

**MIS 2024 REBASE**

LONE PARENT + preschool + primary

<b>A: Food and Non-Alcoholic Beverages</b>	<b>£ 143.98</b>
A1: Food	£ 131.19
A2: Catering	£ 12.78

<b>B: Alcohol and Tobacco</b>	<b>£ 6.67</b>
B1: Alcohol	£ 6.67
B1A: Alcohol at Home	£ 5.78
B1B: Alcohol Away From Home	£ 0.89
B2: Tobacco and Narcotics	£ -

<b>C: Clothing and Footwear</b>	<b>£ 34.14</b>
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<b>D: Housing Costs</b>	<b>£ 207.62</b>
D1: Rent	£ 116.98
D2: Mortgage Interest	£ -
D3: Water	£ 14.38
D4: Council Tax	£ 24.94
D5: Household Insurance	£ 6.69
D6: Fuel	£ 40.79
D7: Other Housing Costs	£ 3.84

<b>E: Household Goods and Services</b>	<b>£ 58.52</b>
E1: Household Goods	£ 38.82
E2: Household Services	£ 293.35
E2A: Communication	£ 5.25
E2A1: Postage	£ 1.92
E2A2: Telephone	£ 3.34
E2B: Child Care	£ 273.10
E2C: Other Household Services	£ 15.00

<b>F: Personal Goods and Services (inc Health)</b>	<b>£ 85.17</b>
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<b>G: Transport</b>	<b>£ 90.61</b>
G1: Motoring Expenditure	£ 84.43
G2: Fares and Other Travel Costs	£ 6.18

<b>H: Social and Cultural Participation</b>	<b>£ 137.07</b>
H1: Leisure Goods	£ 30.91
H2: Pets	£ -
H3: Entertainment and Recreation	£ 71.08
H4: TV Licence and Rental	£ 3.25
H5: Foreign Holidays	£ -
H6: UK Holidays	£ 31.82

Food	£ 143.98
Alcohol	£ 6.67
Tobacco	£ -
Clothing and Footwear	£ 34.14
Water Rates	£ 14.38
Council Tax	£ 24.94
Household Insurances	£ 6.69
Fuel	£ 40.79
Other Household Costs	£ 3.84
Household Goods	£ 38.82
Household Services	£ 20.25
Childcare	£ 273.10
Personal Goods and Services	£ 85.17
Motoring	£ 84.43
Other Travel Costs	£ 6.18
Social and Cultural Participation	£ 137.07
<b>Total</b>	<b>£ 920.44</b>
Rent/Mortgage Interest	£ 116.98

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Lone parent, preschool + primary

