	SFP	Hall	Mirror		Dunelm	10.00	1	1	1303.6	0.01	Cheapest ok from same retailers as other items. 25 years.	Essentials Square Wall Mirror
E1	5.1	SFP	Living area	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. B&M, IKEA, Matalan, Dunelm, Wilko, Home Bargains, B&Q. Lifespan 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Living area	Light bulb		Tesco	3.50	2	2	521.4	0.01	4 needed for main light, table lamp, and parent-child lamp	Tesco LED Classic 60W Bayonet Cap 2 pack
E1	5.2	SFP	Living area	Curtains		Argos	45.00	2	1	782.1	0.06	Blackout, machine washable, eyelet curtains. Mid-mid range. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 15 years.	Habitat Plain Blackout Eyelet Curtains - Cream. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	SFP	Living area	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	SFP	Living area	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	For privacy, two up from the cheapest. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	SFP	Living area	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years.	Net Curtain Wire
E1	5.1	SFP	Living area	Sofa bed (2-seater)		DFS	1199.00	1	1	782.1	1.53	3-seater sofa bed and reclining chair. Mid-range. Matching fabric sofa and electric reclining chair, from Dunelm / DFS / Oak Furnitureland. 15 years.	Sofia Medium Deluxe Sofa Bed (choice of 8 colours). 15-year frame and springs guarantee.
E1	5.1	SFP	Living area	Armchair		DFS	599.00	1	1	782.1	0.77	1 armchair to match sofa. Solid armchair (not reclining). Mid-range. 15 years.	Sofia Armchair (choice of 8 colours). 15-year frame and springs guarantee.

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E1	5.1	SFP	Living area	Recliner chair		Easy Living	399.99	1	1	782.1	0.51	Riser recline armchair from specialist retailer. Electric easier to operate than manual. Cheapest. 15 years.	SureSnug Riser Recliner Single Motor Chair
E1	5.1	SFP	Living area	Extension lead		Argos	11.99	1	2	1564.3	0.02	2 x 4-plug extension lead needed for the electric recliner chair, as well as other items such as lamps. A longer cable (3-4 metres) would provide more choice and flexibiltiy with room lay-outs. 30 years.	Masterplug 4 Socket 5 Metre Extension Lead
E1	5.2	SFP	Living area	Cushions		Dunelm	8.00	1	4	260.7	0.12	4 cushions approx. £10 each (including covers), with a choice of sizes and colours. From Wilko / B&M / Home Bargains / Dunelm /supermarket / market. 5 years.	Global Slub Cushion (choice of 4 colours)
E1	5.1	SFP	Living area	Side tables		Oak Furniturelan d	219.00	3	1	1303.6	0.17	Nest of 3 side tables, cheapest solid, fully constructed (not flat-pack) ones available. 25 years.	Orrick Rustic Solid Oak Nest of Tables
E1	5.1	SFP	Living area	Storage unit		Dunelm	249.00	1	1	1303.6	0.19	Cheapest solid (not flat pack), including shelves and a couple of drawers. 25 years.	Bromley Extra Wide TV Unit, Oak
E1	5.1	SFP	Living area	Personalisation			40.00	1	1	52.1	0.77	£40 per year. For photos of family, clock, other pictures, vases, mirrors, etc.	
E1	5.1	SFP	Living area	Table lamp		George, ASDA	20.00	1	1	782.1	0.03	1 table lamp. Same retailers as sofa or light shade. £25.15 years.	Cream Fluted Linen Large Table Lamp
E1	5.1	SFP	Living area	Floor lamp		B&Q	25.00	1	1	782.1	0.03	Parent-child lamp. For reading. 2 up from bottom.15 years.	175cm Bronze Metal E27&E14 Base Mother&child Floor Light Floor Lamp with Individual Switch
E1	5.1	SFP	Dining area	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. B&M, IKEA, Matalan, Dunelm, Wilko, Home Bargains, B&Q; shouldn't have to go to charity shops.15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Dining area	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.2	SFP	Dining area	Curtains		Argos	45.00	2	1	782.1	0.06	Mid-mid range, blackout, machine washable, eyelet curtains. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm.15 years.	Habitat Plain Blackout Eyelet Curtains - Cream. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	SFP	Dining area	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	SFP	Dining area	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	SFP	Dining area	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years	Net Curtain Wire
E1	5.1	SFP	Dining area	Dining table & chairs		Argos	279.00	5	1	1042.9	0.27	Drop leaf table that can be pushed to the wall to make space. Cheapest fully assembled. Agros/Dunelm/B&M/supermarket. 20 years. PLUS Solid, fully assemled chairs.	Habitat Chicago Solid Wood Table & 4 Two Tone Chairs

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E1	5.1	SFP	Dining area	Tablemats + coasters		B&M	6.00	4	2	521.4	0.02	6 place settings needed. Placemat and coaster set. Cheapest wipe-clean and solid from supermarket/argos/dunelm/B+M. 10 years.	Modern Cork Placemat & Coaster Set 8pc
E1	5.5	SFP	Kitchen	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.1	SFP	Kitchen	Blind		Dunelm	32.00	1	1	521.4	0.06	Moisture-resistant bllinds, mid-mid range. False economy if cheapest. 10 years	Natural Blackout Moisture Resistant Roller Blind, 4ft W 183x162cm. Choice of colours available.
E1	5.4	SFP	Kitchen, tableware	Crockery		Argos	16.00	12	2	521.4	0.06	Full set with plates, side plates, bowls. 6 place settings needed: From supermarket/argos/dunelm/B+M. 10 years.	Argos Home 12 Piece Porcelain Dinner Set - White (8 place settings provided)
E1	5.4	SFP	Kitchen, tableware	Mugs		Argos	10.50	6	1	521.4	0.02	6 needed. Matching plates. Mid-mid. From supermarket/argos/dunelm/B+M/Wilko. 10 years.	Argos Home Set of 6 Porcelain Mugs – White
E1	5.4	SFP	Kitchen, tableware	Cutlery		Argos	15.00	16	2	1303.6	0.02	6 place settings needed. knife, fork, spoons. Mid-mid/cheapest stainless steel. From supermarket/argos/dunelm/B+M. 25 years.	Argos Home 16 Piece Stainless Steel Square Cutlery Set (8 place settings provided)
E1	5.4	SFP	Kitchen, tableware	Cutlery - teaspoons		B&M	2.00	8	1	1303.6	0.00	6 additional teaspoons.Mid-mid/cheapest stainless steel. From supermarket/argos/dunelm/B+M. 25 years.	Stainless Steel Teaspoons 8pk
E1	5.4	SFP	Kitchen, tableware	Teapot		Amazon	11.25	1	1	1564.3	0.01	Stainless steel. From supermarket/argos/dunelm/B+M. 30 years.	1 Ltr Stainless Steel Tea Pot
E1	5.4	SFP	Kitchen, tableware	Sugar bowl		Amazon	3.80	1	1	1564.3	0.00	Stainless steel, matching teapot. From supermarket/argos/dunelm/B+M. 30 years.	Olympia J728 Concorde Sugar Bowl, 5 oz. Capacity, Silver
E1	5.4	SFP	Kitchen, tableware	Milk jug		Amazon	2.02	1	1	1564.3	0.00	Stainless steel, matching teapot. From supermarket/argos/dunelm/B+M. 30 years.	Olympia 10421 Milk Jug, 3 oz./85 mL
E1	5.4	SFP	Kitchen, tableware	Serving spoons		Dunelm	5.00	2	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	Alderley Pair of Serving Spoons
E1	5.4	SFP	Kitchen, tableware	Serving bowls		Dunelm	8.00	1	2	1303.6	0.01	2 pyrex dishes with lids (could be in set or separate). From Home Bargains/supermarket. 25 years.	Pyrex Essentials Casserole 1L
E1	5.4	SFP	Kitchen, tableware	Tumblers - tall		Dunelm	1.00	1	6	260.7	0.02	6 needed. Cheapest from Supermarket/Wilko/Dunelm/B+M/Argos. 5 years.	Essentials Highball Glass
E1	5.4	SFP	Kitchen, tableware	Tumblers - short		Dunelm	1.25	1	6	260.7	0.03	6 needed. Cheapest from Supermarket/Wilko/Dunelm/B+M/Argos. 5 years.	Artemis Tumbler Glass
E1	5.4	SFP	Kitchen, tableware	Wine glasses		Dunelm	1.00	1	6	260.7	0.02	6 needed. Cheapest from Supermarket/Wilko/Dunelm/B+M/Argos. 5 years.	Essentials Wine Glass
E1	5.4	SFP	Kitchen, tableware	Cruet		Amazon	4.99	2	1	1303.6	0.00	Stainless steel to match teapot. From supermarket/argos/dunelm/B+M. 25 years.	2Pcs Salt and Pepper Shaker, Salt and Pepper Pots, Stainless Steel Salt
E1	5.3	SFP	Kitchen, appliances	Microwave		George, ASDA	49.00	1	1	521.4	0.09	Manual microwave. Supermarket own brand okay. From supermarket/B+M/Home Bargains. 10 years.	Silver Manual Microwave