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
HOUSEHOLD													
A1		LP+2		Ambrosia Rice Pudding Pot		Tesco	2.49	4	1	4.0	0.62	2 mini pots x 55 g (110 g)	Ambrosia Creamed Rice Pudding 4 x 125G
A1		LP+2		Ambrosia Light Rice Pudding 125 g		Tesco	0.95	1	2	1.0	1.90	2 x 125 g (250 g)	Ambrosia Light Rice Pudding 150G
A1		LP+2		Tesco Almonds, toasted, 25 g packets		Tesco	1.80	1	1	1.3	1.35	3 packets (75 g)	Tesco Toasted Flaked Almonds 100G
A1		LP+2		Apples, eating, raw, medium flesh and skin, weighed with core		Tesco	0.52	1	1	1.0	0.52	1 apple	Tesco Braeburn Apples Loose Class 1
A1		LP+2		Apples, eating, raw, small, weighed with core and peel		Tesco	0.99	5	2	1.3	1.49	7 1/2 small apples (900 g)	Rosedene Farms Small Apple 6 Pack
A1		LP+2		Apricots, dried		Tesco	2.00	1	1	1.3	1.60	20 dried apricots (160 g)	Tesco Ready to Eat Apricots 250G
A1		LP+2		Avocado, average, weight with stone and peel		Tesco	0.65	1	2	1.3	0.98	1 1/2 avocado (170 g)	Tesco Ripe & Ready Avocado
A1		LP+2		Baked beans, canned in tomato sauce, reduced sugar, reduced salt		Tesco	0.23	1	1	1.3	0.18	325g	Tesco Reduced Sugar & Salt Baked Beans 420G
A1		LP+2		Bananas, raw, medium flesh only, weighed with peel		Tesco	0.78	5	3	1.1	2.15	2064g	Tesco Ripe Bananas 5 Pack
A1		LP+2		Bay leaf, dried		Tesco	1.00	1	1	1.5	0.67	2.0 g	Tesco Bay Leaves 3G
A1		LP+2		Beans, green/French, frozen or fresh		Tesco	1.30	1	1	1.0	1.30	900g	Tesco Very Fine Whole Green Beans 900G
A1		LP+2		Beef, lean, average, raw, eg cubes		Tesco	4.6	1	1	1.4	3.31	360g	Tesco Casserole Beef 500g
A1		LP+2		Beef, mince, raw, extra lean		Tesco	3.49	1	1	1.9	1.79	385 g	Tesco Beef Lean Steak Mince 500G 5% Fat
A1		LP+2		Biscuits, digestive, plain		Tesco	0.85	1	1	5.4	0.16	4 digestives (56 g)	Tesco Milk Chocolate Digestive Biscuits 300G
A1		LP+2		Bread, white, with added fibre		Tesco	1.30	1	2	1.9	1.35	23 slices (828 g)	Kingsmill 50/50 Medium Bread 800G
A1		LP+2		Breadsticks, plain		Tesco	1.40	1	1	6.0	0.23	1 small bag (out of pack of 6) (20 g)	Tesco 6 Pack Mini Breadsticks 120G
A1		LP+2		Bread, pitta, white		Tesco	0.50	6	1	6.0	0.08	1 pitta (67g)	Tesco White Pita Bread 6 Pack
A1		LP+2		Breakfast cereal, multigrain hoops, fortified		Tesco	0.89	1	1	15.0	0.06	25 g	Tesco Multigrain Hoops Cereal 375G
A1		LP+2		Breakfast cereal, rice, toasted/crisp, fortified		Tesco	0.85	1	1	5.4	0.16	70 g	Tesco Rice Snaps Cereal 375G
A1		LP+2		Breakfast cereal, wheat biscuits, Weetabix type, fortified		Tesco	2.75	48	1	6.0	0.46	8 biscuits (160 g)	Tesco Wheat Biscuits Cereal 48 Pack
A1		LP+2		Broccoli, green, fresh or frozen		Tesco	0.96	1	2	1.7	1.12	584g	Tesco Large Broccoli Pack 500g (loose)
A1		LP+2		Blueberries fresh or frozen		Tesco	2.25	1	1	3.5	0.65	65 g	Tesco Blueberries 350G (frozen)
A1		LP+2		Cake, fruit, retail		Tesco	2.15	1	1	3.0	0.72	1 slice (60 g)	Genoa Cake
A1		LP+2		Carrots, old, raw		Tesco	0.52	1	3	1.2	1.31	2013 g fresh	Tesco Carrots 800G
A1		LP+2		Cauliflower, raw		Tesco	1.20	1	1	3.5	0.35	338g fresh/ 260g froen	Tesco Cauliflower Florets 900G (frozen)
A1		LP+2		Celery, raw		Tesco	0.90	1	2	2.0	0.90	5 sticks (290 g)	Tesco Celery Sticks 250G
A1		LP+2		Cheese, Cheddar type, '30% less fat'		Tesco	2.75	1	1	3.0	0.90	115 g	Pilgrims Choice Lighter Mature Cheddar Cheese 350G
A1		LP+2		Cheese, Babybel light		Tesco	2.15	6	1	6.0	0.36	1 Babybel (20 g)	Mini Babybel Light Cheese 6 Pack, 120G
A1		LP+2		Chicken to roast, with bone		Tesco	5.95	1	1	1.0	5.95	2065g (485g roast chicken x1.49= 723g bone in chicken x1.26=910g raw weight bone in. 775g fillet x 1.49=1,155g bone in =2,065g raw weight bone in equivalent)	Tesco Whole Chicken Extra Large 1.9Kg-2.3Kg
A1		LP+2		Chocolate chip digestives Tesco		Tesco	0.85	1	1	4.8	0.18	6 biscuits (84 g)	Tesco Chocolate Chip Digestive Biscuits 400G
A1		LP+2		Chocolate chips, dark, 70-84% Cocoa		Tesco	0.90	1	1	2.5	0.36	40 g	Tesco Dark Chocolate Chips 100G
A1		LP+2		Chocolate nut spread		Tesco	2.25	1	1	25.0	0.09	16 g	Tesco Chocolate Spread 400G
A1		LP+2		Citrus fruit, soft/easy peelers, weighed with peel and pips		Tesco	1.35	1	1	1.7	0.79	4 satsumas (350 g)	Tesco Clementine Or Sweet Easy Peeler Pack 600G
A1		LP+2		Coffee, instant,powder or granules		Tesco	1.99	1	1	1.9	1.04	105 g	Tesco Classic Instant Coffee 200G
A1		LP+2		Crawford's Garibaldi biscuits		Tesco	1.25	1	1	2.0	0.63	10 biscuits (100 g)	Tesco Garibaldi Biscuits 200G
A1		LP+2		Cream crackers		Tesco	1.70	1	1	15.0	0.11	2 cream crackers (20 g)	Jacobs Cream Crackers 300G
A1		LP+2		Tartare Sauce		Tesco	0.90	1	1	14.6	0.06	12 g	Tesco Tartare Sauce 175G
A1		LP+2		Cucumber, raw, flesh and skin		Tesco	0.89	1	3	1.0	2.67	3 cucumbers (813 g)	Tesco Whole Cucumber Each
A1		LP+2		Drinking chocolate, powder, reduced sugar		Tesco	1.90	1	1	13.5	0.14	4 tsp (20 g)	Tesco Lighter Hot Chocolate 270G
A1		LP+2		Eggs, chicken, whole, raw		Tesco	2.30	6	1	1.0	2.30	6 eggs (364g)	Happy Egg Free Range Eggs Large 6 Pack
A1		LP+2		Tesco Lentil curls or crisps		Tesco	1.90	5	1	2.5	0.76	2 x 20 g bags (40 g)	Proper Chips Bbq Lentil Chips 5x14g
A1		LP+2		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.5	1	1	1.3	1.15	344 g	I Can't Believe It's Not Butter Light Spread 450G
A1		LP+2		Flour, wheat, white, plain, soft		Tesco	0.79	1	1	56.6	0.01	26.5 g	Tesco Plain Flour 1.5Kg
A1		LP+2		Fruit drink/squash, concentrated, no added sugar Robinsons		Tesco	2	1	3	1.3	4.73	2365 ml	Robinsons Orange No Added Sugar Squash 1L
A1		LP+2		Garlic, raw		Tesco	0.55	1	1	1.2	0.46	10 cloves (29 g)	Tesco Garlic Large

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
A1		LP+2		Ginger, ground		Tesco	1.00	1	1	15.2	0.07	2.5 g	Tesco Ground Ginger 38G
A1		LP+2		Grapes, red		Tesco	1.80	1	1	1.0	1.73	480 g	Tesco Red Seedless Grapes 500G
A1		LP+2		Gravy instant granules, reduced salt		Tesco	0.73	1	1	13.3	0.05	15 g	Tesco Beef Gravy Granules 200G
A1		LP+2		Ham, sliced / lunchon		Tesco	1.20	1	1	1.6	0.77	4 slices (80 g)	Tesco Wafer Thin Smoked Ham 125G
A1		LP+2		Hellmanns, Light Mayonnaise		Tesco	0.89	1	1	5.4	0.16	83 g	Tesco Light Mayonnaise 450ml
A1		LP+2		Hot cross buns		Tesco	1.09	6	1	2.0	0.55	3 hot cross buns (218 g)	Tesco 6 Hot Cross Buns
A1		LP+2		Hummus, retail		Tesco	1.50	1	1	1.3	1.20	240 g	Tesco Humous 300G
A1		LP+2		Jam, no added sugar		Tesco	1.7	1	1	4.5	0.38	75g	Streamline Reduced Sugar Strawberry Jam 340G
A1		LP+2		Jelly No Added Sugar Jelly Raspberry Flavour Jelly Pots 6 x 115g		Tesco	1.99	6	1	1.2	1.66	5 pots (688 g)	Hartleys No Added Sugar Raspberry 6 Pack Jelly 690G
A1		LP+2		Kaffir Lime Leaves, dried		Tesco	1.00	1	1	2.0	0.50	0.5 g	Mukrut Lime Leaves
A1		LP+2		Kiwi fruit, weighed with skin		Tesco	0.99	6	1	1.5	0.66	4 kiwifruit (300 g)	Tesco Kiwi Fruits 6 Pack
A1		LP+2		Lamb, mince, lean raw		Tesco	3.80	1	1	1.7	2.20	145 g	Tesco British Lamb Mince 10% Fat 250G
A1		LP+2		Leeks, raw		Tesco	0.65	1	2	1.6	0.81	1 1/4 leek (160 g)	Tesco Leaks Loose
A1		LP+2		Mango, frozen cubes		Tesco	2.25	1	1	3.1	0.72	160 g	Tesco Frozen Mango Chunks 500G
A1		LP+2		Melon, watermelon, weighed whole		Tesco	2.35	1	1	1.0	2.27	290 g	Tesco Watermelon Chunks 300G
A1		LP+2		Milk, semi-skimmed, pasteurised, average		Tesco	1.45	1	2	1.0	2.84	4455 ml	Tesco British Semi Skimmed Milk 2.272L, 4 Pints
A1		LP+2		Milk, whole, pasteurised, average		Tesco	1.45	1	1	1.1	1.29	2025 ml	Tesco British Whole Milk 2.272L, 4 Pints
A1		LP+2		Mixed Salad Leaves		Tesco	0.78	1	1	1.2	0.67	216 g	Tesco Sweet & Crunchy Salad 250G
A1		LP+2		Mixed berries frozen or fresh		Tesco	2.25	1	2	1.6	2.75	610 g	Tesco Black Forest Fruits Mix 500G
A1		LP+2		Mixed herbs, dried		Tesco	1.00	1	1	4.9	0.20	3.65 g	Tesco Mixed Herbs 18G
A1		LP+2		Mushrooms, white, raw, frozen or fresh		Tesco	1.15	1	1	2.0	0.58	100 g	Tesco Baby Button Mushrooms 200G
A1		LP+2		Nectarines, weighed with stones		Tesco	1.19	4	1	1.6	0.74	2 1/2 nectarines (130 g)	Suntrail Farms Nectarines Minimum 4
A1		LP+2		No Added Sugar Instant Custard 72g		Tesco	0.70	1	1	1.0	0.70	1 x 70 g sachet (55 g)	Tesco Instant Custard Mix 70G
A1		LP+2		Oat flakes, rolled		Tesco	1.25	1	1	8.0	0.16	125 g	Tesco Scottish Oats Porridge 1Kg
A1		LP+2		Oat biscuits, nairns, fruit & spice		Tesco	1.60	1	1	3.3	0.48	6 biscuits (60 g)	Nairns Stem Ginger Oat Biscuit 200G (L)
A1		LP+2		Oil, olive		Tesco	3.3	1	1	1.4	2.35	178ml	Tesco Olive Oil 250ml
A1		LP+2		Onions, raw		Tesco	1.10	3	2	1.1	2.07	725g	Tesco Brown Onions Minimum 3 Pack 385G
A1		LP+2		Onions, red, raw		Tesco	1.10	3	1	1.8	0.61	215g	Tesco Red Onions 3 Pack Minimum
A1		LP+2		Orange juice, Carton, made from concentrate		Tesco	1.40	1	2	1.3	2.23	1590 ml	Tesco Orange Juice Smooth 1L