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E1	5.3	SFP	Kitchen, appliances	Fridge freezer		Currys	819.00	1	1	782.1	1.05	Cheapest B rating 60/40. From Appliances online/Argos/Currys/AO. 15 years.	BEKO CNG7603VPX 60/40 Fridge Freezer - Brushed Steel (B rating)
E1	5.3	SFP	Kitchen, appliances	Fridge freezer disposal		Currys	25.00		1	782.1	0.03	From AO/Currys. Recyling of old fridge freezer.	£25 for recycling old fridge freezer.
E1	5.3	SFP	Kitchen, appliances	Cooker		Currys	299.00	1	1	1042.9	0.29	From Appliances online/Argos/Currys. Dual fuel cooker with high energy efficiency rating. 20 years.	INDESIT IS5G4PHSS 50 cm Dual Fuel Cooker - Silver - A rating
E1	5.3	SFP	Kitchen, appliances	Cooker installation and disposal		Currys	125.00		1	1042.9	0.12	From AO/Currys. Installation of new cooker and disposal of the old one.	£100 installation + £25 recycling old one.
E1	5.3	SFP	Kitchen, appliances	Washing machine		Currys	269.00	1	1	521.4	0.52	8KG drum, high energy efficiency rating. From Appliances online/Argos/Currys/AO. 10 years.	CANDY Smart CS 148TW4/1-80 NFC 8 kg 1400 Spin Washing Machine - White
E1	5.3	SFP	Kitchen, appliances	Washing machine installation and disposal		Currys	55.00		1	521.4	0.11	Paid installation and disposal for the washing machine if unable to move around and install these heavy items by themselves.	£30 for installation + £25 for recycling the old washing machine.
E1	5.3	SFP	Kitchen, appliances	Toaster		George, ASDA	13.00	1	1	260.7	0.05	Supermarket brand. From supermarket/B+M/Home Bargains. 5 years.	White EPT201W4-20 4 Slice Toaster
E1	5.3	SFP	Kitchen, appliances	Kettle		Argos	11.00	1	1	104.3	0.11	Supermarket brand okay. From supermarket/B+M/Home Bargains. 2 years.	Cookworks WK8321 New Basic Kettle - White
E1	5.3	SFP	Kitchen, appliances	Air fryer		George, Asda	28.00	1	1	156.4	0.18	Supermarket brand okay. From supermarket/B+M/Home Bargains. 3 years.	Black Compact Air Fryer 1.5 Litre
E1	5.4	SFP	Kitchen, cookware	Saucepans		George, Asda	18.00	3	1	521.4	0.03	3 needed, non-stick. From supermarket/B+M/Home Bargains. 10 years.	Non-stick Aluminium Saucepan Set -3-piece
E1	5.4	SFP	Kitchen, cookware	Frying pan		George, Asda	8.50	2	1	521.4	0.02	2 needed. From supermarket/B+M/Home Bargains. 10 years.	2 Piece Frying Pan Set (non-stick)
E1	5.4	SFP	Kitchen, cookware	Steamer pans		Asda	12.00	3	1	1303.6	0.01	Pan for steaming. Same quality as saucepans. 25 years.	George Home Stainless Steel 3 Tier Steamer
E1	5.4	SFP	Kitchen, cookware	Knives		Argos	25.00	5	1	1303.6	0.02	Stainless steel set (blade and handle) needed. Does not need to come with knife block. From supermarket/B+M/Home Bargains. 25 years	Argos Home 5 Piece Knife Block Set (stainless steel set)
E1	5.4	SFP	Kitchen, cookware	Knife sharpener		Argos	15.00	1	1	521.4	0.03	Knife sharpener. 1 up from bottom. 10 years.	Richardson Essentials 3 Stage Knife Sharpener
E1	5.4	SFP	Kitchen, cookware	Baking sheet		Asda	1.25	1	2	156.4	0.02	2 needed. From supermarket/B+M/Home Bargains. 3 years.	George Home Non-stick Oven Tray 32cm
E1	5.4	SFP	Kitchen, cookware	Roasting tin		Asda	2.50	1	2	156.4	0.03	2 needed. From supermarket/B+M/Home Bargains. 3 years.	George Home Non-Stick Roaster Grey 38cm
E1	5.4	SFP	Kitchen, cookware	Bun tin		George, Asda	2.00	1	1	156.4	0.01	1 Bun tin. 3 years.	George Home Non-Stick 6 Cup Muffin Tray
E1	5.4	SFP	Kitchen, cookware	Cake tin		Asda	1.00	1	2	156.4	0.01	2 cake tins in line with Ppens. Cheapest non-stick. Home Bargains/supermarket. 3 years.	George Home Non-stick Sandwich Tin 18cm
E1	5.4	SFP	Kitchen, cookware	Bread tin		The Range	1.99	1	1	156.4	0.01	1 bread tin. 3 years.	Loaf tin