A1		LP+2		Oranges, weight with peel		Tesco	0.30	1	2	1.0	0.60	2 oranges (350g)	Tesco Oranges Each
A1		LP+2		Stock cube, beef		Tesco	1.00	10	1	11.8	0.09	8.5 g	Tesco 10 Beef Stock Cubes 100G
A1		LP+2		Paprika		Tesco	1.00	1	1	34.7	0.03	1.5 g	Tesco Paprika 52G
A1		LP+2		Parsnips, frozen or fresh		Tesco	1.85	1	1	4.6	0.40	130 g	Tesco Seasoned British Parsnips 600G
A1		LP+2		Passata, plain		Tesco	0.60	1	2	1.6	0.74	620 g	Tesco Italian Tomato Passata 500G
A1		LP+2		Pasta, spaghetti white, dried weight		Tesco	0.75	1	1	2.9	0.26	170 g	Tesco Quick Cook Spaghetti 500G
A1		LP+2		Pasta, penne white, dried weight		Tesco	0.69	1	1	1.4	0.48	345 g	Tesco Penne Pasta Quills 500G
A1		LP+2		Peaches, raw, weighed with stone		Tesco	1.10	1	1	1.5	0.75	2 peach (170 g)	Tesco Peach Slices In Light Syrup 410G (drained weight 250G)
A1		LP+2		Pears, medium, raw, weighed with core and stalk		Tesco	0.49	1	2	1.0	0.98	2 medium pears (320g)	Large conference Pears Loose Class 1
A1		LP+2		Pears, small, raw, weighed with core and stalk		Tesco	1.29	1	1	1.1	1.22	5 small pear (520 g)	Rosedene Farms Small Pear Pack 550G
A1		LP+2		Peas, frozen		Tesco	1.45	1	1	1.2	1.22	840 g	Tesco Garden Peas 1Kg
A1		LP+2		Peanut butter, smooth		Tesco	1.09	1	1	5.7	0.19	60 g	Tesco Smooth Peanut Butter 340G
A1		LP+2		Pepper, black		Tesco	1.15	1	1	50.0	0.02	0.5 g	Tesco Ground Black Pepper 25G
A1		LP+2		Peppers, capsicum, green, raw		Tesco	0.59	1	3	1.1	1.62	2 3/4 green peppers (420 g)	Tesco Green Peppers Each
A1		LP+2		Peppers, capsicum, red, raw		Tesco	0.59	1	5	1.2	2.51	4 1/4 red pepper (665 g)	Tesco Red Peppers Each
A1		LP+2		Philadelphia Light Soft White Cheese 180g		Tesco	1.30	1	1	2.4	0.55	85 g	Tesco 50% Less Fat Soft Cheese 200G
A1		LP+2		Philadelphia Snack Soft Cheese Dip & Breadsticks 75p 42g		Tesco	1.80	3	1	1.0	1.80	3 pots with bread sticks (126 g)	Philadelphia Light Low Fat Soft Cream Cheese Snacks 3 Pack 126G
A1		LP+2		Philadelphia Light Soft White Cheese Mini Tubs 4 Pack 35g		Tesco	1.95	4	1	4.0	0.49	35 g	Philadelphia Light Soft Cream Cheese Snacks Mini Tub 4 Pack 140G
A1		LP+2		Pork sausage fried in olive oil		Tesco	2.00	12	1	12.0	0.17	1 average sausage (32 g)	Tesco 12 Pork Chipolatas Chipolatas 375G
A1		LP+2		Walkers Less Salt Lightly Salted Multipack Crisps 6 x 25g		Tesco	1.65	6	1	3.0	0.55	2 packet out of 6 pack (50 g)	Walkers Ready Salter Multipack Crisps 6x25g
A1		LP+2		Potatoes, new and salad, flesh and skin		Tesco	0.99	1	1	2.4	0.41	410 g	Tesco Baby Potatoes 1Kg
A1		LP+2		Baking Potatoes, weight with skin		Tesco	1.70	8	1	2.1	0.81	950 g	Tesco Baking Potatoes 2Kg
A1		LP+2		Potatoes, old, raw, with skin		Tesco	2.00	1	1	1.3	1.53	1530 g	Golden King Buttery Golden Potatoes 2Kg
A1		LP+2		Raisins		Tesco	1.85	1	1	4.0	0.46	125 g	Tesco Seedless Grapes 500G
A1		LP+2		Rice cakes, plain, low salt		Tesco	0.95	1	1	7.2	0.13	2 rice cakes (18 g)	Tesco Lightly Salted Rice Cakes 130G
A1		LP+2		Chopped Mixed Nuts 200g		Tesco	1.75	1	1	6.7	0.26	30 g	Tesco Chopped Mixed Nuts 200G
A1		LP+2		Salmon, farmed, flesh only, raw		Tesco	5.35	5	1	1.4	3.69	345g	Tesco Wild Salmon Fillets 500G

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
A1		LP+2		Sardines, canned in spring water			0.50	1	1	1.4	0.36	60g	Tesco Sardines In Brine 120G (drained weight 84g)
A1		LP+2		Salt		Tesco	2.70	1	1	100.0	0.03	0.5 g	Tesco Rock Salt Rinder 100G
A1		LP+2		Sauce, dry, casserole mix		Tesco	0.65	1	1	3.8	0.17	10 g	Schwartz Beef Casserole Recipe Mix 38g
A1		LP+2		Sauce, pasta, tomato based		Tesco	0.65	1	1	1.9	0.35	270g	Tesco Bolognese Pasta Sauce Jar 500G
A1		LP+2		Soreen 5 Banana Lunchbox Loaves 150g		Tesco	1.25	5	1	2.5	0.50	2 banana mini loaves (60 g)	Soreen Banana Lunchbox Loaves 5 Pack
A1		LP+2		Soreen Raspberry & White Choc' 5 Mini Loaves 150g		Tesco	2.45	4	1	2.0	1.23	2 raspberry and white choc mini loaves (60 g)	Soreen Lift Bars Raspberry & Vanilla 4 Pack 168G
A1		LP+2		Spinach, frozen or fresh		Tesco	1.15	1	2	1.1	2.02	440 g	Tesco Baby Spinach 250G
A1		LP+2		Spring onions, bulbs and tops, raw		Tesco	0.39	1	1	10.0	0.04	1 spring onion (10 g)	Tesco Bunches Spring Onions 100G
A1		LP+2		Strawberries, raw, fresh or frozen		Tesco	3.25	1	2	1.8	3.54	654 g	Tesco Strawberries 600G
A1		LP+2		Sweetcorn kernels, frozen		Tesco	1.75	1	1	8.5	0.21	121 g tinned in water (118 g frozen)	Tesco Supersweet Sweetcorn 1Kg
A1		LP+2		Teabags , black		Tesco	1.25	80	1	4.7	0.27	17 tea bags	Tesco 80 Teabags 250G
A1		LP+2		Tesco Milkshake No Added Sugar Strawberry 300G		Tesco	2.40	1	1	23.1	0.10	13 ml	Tesco No Added Sugar Strawberry Flavoured Milkshake Mix 300G
A1		LP+2		Tesco Sliced Fruit Loaf Each		Tesco	1.35	11	1	5.5	0.25	2 slices (72 g)	Tesco Sliced Fruit Loaf
A1		LP+2		Tesco Yorkshire Puddings		Tesco	2.10	6	1	6.0	0.35	1 yorkshire pudding (30 g)	Tesco Yorkshire Puddings 6 Pack 180G
A1		LP+2		Tesco 8 Sweet Pancakes		Tesco	3.00	8	1	8.0	0.38	1 pancakes (60 g)	Tesco Sweet Pancakes 8 Pack
A1		LP+2		Tesco Sage And Onion Stuffing 336G		Tesco	0.45	1	1	10.0	0.05	17 g	Tesco Sage & Onion Stuffing Mix 170G
A1		LP+2		Tesco Tomato Salsa 200g		Tesco	1.35	1	1	2.0	0.68	1/2 tub (100 g)	Tesco Salsa 200G
A1		LP+2		Tesco Tuna And Sweetcorn Pasta 300G		Tesco	2.85	1	1	1.0	2.85	300 g	Tesco Tuna & Sweetcorn Pasta 300G
A1		LP+2		Tesco peanut and chocolate nut bar		Tesco	1.10	1	1	1.0	1.10	1 bar (35 g)	Eat Natural Protien Packed Crunchy Nut Bar with Peanuts and Chocolate 45g
A1		LP+2		Tesco 8 White Tortilla Wraps medium size		Tesco	1.40	8	1	2.0	0.70	4 medium sized wrap (243 g)	Tesco Plain Tortillas x8 320G
A1		LP+2		The Laughing Cow Light Cheese Spread 16 Triangles 267g		Tesco	2.95	16	1	16.0	0.18	1 triangle from round packet (17 g)	The Laughing Cow Light Cheese Spread Triangles 16Pk 267G
A1		LP+2		Tortilla, wheat flour, small ,soft		Tesco	1.20	8	1	8.0	0.15	1 small wraps (40 g)	Tesco 8 Plain Tortilla Wraps
A1		LP+2		Tomato puree		Tesco	1.2	1	1	2.1	0.57	64 g	Tesco Tomato Puree With Herbs 135G
A1		LP+2		Tomatoes, canned, whole contents		Tesco	1.8	4	1	2.3	0.78	690g	Tesco Italian Chopped Tomatoes 4x400G
A1		LP+2		Tomatoes, standard, raw		Tesco	1.50	1	2	1.9	1.56	8 small tomatoes (675 g)	Tesco Salad Tomatoes 650G
A1		LP+2		Tuna, canned in spring water,		Tesco	2.75	4	1	1.1	2.45	516g undrained weight	Tesco Tuna Chunks in Spring Water 145G (102g drained weight)
A1		LP+2		Tomatoes, cherry, raw		Tesco	1.00	1	2	1.4	1.38	415g	Tesco Cherry Tomatoes 300G
A1		LP+2		Turmeric, ground		Tesco	2.00	1	1	92.5	0.02	0.4 g	Schwartz ground Turmeric 37g
A1		LP+2		Wall's Vanilla Light Ice Cream Dessert 1800 ml		Tesco	2.70	1	1	5.5	0.50	330 g	Walls Soft Scoop Vanilla Light Ice Cream Tub 1800ml
A1		LP+2		Worcestershire sauce		Tesco	1.2	1	1	25.0	0.05	6 ml	Tesco Worcester Sauce
A1		LP+2		Yogurt, low fat, fruit		Tesco	0.89	6	3	1.2	2.23	15 x 125 pots (1875 g)	Creamfields Berry Medley Low Fat Yogurt 6x125g
<b>LONE PARENT</b>													
A1	1.1	LP+2		Celebration food and drink			200.00		1	52.1	3.84	£200 for extra food and drink spending at Christmas and potentially various other special occasions too (e.g. Easter, new year, St. Patrick's Day, Halloween).	
A1	8.1	LP+2		Food deliveries		Tesco	47.88		1	52.1	0.92	Annual off-peak Tesco delivery pass.	
A2	11.1	LP+2		Takeaway			19.16		1	4.3	4.41	One takeaway per month, £15 for lone parent, £8 for primary, nothing for preschool child.	£15 for lone parent and £8 for primary age child in place of 1 meal Salmon, new potatoes, veg and LP: Salmon (150g)=£1.61, New Potatoes (160g)=£0.16, Peas (80g)=£0.12, Carrots (80g)=£0.05, Green Bean (80g)=£0.12, Tartare Sauce (12g)=£0.06=£2.12 Primary: Salmon (120g)=£1.28, New Potatoes (150g)=£0.15, Peas (80g)=£0.12, Carrots (80g)=£0.05, Green Beans (80g)=£0.12 =£1.72 Total=£3.84 £15+£8=£23.00 budget £23.00-3.84=£19.16