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E1	5.4	SFP	Kitchen, cookware	Cake tin (storage)		Dunelm	10.00	3	1	521.4	0.02	10 years.	Dunelm Set of 3 Life Is Cake Tins
E1	5.4	SFP	Kitchen, cookware	Cheese grater		Asda	1.50	1	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	George Home 4-Sided Grater
E1	5.4	SFP	Kitchen, cookware	Colander		Asda	3.00	1	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	George Home Stainless Steel Colander
E1	5.4	SFP	Kitchen, cookware	Sieve		Asda	2.50	1	1	1303.6	0.00	Stainless steel sieve, lasting 25 years.	George Home Stainless Steel Sieve
E1	5.4	SFP	Kitchen, cookware	Casserole dish		Asda	4.00	1	1	156.4	0.03	From supermarket/B+M/Home Bargains. 3 years.	George Home Ceramic Roasting Dish 26cm
E1	5.4	SFP	Kitchen, accessories	Utensils		George, Asda	14.00	5	1	782.1	0.02	From supermarket/B+M/Home Bargains. 15 years	Excellence Utensils Set - Set of 5. Nylon and stainless steel. 1 x solid spoon, 1 x slotted spoon, 1 x turner, 1 x masher & 1 x ladle
E1	5.4	SFP	Kitchen, accessories	Whisk		George, Asda	2.00	1	1	782.1	0.00	Cheapest whisk. 15 years.	Silver Large Stainless Steel Whisk
E1	5.4	SFP	Kitchen, accessories	Scissors		Tesco	1.75	3	1	260.7	0.01	From supermarket/B+M/Home Bargains. 3 sizes 5 years.	Tesco Scissors 3 Pack
E1	5.4	SFP	Kitchen, accessories	Wooden spoons		The Range	1.99	3	1	260.7	0.01	3 wooden spoons. 5 years.	Pack of 3 Wooden Spoons
E1	5.4	SFP	Kitchen, accessories	Bottle opener		Asda	4.00	1	1	1303.6	0.00	Bottle opener from supermarket/B+M/Home Bargains. 25 years	George Home Excellence Corkscrew
E1	5.4	SFP	Kitchen, accessories	Tin opener		Asda	0.60	1	1	521.4	0.00	From supermarket/B+M/Home Bargains. 10 years	George Home Metal Butterfly Can Opener
E1	5.4	SFP	Kitchen, accessories	Jar opener		Argos	10.00	1	1	1303.6	0.01	From supermarket/B+M/Home Bargains. 25 years.	Aidapt Living Aids Opening Bundle
E1	5.4	SFP	Kitchen, accessories	Peeler		Asda	0.70	1	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	George Home Plastic Peeler
E1	5.4	SFP	Kitchen, accessories	Measuring jug		Asda	0.50	1	1	208.6	0.00	4 years.	George Home Plastic Measuring Jug
E1	5.4	SFP	Kitchen, accessories	Microwave plate covers		Asda	1.00	1	2	156.4	0.01	2 cheapest microwavable plate covers. 3 years.	George Home Microwaveable Plate Cover
E1	5.4	SFP	Kitchen, accessories	Mixing bowls		Asda	3.75	1	2	1303.6	0.01	2 Pyrex bowls. From supermarket/B+M/Home Bargains. 25 years.	Pyrex Glass Mixing Bowl
E1	5.4	SFP	Kitchen, accessories	Chopping boards		Asda	2.00	1	4	260.7	0.03	4 white plastic chopping boards. cheapest okay. From supermarket/B+M/Home Bargains. 5 years.	George Home Basic White Chopping Board
E1	5.4	SFP	Kitchen, accessories	Bread bin		The Range	12.99	1	1	521.4	0.02	From supermarket/B+M/Home Bargains. 10 years.	Ribbed Oval Bread Bin
E1	5.4	SFP	Kitchen, cookware	Biscuit tin (storage)		The Range	5.99	1	1	521.4	0.01	Bread tin and biscuit tin (can be in set). Cheapest from Home Bargains/supermarket. 10 years.	Round Rib Biscuit Canister
E1	5.4	SFP	Kitchen, accessories	Cutlery tray		B&M	3.50	1	1	521.4	0.01	In-drawer cutlery organiser. From supermarket/B+M/Home Bargains. 10 years	Addis Non-Slip Cutlery Tray - White
E1	5.4	SFP	Kitchen, accessories	Oven gloves		Asda	3.50	1	1	104.3	0.03	From supermarket/B+M/Home Bargains. 2 years.	George Home Grey Double Oven Glove

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E1	5.4	SFP	Kitchen, accessories	Bin		George, Asda	10.00	1	1	260.7	0.04	Plastic okay. From supermarket/B+M/Home Bargains.	Black Swing Bin 50L
E1	5.4	SFP	Kitchen, accessories	Bin liners		Tesco	5.35	50	1	50.0	0.11	1 bin liner per week.	Tesco 50 Refuse Sacks 50L
E1	5.4	SFP	Kitchen, accessories	Washing up bowl		Asda	2.00	1	1	104.3	0.02	plastic okay. From supermarket/B+M/Home Bargains. 2 years.	George Home Recycled Plastic Washing Up Bowl Grey
E1	5.4	SFP	Kitchen, accessories	Drainer		Asda	2.00	1	1	104.3	0.02	Plastic okay. From supermarket/B+M/Home Bargains.2 years.	Wham Grey Everyday Dish Drainer
E1	5.4	SFP	Kitchen, accessories	Storage containers		Asda	6.00	4	1	156.4	0.04	Food containers. 3 years.	George Home Premium Rectangular Food Storers
E1	5.4	SFP	Kitchen, accessories	Compost bin		Dunelm	3.50	1	1	260.7	0.01	Cheapest countertop compost bin. 5 years.	Addis Recycled Plastic Food Waste Caddy
E1	5.4	SFP	Kitchen, accessories	Step		Dunelm	6.00	1	1	521.4	0.01	Folding step. From Dunelm. 10 years.	Small Grey Step Stool
E1	5.4	SFP	Kitchen, accessories	Storage canisters		Dunelm	16.00	3	1	521.4	0.03	For tea, coffee, sugar. Ceramic with wooden lid. From supermarket/B+M/Home Bargains. 10 years.	Set of 3 Cream Hang Tag Stacking Canisters
E1	5.4	SFP	Kitchen, accessories	Kitchen roll holder		Dunelm	2.50	1	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	White Wire Kitchen Roll Holder
E1	5.6	SFP	Kitchen, laundry	Washing powder		Tesco	2.19	1	1	10.0	0.22	From supermarket/B+M/Home Bargains. 3 loads of laundry per week.	Tesco Non Biological Liquid Detergent Super Concentrated 900Ml (30 washes)
E1	5.6	SFP	Kitchen, laundry	Fabric conditioner		Tesco	2.15	1	1	14.0	0.15	From supermarket/B+M/Home Bargains. 3 loads of laundry per week.	Tesco Fabric Conditioner Pure 42 Washes 1.26L
E1	5.4	SFP	Kitchen, laundry	Airer		Argos	15.00	1	1	1042.9	0.01	Free standing airer. From supermarket/B+M/Home Bargains. 20 years.	Argos Home 12m 3 Tier Indoor Clothes Airer
E1	5.4	SFP	Kitchen, laundry	Over radiator airer		Tesco	5.00	3	1	1042.9	0.00	Over-radiator airers. From supermarket/B+M/Home Bargains. 20 years	Tesco Radiator Clothes Airer Pack Of 3
E1	5.3	SFP	Kitchen, laundry	Iron		Tesco	21.00	1	1	260.7	0.08	From supermarket/B+M/Home Bargains. 5 years.	Russell Hobbs 23062 Supreme Steam Iron
E1	5.4	SFP	Kitchen, laundry	Ironing board		Argos	18.00	1	1	521.4	0.03	From supermarket/B+M/Home Bargains. 10 years.	Habitat Medium 110 x 34cm Ironing Board - Skandi Spot
E1	5.4	SFP	Kitchen, laundry	Ironing board cover		Argos	7.00	1	1	52.1	0.13	Ironing board cover. 1 year.	Argos Home 120 x 45cm Ironing Board Cover - Skandi Spot
E1	5.6	SFP	Kitchen, cleaning	Mop & bucket		Argos	37.00	1	1	260.7	0.14	From supermarket/B+M/Home Bargains. Mop with replaceble head, mop handle and bucket. 5 years.	Vileda Easy Wring and Clean Turbo Spin Mop and Bucket Set
E1	5.6	SFP	Kitchen, cleaning	Mop head		Argos	15.00	2	1	26.1	0.58	1 mop head. 6 months	Vileda 2 in 1 Microfibre Turbo Mop Head Pack of 2
E1	5.3	SFP	Kitchen, cleaning	Vacuum cleaner		Argos	80.00	1	1	521.4	0.15	From Appliances online/Argos/Currys/AO. Upright, corded and bagless okay. 10 years.	Vax Mach Air Revive Corded Bagless Upright Vacuum Cleaner
E1	5.6	SFP	Kitchen, cleaning	Dustpan & brush		The Range	1.99	1	1	260.7	0.01	From supermarket/B+M/Home Bargains. 5 years	Value Grey Dustpan And Brush
E1	5.6	SFP	Kitchen, cleaning	Kitchen roll		Tesco	4.00	4	1	4.0	1.00	From supermarket/B+M/Home Bargains. 1 roll per week.	Tesco Kitchen Towel 4 Roll
E1	5.6	SFP	Kitchen, cleaning	Dish cloths		Tesco	1.70	4	1	13.0	0.13	4pk. From supermarket/B+M/Home Bargains. 3 months.	Tesco Dish Cloth 4 Pack