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	LP+2		Family meals out			55.55		1	13.0	4.26	4 times per year £40 for parent for 2 courses and 2 drinks. Preschool £10, primary £15	<p>£40 for lone parent plus £10 for preschool age child and £15 for primary age child in place of 1 full meal (including wine &amp; dessert)</p> <p>Roast Dinner: Mum-Chicken (130g)-£0.73, olive oil(15ml)=0.20, Potato(160g)-£0.16, Parsnip(65g)-£0.20, Carrots(90g)-£0.06, Green Beans(80g)-£0.12, Peas(80g)-£0.12, Broccoli(60g)-£0.13, Yorkshire Pudding(30g)-£0.35, Gravy(5g)-£0.02, Stuffing(17g)-£0.05, cauliflower cheese-cheese(25g)-£0.20, cauliflower(178g)-£0.50, Butter(6g)-£0.02, Flour(6g)-£0.003, Milk(63ml)-£0.04 =£2.88 Strawberries(104g)-£0.56, Icecream(75g)=£0.11, wine(175ml)x2=£1.40 x2=£2.80 Total=£6.35 £40-£6.35=£33.65</p> <p>Pre-Chicken (60g)-£0.34, olive oil(5ml)=0.07, Potato(70g)-£0.07, Parsnip(25g)-£0.08, Carrots(40g)-£0.03, Green Beans(40g)-£0.06, Peas(40g)-£0.06, Broccoli(40g)-£0.09, Gravy(5g)-£0.02, cauliflower cheese-cheese(10g)-£0.08, cauliflower(40g)-£0.11, Butter(2.5g)-£0.01, Flour(2.5g)-£0.001, Milk(30ml)-£0.02 =£1.01 Strawberries(40g)-£0.22, ice cream(30g)=£0.05 Total=£1.28 £10-£1.28=£8.72</p> <p>Pri-Chicken (85g)-£0.47, olive oil(5ml)=0.07, Potato(80g)-£0.08, Parsnip(40g)-£0.12, Carrots(40g)-£0.03, Broccoli(60g)-£0.13, Gravy(5g)-£0.02, cauliflower cheese-cheese(10g)-£0.08, cauliflower(40g)-£0.11, Butter(2.5g)-£0.01, Flour(2.5g)-£0.001, Milk(30ml)-£0.02 =£1.14 Strawberries(40g)-£0.22, Ice cream(60g)=£0.09 Total=£1.79 £20-1.79=£18.21</p> <p>£6.35+£1.28+£1.79=£9.45 £65-£9.45= £55.55</p>	
A2	11.1	LP+2		Eating out (independently of family)			17.87		1	4.3	4.11	Eating out independently once per month, e.g. lunch with colleagues or other socialising. £20 each time.	<p>£20 for lone parent only minus the price of a lighter meal (e.g. main and a glass of wine) Salmon (150g)=£1.61, New Potatoes (160g)=£0.16, Peas (80g)=£0.12, Carrots (80g)=£0.06, Beans (89g)= £0.12, Tartare Sauce (12g)=£0.06 Total=£2.13</p> <p>£20-2.13=£17.87</p>	
												<b>A: Food and Non-Alcoholic Beverages</b>	<b>£</b>	<b>143.98</b>
												A1: Food	£	131.19
												A2: Catering	£	12.78