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E1	5.6	SFP	Kitchen, cleaning	Tea towels		Asda	4.00	5	1	104.3	0.04	From supermarket/B+M/Home Bargains. 2 years	George Home Green Terry Tea Towels
E1	5.6	SFP	Kitchen, cleaning	Hand towels		George, Asda	1.75	1	3	104.3	0.05	3x cheapest hand towels. Home Bargains/supermarket. 2 years.	White 100% Cotton Towel Range
E1	5.6	SFP	Kitchen, consumables	Washing up liquid		Tesco	2.00	1	1	4.3	0.46	From supermarket/B+M/Home Bargains. 1 month	Fairy Original Washing Up Liquid 654Ml
E1	5.6	SFP	Kitchen, consumables	Multi-surface spray		Tesco	0.85	1	1	4.3	0.20	From supermarket/B+M/Home Bargains. 1 month.	Tesco Antibacterial Multi Purpose Spray 750Ml
E1	5.6	SFP	Kitchen, consumables	Air freshener		Tesco	1.85	1	1	4.3	0.43	From supermarket/B+M/Home Bargains. 1 month.	Tesco Air Freshener Orange & Pomegranate
E1	5.6	SFP	Kitchen, consumables	Bleach		Tesco	0.70	1	1	2.0	0.35	1 bathroom, 1 kitchen. From supermarket/B+M/Home Bargains. Each bottle replaced every 2 weeks.	Tesco Thick Bleach Fresh 750Ml
E1	5.6	SFP	Kitchen, cleaning	Scouring/sponge pads		Tesco	0.43	8	1	8.0	0.05	From supermarket/B+M/Home Bargains. 1 sponge per week.	Springforce Sponge Scourers 8 Pack
E1	5.6	SFP	Kitchen, cleaning	Scourers		Tesco	1.55	5	1	5.0	0.31	From Home Bargains/Supermarket. 1 per week.	Tesco Pan Scourers 5 Pack
E1	5.6	SFP	Kitchen, consumables	Foil		Tesco	1.40	1	1	6.0	0.23	From supermarket/B+M/Home Bargains. 6 weeks	Tesco Kitchen Foil 10M X 290Mm
E1	5.6	SFP	Kitchen, consumables	Clingfilm		Tesco	2.15	1	1	6.0	0.36	From supermarket/B+M/Home Bargains. 6 weeks	Tesco PVC-Free Cling Film 40m x 350mm
E1	5.6	SFP	Kitchen, consumables	Greaseproof paper		Tesco	2.00	1	1	6.0	0.33	From supermarket/B+M/Home Bargains. 6 weeks	Tesco Non Stick Baking Paper 370Mm X 15M
E1	5.5	SFP	Tools	Tool kit		B&Q	25.99	53	1	1303.6	0.02	Basic tool kit from B+Q, containing screwdrivers, pliers, hammers, saws, screws, plugs. 25 years.	VonHaus Household Tool Kit - 53pc Tool Kit for Beginners - Includes Precision Screwdrivers, Hammer, Pliers, Hex Keys, Bits & More
E1	5.5	SFP	Household maintenance	Fuses		Tesco	1.50	9	1	156.4	0.01	Fuses. 3 years.	Keep It Handy Fuses 9Pk

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E1	5.6	SFP	Household maintenance	Sewing kit		Asda	2.50	1	1	1303.6	0.00	1 sewing kit. Cheapest basic from supermarket. 25 years.	Haber Compact Sewing Kit 30 Pieces. Includes: - Compact case - Scissors - Mini Needles Compact with 3 needles - Thimble - Threader - Tape Measure - 2 Buttons - 8 Polyester Threads - 2 Poppets - 2 Hook and Eyes - 2 Safety Pins - 5 Berry Pins
E1	5.5	SFP	Bathroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.1	SFP	Bathroom	Blind		Dunelm	32.00	1	1	521.4	0.06	Moisture-resistant bllinds, mid-mid range. False economy if cheapest. 10 years	Natural Blackout Moisture Resistant Roller Blind, 4ft W 183x162cm. Choice of colours available.
E1	5.1	SFP	Bathroom	Medicine cabinet		Argos	30.00	1	1	521.4	0.06	Bathroom cabinet with mirror, cheapest okay. supermarket/B+M/Home Bargains. 10 years	Argos Home Tongue & Groove Mirrored Cabinet - White
E1	5.4	SFP	Bathroom	Toilet roll holder		B&M	6.00	1	1	521.4	0.01	Freestanding toilet roll holder. Cheapest freestanding or fitted from B&M,10 years.	Chrome Toilet Roll Holder
E1	5.4	SFP	Bathroom	Towel rail		B&Q	22.00	1	1	521.4	0.04	From Home Bargains/B+M/supermarket. 10 years.	GoodHome Alessano Silver effect Iron & steel Wall-mounted Towel rail (W)63.5cm
E1	5.6	SFP	Bathroom	Toilet brush		Asda	1.30	1	1	52.1	0.02	cheapest okay. From Home Bargains/B+M/supermarket.12 months.	George Home Toilet Brush
E1	5.2	SFP	Bathroom	Bath sheets		Primark	7.00	1	2	156.4	0.09	Types of towels not specified. cheapest Primark. From Home Bargains/B+M/supermarket. 3 years. 2 per person	Dark Grey Ultrasoft Large Bath Towel
E1	5.2	SFP	Bathroom	Hand towels		Primark	4.00	1	2	156.4	0.05	Cheapest Primark okay, 3 years. 2 per person	Dark Grey Ultrasoft Hand Towel
E1	5.1	SFP	Bathroom	Toilet seat		B&Q	8.49	1	1	260.7	0.03	From Dunelm/B&M/B&Q. 5 years.	Plastic Toilet Seat - White Bathroom
E1	5.1	SFP	Bathroom	Storage cabinet		Dunlem	49.00	1	1	521.4	0.09	From Dunelm. 10 years.	Grey Storage Unit
E1	5.2	SFP	Bathroom	Flannels		Primark	2.50	3	1	156.4	0.02	Cheapest Primark okay, 3 years, 2 per person	3pk Grey Ultrasoft Face Cloths
E1	5.2	SFP	Bathroom	Bath mat (for floor)		B&M	3.50	1	2	260.7	0.03	2 needed. From B&M/B&Q. Lasting 5 years.	Charcoal - Tufted Bath Mat
E1	5.2	SFP	Bathroom	Non-slip bathmat		George, Asda	2.25	1	1	26.1	0.09	Non slip bathmat for inside the bath/shower. Cheapest. From Home Bargains/B+M/supermarket. 6 months.	White Rubber Bath Mat

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E1	5.4	SFP	Bathroom	Laundry basket		George, Asda	6.00	1	1	260.7	0.02	Foldable/fabric laundry bag or basket. From Home Bargains/B+M/supermarket. 5 years.	Grey Laundry Bag
E1	5.2	SFP	Bathroom	Shower curtain		Argos	6.00	1	1	104.3	0.06	From Home Bargains/B+M/supermarket. 2 years.	Argos Home Shower Curtain - White
E1	5.4	SFP	Bathroom	Shower rail		B&Q	9.99	1	1	521.4	0.02	Shower curtain rail, metal expandable. From B&M/B&Q. 10 years	Heavy Duty Extendable Telescopic Shower Curtain Pole Rail Rod Bath Door Window 55-85cm
E1	5.1	SFP	Bathroom	Magnifying mirror		Asda	3.00	1	1	521.4	0.01	Cheapest okay. From Home Bargains/B+M/supermarket. 10 years.	Charcoal Round Mirror
E1	5.5	SFP	Bathroom	Over-door hooks		B&M	6.00	1	1	1042.9	0.01	From B&M/B&Q. 20 years.	10 Ball Overdoor Hooks - black
E1	5.6	SFP	Bathroom	Toilet cleaner		Tesco	0.49	1	1	4.3	0.11	From supermarket/B+M/Home Bargains. 1 month.	Tesco Active Gel Fresh 750Ml
E1	5.6	SFP	Bathroom	Bleach		Tesco	0.70	1	1	2.0	0.35	1 bathroom, 1 kitchen. From supermarket/B+M/Home Bargains. Each bottle replaced every 2 weeks.	Tesco Thick Bleach Fresh 750Ml
E1	5.1	SFP	Bathroom	Cleaning wipes		Tesco	1.00	40	1	4.3	0.23	For cleaning toilet and bathroom. 1 month.	Tesco Original Multi Surface Wipes 40'S
E1	5.4	SFP	Bathroom	Bin		George, Asda	6.00	1	1	521.4	0.01	From supermarket/B+M/Home Bargains. 10 years.	Black Pedal Bin 3L
E1	5.6	SFP	Bathroom	Bin liners		Tesco	2.15	22	1	22.0	0.10	Pedal bin liners. 1 bin liner used every week.	Tesco 30 Pedal Bin Liners
E1	5.1	SFP	Bedroom	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. B&M, IKEA, Matalan, Dunelm, Wilko, Home Bargains, B&Q. 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Bedroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.5	SFP	Bedroom	Light bulb (dimmable)		Tesco	6.00	2	1	521.4	0.01	2 dimmable lightbulbs needed for touch dimmable lamps.	Tesco Led Candle 40W Dimmable Bayonet Cap 2 Pack
E1	5.2	SFP	Bedroom	Curtains		Argos	45.00	2	1	782.1	0.06	Mid-mid range, blackout, machine washable, eyelet curtains. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 15 years.	Habitat Plain Blackout Eyelet Curtains - Natural. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	SFP	Bedroom	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	SFP	Bedroom	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	Two up from the cheapest. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	SFP	Bedroom	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years	Net Curtain Wire
E1	5.1	SFP	Bedroom	Bed, double		Dreams	300.00	1	1	1074.3	0.28	Double bed, four drawers, approx. £600 for bed and mattress, plus headboard. From Atkinsons/Benson for Beds/Dreams. 20 years.	Dreams Workshop Divan Bed Base (4 drawers)
E1	5.1	SFP	Bedroom	Headboard		Dreams	129.00	1	1	1074.3	0.12	Approx. £600 for bed + mattress, plus headboard. From Atkinsons/Benson for Beds/Dreams. 20 years.	Dreams Workshop Fairfield Headboard

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E1	5.1	SFP	Bedroom	Mattress, double		Dreams	329.00	1	1	429.7	0.77	Thick, sprung + memory foam layer, recognisable brand (E.g. Silent Night). Approx. £600 for bed + mattress. Atkinsons/Benson for Beds/Dreams. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)
E1	5.1	SFP	Bedroom	Wardrobe		Argos	270.00	1	1	1342.9	0.20	Solid wardrobe, MDF okay. Dreams/Dunelm/supermarket/Oak Furniture Land/Argos/B+M. 25 years.	Ashdown 2 Door Wardrobe - White (fully assembled)
E1	5.1	SFP	Bedroom	Drawers		Argos	240.00	1	1	1342.9	0.18	Solid chest of drawers, MDF okay. Dreams/Dunelm/supermarket/Oak Furniture Land/Argos/B+M. 25 years.	Ashdown 5 Drawer Chest - White (fully assembled)
E1	5.1	SFP	Bedroom	Bedside table		Argos	130.00	1	2	1342.9	0.19	2 bedside tables, solid, MDF okay. Dreams/Dunelm/supermarket/Oak Furniture Land/Argos/B+M. 25 years.	Ashdown 3 Drawer Bedside Table - White (fully assembled)
E1	5.1	SFP	Bedroom	Mirror		Dunelm	12.00	1	1	1342.9	0.01	Full length mirror (or on wardrobe okay). From Dunelm/supermarket/Oak Furniture Land/Argos/B+M. 25 years.	Essentials Full Length Mirror 120x30cm Black
E1	5.1	SFP	Bedroom	Lamp		Dunelm	10.00	1	2	782.1	0.03	2 needed, touch lamps for ease of turning on in the night. Supermarket/Dunelm/B+M. 15 years.	Rimini Touch Dimmable Table Lamp
E1	5.2	SFP	Bedroom	Duvet		George, Asda	25.00	1	1	537.1	0.05	1 winter and 1 summer or clip together. From supermarket/B+M/Dunelm.10 years.	All Seasons Combi Duvet
E1	5.2	SFP	Bedroom	Pillows		George, Asda	30.00	4	1	104.3	0.29	4 pillows, recognisable brand, mid-range. From Dunelm/supermarket/B+M. 2 years.	Silentnight Anti-Allergy Pillows - 4 Pack
E1	5.2	SFP	Bedroom	Sheets, fitted		Dunelm	5.00	1	2	521.4	0.02	3 lots of fitted sheets, cheapest cotton. From Dunelm/supermarket/B+M. 10 years.	Simply 100% Brushed Cotton Fitted Sheet
E1	5.2	SFP	Bedroom	Duvet covers		The Range	16.99	1	2	521.4	0.07	3 sets duvet covers, mid range cotton, 300 thread count or higher. From Dunelm/supermarket/B+M. IG2 said cheapest cotton, lasting 10 years. 2 sets needed in line with Ppens.	Seersucker Duvet Cover with Pillowcase Bedding Set - White / Double
E1	5.2	SFP	Bedroom	Pillow cases		The Range	2.49	2	2	521.4	0.01	4 extra in addition to pillowcases that come with the duvet covers, cheapest cotton. From Dunelm/supermarket/B+M. 10 years.	My Home Polycotton Housewife Pillowcases
E1	5.2	SFP	Bedroom	Mattress protector		Dunelm	18.00	1	2	208.6	0.17	2 needed. From Dunelm/supermarket/B+M. 4 years	Fogarty Soft Touch Mattress Protector
E1	5.2	SFP	Bedroom	Pillow protectors		Asda	6.00	2	2	208.6	0.06	4 needed. From Dunelm/supermarket/B+M. 4 years.	Anti-Allergy Pillow Protector - 2 pack
E1	5.2	SFP	Bedroom	Blanket		George, Asda	4.50	1	1	1042.9	0.00	1 fleecy blanket, extra comfort or lighter layer in summer cheapest. From Dunelm/supermarket/B+M. 20 years.	Natural Super Soft Throw
E1	5.1	SFP	Garden	Table & chair set		Argos	65.00	3	1	782.1	0.08	Table and chairs for garden. Cheapest plastic bistro set. 15 years.	Argos Home Baltimore 2 Seater Plastic Garden Bistro Set
E1	9.3	SFP	Garden	Garden pots and plants			30.00	1	1	52.1	0.58	£30 per year for topping up basic garden tools, pots, plants and compost.	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E1	4.3	SFP	Hall	Carpet		United Carpets & Beds	243.27	1	1	1042.9	0.23	Gripper rods and door bars too. Mid-range synthetic wool mix. From Carpetright. Plus fitting and mid-range underlay. 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Hall: Ashton Twist (9.6m2 x £8.99/sqm = £86.30), Airstep Supa Value 10mm Underlay (9.6m2 x £10.99/sqm = £105.50), Double Edged Door Bar (3x £7.99 = £23.97), Elite Dual Purpose Gripper (3x £2.50 = £7.50) -> £223.28 plus delivery (£19.99) = TOTAL £243.27. Carpet fitting is free when carpet is purchased with underlay.
E1	4.3	SFP	Living area & dining area	Carpet		United Carpets & Beds	473.06	1	1	1042.9	0.45	Gripper rods and door bars too. Mid-range synthetic wool mix. From Carpetright. Plus fitting and mid-range underlay. 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Living and dining room: Ashton Twist (20.5m2 x £8.99/sqm = £184.30), Airstep Supa Value 10mm Underlay (20.5m2 x £10.99/sqm = £225.30), Double Edged Door Bar (2x £7.99 = £15.98), Elite Dual Purpose Gripper (11x £2.50 = £27.50) -> £453.07 plus delivery (£19.99) = TOTAL £473.06. Carpet fitting is free when carpet is purchased with underlay.
E1	4.3	SFP	Bedroom	Carpet		United Carpets & Beds	306.22	1	1	1042.9	0.29	Gripper rods and door bars too. Mid-range synthetic wool mix. From Carpetright. Plus fitting and mid-range underlay. 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Bedroom 1: Ashton Twist (12.8m2 x £8.99/sqm = £115.07), Airstep Supa Value 10mm Underlay (12.8m2 x £10.99/sqm = £140.67), Double Edged Door Bar (1x £7.99 = £7.99), Elite Dual Purpose Gripper (9x £2.50 = £22.50) -> £286.23 plus delivery (£19.99) = TOTAL £306.22. Carpet fitting is free when carpet is purchased with underlay.
												E: Household Goods and Services	**£ 20.00**
												E1: Household Goods	£ 20.00