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Lone parent, preschool + primary

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	LP		Wine		Tesco	6.00	1	1	1.0	5.78	One bottle of wine a week. Approx. £6 per bottle. 1 bottle (750 ml), white, medium. Minus 175mlx2 once every 3 months 350/13=27ml 750-27=723 £6.00/750=0.008 0.008*682ml=£5.78	Marques De Los Zancos Rioja 75Cl
B1B	11.1	LP		Wine		Nandos	5.80	1	2	13.0	0.89	2x 175ml to replace 2x175ml in the menu once every 3 months £5.80 x 2= £11.60 £11.60/13=£0.89	Spier Chardonnary (South Africa)
												<b>B: Alcohol and Tobacco</b>	<b>£6.67</b>
												B1: Alcohol	£ 6.67
												B1A: Alcohol at Home	£ 5.78
												B1B: Alcohol Away From Home	£ 0.89

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Lone parent, preschool + primary

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	LP	Mother, underwear	Pants	George	Asda	6.50	5	2	52.1	0.25	10 pairs needed. Basic black. From supermarket. 1 year	Black Basic Midi Briefs 5 Pack
C	3.1	LP	Mother, underwear	Bras	M&S	M&S	32.00	3	1	52.1	0.61	3 T-shirt bras. Neutral/white/black. From M&S. 1 year.	3 Pack Wired Full Cup Bras F-H
C	3.1	LP	Mother, underwear	Sports bras	George	Asda	12.00	1	3	78.2	0.46	3 sports bras, from supermarket. 18 months	Black Racer Back Sports Bra
C	3.1	LP	Mother, underwear	Socks	George	Asda	4.00	7	1	36.5	0.11	5 pairs of socks from supermarket. 6 months.	Black Ankle Socks 7 Pack . Lifespan adjusted for larger pack size.
C	3.1	LP	Mother, underwear	Tights (sheer)	George	Asda	4.00	5	1	52.1	0.08	3 pairs of sheer tights. From supermarket. 1 year (for only occasional wearing).	Black 15 Denier Sheer Tights 5 Pack (also available in Hazelnut) (lifespan adjusted for larger pack size)
C	3.1	LP	Mother, underwear	Tights (opaque)	George	Asda	5.00	3	1	52.1	0.10	3 pairs of opaque tights (e.g. for winter). From supermarket. 1 year For more frequent wearing than the sheer tights, but also sturdier.	Black 60 Denier Opaque Tights 3 Pack
C	3.1	LP	Mother, main clothing	Leggings	George	Asda	14.00	1	3	52.1	0.81	3 pairs needed from supermarket. 1 year	Charcoal Ponte Leggings
C	3.1	LP	Mother, sportswear	Leggings (sports)		Primark	10.00	1	2	104.3	0.19	Leggings needed for sports/acitivities. 2 sets, from Primark, to last 2 years.	Performance high waist shaping Leggings - 3 cols
C	3.1	LP	Mother, main clothing	T-shirts (long sleeved)	George	Asda	8.00	1	3	104.3	0.23	3 long sleeved t-shirts needed from supermarket. 2 years	Burgundy stripe long sleeve top - allows choice or plain / pattern
C	3.1	LP	Mother, main clothing	T-shirts (short sleeved)	George	Asda	8.00	1	6	104.3	0.46	6 short sleeved t-shirts needed from supermarket. 2 years	Light blue dipped hem cotton t shirt
C	3.1	LP	Mother, sportswear	T-shirts (sports)		Primark	5.00	1	2	104.3	0.10	T-shirts needed for sports/acitivities. 2 sets, from Primark, to last 2 years.	Active performance t shirt grey
C	3.1	LP	Mother, main clothing	Blouses	George	Asda	12.00	1	3	104.3	0.35	3 needed from supermarket. 2 years.	Black heart popover Blouse
C	3.1	LP	Mother, main clothing	Vest tops	George	Asda	6.00	1	4	104.3	0.23	4 needed from supermarket. 2 years	Pink scoop neck ribbed Vest
C	3.1	LP	Mother, main clothing	Trousers (smart)	George	Asda	13.50	1	2	52.1	0.52	2 smart trousers needed. From supermarket. 1 year	Black bengaline tapered formal trousers
C	3.1	LP	Mother, main clothing	Trousers (casual)	George	Asda	14.00	1	2	260.7	0.11	2 casual trousers needed. Chino style. From supermarket. 5 years	Khaki Cotton Cropped Trousers
C	3.1	LP	Mother, main clothing	Jeans	River Island	River Island	38.00	1	3	260.7	0.44	3 pairs needed from River Island, 5 years	Blue high waist relaxed straight leg jeans
C	3.1	LP	Mother, main clothing	Shorts	George	Asda	10.00	1	2	260.7	0.08	2 pairs from supermarket. 5 years	Linen blend pull on shorts (6 cols)
C	3.1	LP	Mother, main clothing	Dress (summer)	George	Asda	14.00	1	1	104.3	0.13	1 needed from supermarket. 2 years.	Black floral midi sundress (6 cols / patterns)
C	3.1	LP	Mother, main clothing	Dress (winter)	George	Asda	16.00	1	1	104.3	0.15	1 needed from supermarket. 2 years.	Black stripe midid shirt dress