MIS 2024 Rebase

E: Household goods and services

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
E2A1	7.4	SFP	Postage	Postage			20.00		1	52.1	0.38	£20 per year for sending cards and presents and also to cover some delivery/returns costs.	
E2A2	8.1	SFP	Telephone	Landline telephone		Argos	30.00	2	1	1042.9	0.03	Landline still needed, in case mobile phone is lost, broken or they haven't remembered to charge its batteries. 2x cordless handsets, one for living room and one for bedroom. Cheapest is ok, would last 20 years. Argos.	VTech CS2001 Cordless Telephone - Twin
E2A2	8.3	SFP	Telephone	Landline phone calls		Plusnet	12.69	1	1	4.3	2.92	Landline with line rental and anytime phone calls.	Plusnet Unlimited UK and Mobile Calls package, £12.69 per month. N.B. "The technology that powers landline telephones in the UK will be phased out by Openreach from 2023 and completely switched off in 2025. With the increased use of mobile phone devices and internet video calling, traditional phone line usage is in decline." (But landline calls will still be delivered, over VoIP / 'digital voice' broadband-based systems which may require new phone handsets.)
E2A2	8.1	SFP	Telephone	Mobile telephone (handset)		Tescomobile	0.00	1	1	104.3	0.00	Need for something reliable, but it doesn't have to be an expensive brand like an iPhone or Samsung. Replacement every 2 years at the end of the contract.	Motorola Moto E13, £0 upfront cost with 24-month contract.
E2A2	8.3	SFP	Telephone	Mobile telephone (bills)		Tescomobile	9.00	1	1	4.3	2.07	Contract with Tesco Mobile. Cheapest (£8/month) package with 500MB of data. The package that would also include the phone in the contract.	Tesco Mobile: Motorola Moto E13 phone, 24-month contract, 500MB data per month, unlimited calls and texts, £8/month, no up-front cost.

E: Household Goods and Services	**£**	**5.40**
E2: Household Services	£	5.40
E2A: Communication	£	5.40
E2A1: Postage	£	0.38
E2A2: Telephone	£	5.02

MIS 2024 Rebase

F: Personal goods and services, including health

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	13.1	SFP	Personal care	Hairdressing			30.00	1	1	8.0	3.75	£30 every 8 weeks, for salon cut and blow dry. Self-esteem, confidence.	
F	13.1	SFP	Personal care	Manicure service			25.00	1	2	52.1	0.96	Manicure service for special occasions (e.g. birthday and Xmas). £25 per time. 2 times per year.	
F	13.1	SFP	Personal care	Home hair colour	Garnier	Tesco	4.40	1	1	6.0	0.73	Home box dye colour every 6 weeks.	Garnier Belle Color 4 Natural Dark Brown Permanent Hair Dye (range of colours available for same price)
F	13.1	SFP	Personal care	Hairdryer	Tresemmé	Tesco	16.00	1	1	156.4	0.10	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years	Tresemme Fast Dry 2000 9142Tu
F	13.1	SFP	Personal care	Hair straighteners	Tresemmé	Tesco	27.00	1	1	260.7	0.10	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 5 years.	Tresemme Ceramic Styler 230 2089Tu
F	13.1	SFP	Personal care	Soap	Palmolive	Tesco	1.15	1	1	4.3	0.26	Liquid soap or bar of soap. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Palmolive Sensitive Handwash 300Ml
F	13.1	SFP	Personal care	Toilet roll	Tesco	Tesco	1.49	4	1	2.0	0.75	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 per week.	Tesco Luxury Soft Quilted Toilet Tissue 4 Rolls
F	13.1	SFP	Personal care	Tena pads	Tena	Tesco	2.40	20	1	2.9	0.84	Tena Lady one per day. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per day	TENA Discreet Mini Incontinence Pads 20 pack
F	13.1	SFP	Personal care	Shower gel	Radox	Tesco	1.00	1	1	4.3	0.23	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Radox Mandarin & Apricot Feel Revived Shower Gel 225ml
F	13.1	SFP	Personal care	Razor	Gillette	Tesco	1.50	4	1	4.3	0.35	Disposable razors, 1 month	Gillette Simply Venus 2 Women's Disposable Razors 4 Pack
F	13.1	SFP	Personal care	Shaving gel	Gillette	Asda	2.00	1	1	13.0	0.15	3 months	Venus Satin Care Sensitive Skin Shave Gel (discounted from £3)
F	13.1	SFP	Personal care	Mouthwash	Colgate	Tesco	2.00	1	1	4.3	0.46	1 month	Colgate Triple Action Mouthwash 500Ml
F	13.1	SFP	Personal care	Toothpaste	Colgate	Tesco	0.99	1	1	4.3	0.23	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month.	Colgate Triple Action Toothpaste 75Ml
F	13.1	SFP	Personal care	Toothbrush	Colgate	Tesco	1.50	3	1	26.1	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 months.	Colgate Extra Clean Medium Toothbrush 3 Pack (lifespan adjusted for 3-pack)
F	13.1	SFP	Personal care	Denture tablets	Steradent	Tesco	1.00	30	1	4.3	0.23	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots	Steradent Active Plus 30

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	13.1	SFP	Personal care	Tooth mug	Tesco	Tesco	2.00	1	1	521.4	0.00	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 10 years.	Tesco White Plastic Tumbler
F	13.1	SFP	Personal care	Deodorant	Sure	Tesco	1.50	1	1	6.0	0.25	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 6 weeks	Sure Bright Bouquet Antiperspirant Deodorant Roll On 50Ml
F	13.1	SFP	Personal care	Shampoo	Herbal Essences	Tesco	1.95	1	1	4.3	0.45	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Herbal Essences White Tea & Mint Shampoo 400Ml
F	13.1	SFP	Personal care	Conditioner	Herbal Essences	Tesco	1.95	1	1	4.3	0.45	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Herbal Essences Hello Hydration Hair Conditioner 400ml
F	13.1	SFP	Personal care	Hair products	Schwarzkopf	Tesco	4.10	1	1	4.3	0.94	Recognisable brand. 1 month	Schwarzkopf Styling Volume Lift Mousse 250Ml
F	13.1	SFP	Personal care	Hand cream	Nivea	Tesco	1.00	1	1	8.7	0.12	Supermarket own brand okay. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 months	Nivea Hand Cream Protective Care Beeswax 75Ml
F	13.1	SFP	Personal care	Moisturiser (body)	Dove	Tesco	3.30	1	1	8.7	0.38	Recognisable brand. 2 months.	Dove Essential Nourishing Body Lotion 400Ml
F	13.1	SFP	Personal care	Tissues (box)	Kleenex	Tesco	2.00	112	1	4.3	0.46	Recognisable brand. 1 month.	Kleenex Original Tissues MEGA Box 75% more tissues 112 Sheets
F	13.1	SFP	Personal care	Face cream	Nivea	Tesco	5.20	1	1	4.3	1.20	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Nivea Refreshing 24 Hour Moisture Day Cream 50Ml (SPF 30)
F	13.1	SFP	Personal care	Lip salve	Nivea	Tesco	1.75	1	1	8.7	0.20	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, 2 months.	NIVEA Original Care Lip Balm 4.8g
F	13.1	SFP	Personal care	Face wash	Simple	Tesco	3.50	1	1	4.3	0.81	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Simple Kind To Skin Moisturising Facial Wash 150Ml
F	13.1	SFP	Personal care	Sun cream	Nivea	Tesco	7.00	1	2	52.1	0.27	2 needed. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year	Nivea Sun Moisturising Sun Lotion F50+ 200Ml
F	13.1	SFP	Personal care	After sun	Nivea	Tesco	5.00	1	2	52.1	0.19	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 needed. 1 year	Nivea After Sun Lotion 200Ml
F	13.1	SFP	Personal care	Comb	Leo Bancroft	Tesco	2.10	1	1	156.4	0.01	3 years	Leo Bancroft Everyday Comb Purple
F	13.1	SFP	Personal care	Hairbrush	Cantu	Tesco	7.50	1	1	156.4	0.05	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years.	Cantu Smooth Thick Hair Paddle Brush
F	13.1	SFP	Personal care	Baby wipes	Huggies	Tesco	0.95	1	1	4.3	0.22	Recognisable brand. 1 month.	Huggies Pure 0% Plastic Baby Wipes 48 Wipes
F	13.1	SFP	Personal care	Shower cap	H&A	Tesco	1.25	1	1	52.1	0.02	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 12 months	Bath Shower Cap

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	13.1	SFP	Personal care	Back brush	Superdrug	Superdrug	6.00	1	1	104.3	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 years	Superdrug Bath Brush
F	13.1	SFP	Personal care	Nail brush	Superdrug	Superdrug	2.50	1	1	156.4	0.02	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years	Superdrug Nail Brush
F	13.1	SFP	Personal care	Manicure set	Studio London	Superdrug	3.99	1	1	1042.9	0.00	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 20 years	Studio London Manicure Set (from Superdrug). Includes scissors, clippers, nail file, sharpener, tweezers.
F	13.1	SFP	Personal care	Cosmetics			10.00	1	1	4.3	2.30	£10 per month or £120 per year, for approx. one item per month. Inclusive of nail polishes and nail polish remover.	
F	13.1	SFP	Personal care	Cotton pads	Tesco	Tesco	1.50	100	1	4.3	0.35	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	SFP	Personal care	Perfume			75.00	1	1	52.1	1.44	£75 per year	
F	13.2	SFP	Accessories	Suitcase (small)	Primark	Primark	28.00	1	1	782.1	0.04	1 small suitcase with wheels, hard shell. From Primark/supermarket. Approx. £20-30. 15 years.	Hard Shell 4-Wheel Suitcase
F	13.2	SFP	Accessories	Backpack	Artsac	New Look	27.00	1	1	156.4	0.17	1 backpack from supermarket/Primark/Matalan/New Look. 3 years	Artsac Black Logo Pocket Front Backpack
C	13.2	SFP	Accessories	Purse	River Island	River Island	16.00	1	1	104.3	0.15	1 leather purse from supermarket/Primark/Matalan/New Look. 2 years	Black Patent Embossed RI Purse
F	13.2	SFP	Accessories	Handbag (smart)	New Look	New Look	17.99	1	1	521.4	0.03	1 small evening bag from supermarket/Primark/Matalan/New Look. 10 years.	Gold Quilted Glitter Cross Body Bag
F	13.2	SFP	Accessories	Handbag (casual)	New Look	New Look	19.99	1	1	521.4	0.04	1 large casual bag from supermarket/Primark/Matalan/New Look. 10 years.	Black Leather Look Zip Front Tote Bag
F	13.2	SFP	Accessories	Umbrella	M&S	M&S	10.00	1	1	104.3	0.10	1 foldaway umbrella, sturdy. From supermarket/Primark/Matalan/New Look. 2 years.	Polka Dot Stormwear™ Compact Umbrella (no indication of sturdiness or windproof-ness for umbrellas from the listed retailers)
F	13.2	SFP	Personal effects	Sunglasses	New Look	New Look	9.99	1	1	104.3	0.10	1 pair. 2 years.	Brown Round Frame Sunglasses
F	13.2	SFP	Personal effects	Jewellery			100.00	1	1	52.1	1.92	£100 a year for jewellery	
												F: Personal Goods and Services	**£ 21.93**

MIS 2024 Rebase

F: Personal goods and services, including health

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	6.2	SFP	Health care	Opticians - check-up		NHS	0.00	1	1	104.3	0.00	Eye test every 2 years.	Free NHS eye tests for people aged 60 and over.
F	6.2	SFP	Health care	Opticians - retinal scan		Specsavers	10.00	1	1	104.3	0.10	Pay extra with checkup for retinal scan. Approx. £10, every two years with checkup.	Specsavers additional Optical Coherence Tomography (OCT) test: "In most stores, the cost of our hospital-grade OCT appointments is just £10 but in some Scottish stores this may vary."
F	6.1	SFP	Health care	Opticians - glasses		Specsavers	200.00	1	1	104.3	1.92	Additional £200 to put toward glasses every 2 years. Could include varifocal lenses.	Specsavers: varifocal lenses start at £40. Frames start at £15, with a 2-for-1 offer for £70-£150 frames and some options to pay extra for different lens types, thicknesses and coatings (but the second free pair is "with single-vision lenses to the same prescription"). A budget of £200 would provide lots of choice.
F	6.2	SFP	Health care	Dentists - check-up		NHS	26.80	1	1	26.1	1.03	Check-up every 6 months with NHS dentist.	Band 1 charge (£26.80) includes examination, diagnosis, advice, and scale and polish "if clinically needed".
F	6.2	SFP	Health care	Dentists - Band 2 treatment		NHS	73.50	1	1	52.1	1.41	Band 2 treatment once per year (e.g. filling)	Band 2 (£73.50): "Covers all treatment included in Band 1, plus additional treatment, such as fillings, root canal treatment and removing teeth (extractions)", but not the "more complex procedures" in Band 3.
F	6.2	SFP	Health care	Dentists -Band 3 treatment		NHS	319.10	1	1	260.7	1.22	Band 3 treatment every five years (e.g. dentures)	Band 3 (£319.10) includes bridges, crowns, dentures, inlays/onlays, and non-cosmetic veneers.
F	6.2	SFP	Health care	Podiatry			30.00	1	1	6.0	5.00	£30 every 6 weeks.	
F	6.1	SFP	Health care	Paracetamol	Asda	Asda	0.65	16	1	13.0	0.05	1 pack of 16. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 months.	ASDA Paracetamol 500mg 16 Capsules
F	6.1	SFP	Health care	Ibuprofen	Tesco	Tesco	1.80	16	1	13.0	0.14	1 pack of 16. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 months.	Tesco Ibuprofen 200Mg Liquid Caps 16S
F	6.1	SFP	Health care	Cold remedy	Lemsip	Tesco	5.25	10	1	52.1	0.10	E.g. Lemsip. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Lemsip Max Cold & Flu Lemon Sachets Paracetamol 10 Pack
F	6.1	SFP	Health care	Cough mixture for dry coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	1 dry, 1 chesty. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Tesco Health+ Dry Tickly Cough 300Ml
F	6.1	SFP	Health care	Cough mixture for chesty coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	1 dry, 1 chesty. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Tesco Health+ Chesty Cough Relief 300Ml
F	6.1	SFP	Health care	Indigestion remedy (liquid)	Tesco	Tesco	6.20	1	1	26.1	0.24	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 6 months.	Tesco Heartburn And Indigestion Liquid Aniseed 500Ml
F	6.1	SFP	Health care	Indigestion tablets	Rennie	Asda	4.00	36	1	26.1	0.15	Indigestion tablets as well as liquid indigestion medicine, each lasting 6 months.	Rennie Spearmint Heartburn & Indigestion Relief Tablets (36pk) (cheaper than Asda or Tesco own-brand equivalents)

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	6.1	SFP	Health care	Antiseptic cream	Sudocrem	Tesco	3.25	1	1	52.1	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 12 months.	Sudocrem Antiseptic Healing Cream 60G
F	6.1	SFP	Health care	Heat rub	Deep Heat	Tesco	5.00	1	1	26.1	0.19	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 6 months.	Deep Heat Max Strength 35G
F	6.1	SFP	Health care	First aid kit	Ring	Tesco	12.00	1	1	1303.6	0.01	25 years.	Ring First Aid Kit (contains 14 x plasters, 4 x sterile first aid dressings, 2 x sterile compress (burn dressings), 5 x elastic bandages, 6 x sterile wound compress, 1 x First Aid blanket, 2 x wet wipes, 2 x triangular bandages, 1 x pair of scissors, 1 x compact storage case)
F	6.1	SFP	Health care	Plasters	Asda	Asda	1.50	50	1	52.1	0.03	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	ASDA 50 Waterproof Clear Plasters
F	6.1	SFP	Health care	Multivitamins	Tesco	Tesco	4.90	90	1	12.9	0.38	Multivitamin or cod liver oil tablets. Supermarket brand okay.	Tesco A-Z Multivitamins & Minerals 90S
												F: Personal Goods and Services	**£ 12.14**

MIS 2024 REBASE

G: Transport

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
G2	7.3	SFP	Passenger transport by road	Bus pass			0.00	1	1	52.1	0.00	Free bus pass. Includes tram in Sheffield.	
G2	7.3	SFP	Passenger transport by road	Taxi fares			30.00	1	1	4.3	6.90	£30, 2 times per year, including other fares (tram and bus before 9:30am) as well as taxis. For emergencies, when not feeling well, for taking bulkier/heavier items home, or during peak times not covered by the bus pass.	
G2	7.3	SFP	Passenger transport by railway	Rail/coach fares			60.00	1	3	52.1	3.45	3 rail (or coach) trips per year, £60 per time = £180 per year.	

G: Transport	**£**	**10.36**
G1: Motoring Expenditure	**£**	**-**
G2: Fares and Other Travel Costs	£	10.36

MIS 2024 Rebase

H: Social and cultural participation

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
H1	8.1	SFP	Leisure goods	TV		Currys	199.99	1	1	521.4	0.38	42" or 43" - cheapest of that size from Currys, Amazon or supermarkets with a recognisable brand would be ok. Lifespan may vary, but should expect at least 10 years.	TOSHIBA 43LV2E63DB 43" Smart Full HD LED TV
H1	8.1	SFP	Leisure goods	Tablet		Currys	129.00	1	1	260.7	0.49	Need choice of another non-phone device to access the internet. Tablet for crosswords, games, books, keeping in touch with family, Facetime, Facebook, etc. 10" screen. Can be a cheaper tablet than an iPad, but still a known brand. Currys or Amazon. 5 years lifespan, to avoid issues from the stopping of software support.	LENOVO Tab M10 3rd Gen 10.1" Tablet - 32 GB, Grey
H1	8.1	SMP	Leisure goods	Tablet case		Currys	19.99	1	1	156.4	0.13	Protective case for tablet. Cheapest robust and durable. From Currys/PC World/B+M/Argos/Wilko/supermarket/Primark. 3 years.	GOJI G10UFGN24C 10-11" Tablet Folio Case - Dark Green
H1	9.2	SFP	Gifts - birthdays	Gifts for others			290.00	12	1	52.1	5.56	£50 to cover all xmas, birthday and other wrapping/cards for the year. Gifts plus wrapping = £290.	
H1	9.2	SFP	Gifts - Xmas	Gifts for others			240.00	12	1	52.1	4.60	12 presents per year, £20 per gift. Wrapping and and cards all bought together for xmas, birthdays and other (priced with birthday gifts).	
H1	9.2	SFP	Gifts - other	Gifts for others			120.00	6	1	52.1	2.30	Other gifts for christenings/weddings. 6 times per year, £20 per gift.	
H1	9.2	SFP	Other recreational items	Christmas decorations			20.00	1	1	156.4	0.13	£20 for decorations every 3 years plus £20 tree lasting 25 years.	
H1	9.2	SFP	Other recreational items	Christmas tree			25.00	1	1	1303.6	0.02	£20 for decorations every 3 years plus £20 tree lasting 25 years.	

H: Social and Cultural Participation	**£ 13.62**
H1: Leisure Goods	£ 13.62

MIS 2024 Rebase

H: Social and cultural participation

Single female pensioner

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
H4	8.3	SFP	TV licence	TV licence		UK government	169.50	1	1	52.1	3.25	TV licence needed.	TV licence costs £169.50 per year from 1 April 2024. If paying by monthly direct debits, the first year has to be paid over 6 months before being spread across 12 months for subsequent years.
H3	8.3	SFP	Broadband	Internet		Plusnet	25.99	1	1	4.3	5.98	With landline in case mobile phone not working/lost/broken. Anytime calls package.	£25.99 average monthly cost initially. 66 Mb minimum average speed, unlimited downloads. No set-up cost, but price rises each year on 31 March by CPI rate of inflation + 3.9%.
H3	8.3	SFP	TV subscription	TV subscription		Netflix	4.99	1		4.3	1.15	Netflix for more content, standard version with adverts is adequate to meet needs for streaming.	Netflix 'Standard with ads' package includes movies, TV shows and unlimited mobile games. Can watch on 2 supported devices at a time. Can download onto 2 supported devices. Includes 1080p Full HD.
H3	9.4	SFP	Entertainment and recreation	Activities			20.00	2	1	1.0	20.00	£20 per week for 2 activities. Paid and free activities could include: bingo/cinema/theatre/swimming/ dancing/walking/gym/ educational courses/yoga/crafts.	
H6	9.6	SFP	Holiday	Holiday		Alfa Travel	489.00	1	1	52.1	9.38	1 x 1-week (7 days) holidays in the UK. To get away, meet new people.Off-peak (September/October or May/June). Coach holiday to Whitby/Cornwall (seaside).	Alfa Travel 7 day trip - Devon (The Metropole Hotel), half-board £399 plus £90 single person supplement (=£489), departing from Sheffield on 21st April 2024.
H6	9.4	SFP	UK Holidays	Holiday spending money			70.00	1	1	52.1	1.34	£10 per day = £70 for each holiday.	
H3	13.9	SFP	Leisure services	Passport		UK government	88.50	1	1	521.4	0.17	Passport ordered online. Needed for identification purposes.	Standard adult passport application/renewal fee for online applications is £88.50. 10-year adult validity.
H3	9.6	SFP	Leisure services	Passport photos		Max Spielmann (Tesco)	12.99		1	521.4	0.02	Photos needed for passport.	Max Spielmann photo booths in selected Tesco supermarkets: standard passport photos start at £12.99.

H: Social and Cultural Participation	**£**	**41.30**
H3: Entertainment and Recreation	£	27.32
H4: TV Licence and Rental	£	3.25
H6: UK Holiday	£	10.72