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	LP	Mother, main clothing	Dress (occasion)	Gini	New Look	45.00	1	1	52.1	0.86	1 needed from Zara/H&M/New Look. 1 year.	AX Paris pink floral midi dress
C	3.1	LP	Mother, main clothing	Skirt	George	Asda	16.00	1	1	104.3	0.15	2 skirts from supermarket. 2 years	Cargo pocket midi skirt
C	3.1	LP	Mother, main clothing	Jumpers (lightweight)	George	Asda	14.00	1	1	104.3	0.13	2 lightweight jumpers. From supermarket, 2 years	Ochre stripe lightweight knitted Jumper
C	3.1	LP	Mother, main clothing	Jumpers (thick)	George	Asda	16.00	1	1	104.3	0.15	2 thick jumpers. From supermarket, 2 years	Green crew nexck slouchy knitted jumper
C	3.1	LP	Mother, main clothing	Hoodies	George	Asda	10.00	1	2	156.4	0.13	2 needed from supermarket. 3 years.	Grey zip through hoodlie
C	3.1	LP	Mother, outerwear	Hat	George	Asda	8.00	1	1	104.3	0.08	2 years.	Black knitted bobble hat
C	3.1	LP	Mother, outerwear	Gloves		Go Outdoors	5.00	1	1	104.3	0.05	2 years.	Peter Storm Thinsulate gloves
C	3.1	LP	Mother, outerwear	Scarf		Primark	7.00	1	1	104.3	0.07	2 years.	Two Tone Scarf
C	3.1	LP	Mother, accessories	Belt	George	Asda	6.00	1	1	156.4	0.04		Tan Buckled Jeans Belt
C	3.1	LP	Mother, outerwear	Coat (smart, woollen)		Zara	79.99	1	1	156.4	0.51	1 smart coat, woollen, Zara or H&M. 3 years.	Wool Blend Double-Breasted Coat
C	3.1	LP	Mother, outerwear	Coat (winter puffa)	Regatta	Sports Direct	30.00	1	1	156.4	0.19	1 warm, waterproof, winter puffa coat. Supermarket or Primark. 3 years.	Regatta Winslow padded waterproof hooded jacket Marl
C	3.1	LP	Mother, outerwear	Coat (mac)		Primark	35.00	1	1	156.4	0.22	1 spring trench coat mac. Supermarket or Primark. 3 years.	Double breasted trench coat (3 colours)
C	3.1	LP	Mother, outerwear	Jacket (denim)		Primark	17.00	1	1	156.4	0.11	1 denim jacket. Supermarket or Primark, 3 years.	Denim Jacket (2 colours)
C	3.1	LP	Mother, sportswear	Swimwear	Slazenger	Sports Direct	13.00	1	1	52.1	0.25	1 needed, Sports Direct, 1 year.	Slazenger Racer Back LYCRA® XTRA LIFE™ Swimsuit Ladies (discounted from £32.99)
C	3.1	LP	Mother, nightwear	Pyjamas	George	Asda	12.50	1	4	52.1	0.96	4 sets of pyjamas from supermarket. 1 year	Light blue Zebra Pyjamas (mid price between summer and long sleeve)
C	3.1	LP	Mother, nightwear	Dressing gown		Asda	12.00	1	1	260.7	0.05	1 needed from supermarket. 5 years	Blue waffle fleece dressing gown
C	3.1	LP	Mother, accessories	Cycling helmet		Halfords	30.00	1	1	312.9	0.10	1 needed. 6 year lifespan.	Halfords Road Helmet
C	3.1	LP	Mother, accessories	Hi-vis jacket		Halfords	5.00	1	1	312.9	0.02	1 needed whilst cycling. 6 year lifespan.	Halfords Adults Hi Vis Waistcoat
C1	3.1	EB	Preschool, underwear	Pants		Asda	6.00	10	2	52.1	0.23	14 needed. From supermarket/Primark	10 pack of pants, various designs, £6 per pack (2x 10 here because cheapest way to 14 when pricing)
C1	3.1	EB	Preschool, underwear	Socks		Asda	3.50	7	2	52.1	0.13	14 pairs of socks. From supermarket/Primark	7 pack of socks, various designs £3.50 per pack
C1	3.1	EB	Preschool, underwear	Tights		Asda	6.50	3	2	52.1	0.25	5 pairs, Supermarket, Primark.	Pink Heart Print Tights 3 Pack (5-pack not available when pricing)
C1	3.1	EB	Preschool, underwear	Vests		Asda	9.00	10	1	52.1	0.17	7 vests. Supermarket/Primark.	Plain white vests 10 pack

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
C1	3.1	EB	Preschool, main clothing	T-shirts, long sleeved		Primark	9.50	3	2	52.1	0.36	7 long sleeve t-shirts needed in total, Supermarket/ Primark	3 Pack Ribbed Long Sleeve T-shirts
C1	3.1	EB	Preschool, main clothing	T-shirts, long sleeved		Primark	1.80	1	1	52.1	0.03	7 long sleeve t-shirts needed in total, Supermarket/ Primark	Mon Chéri Long Sleeve T-Shirt
C1	3.1	EB	Preschool, main clothing	T-shirts, short sleeved		Asda	16.00	7	1	52.1	0.31	7 short sleeve t-shirts, Supermarket,/Primark	Bright Heart Flower Ribbed Tshirts 7 Pack
C1	3.1	EB	Preschool, main clothing	Jeans		Asda	7.00	1	2	52.1	0.27	2 pairs, Supermarket,/Primark .	Blue light wash rainbow waist jeans
C1	3.1	EB	Preschool, main clothing	Leggings		Asda	14.00	5	1	52.1	0.27	5 pairs, Supermarket/Primark,	Safari Animal Leggings 5 Pack
C1	3.1	EB	Preschool, main clothing	Skirts		Primark	6.00	1	3	52.1	0.35	3 needed. Supermarket/Primark.	Chambray tiered skirt
C1	3.1	EB	Preschool, main clothing	Dresses		Primark	6.00	1	5	52.1	0.58	3 summer, 2 winter. From supermarket/Primark.	Ditsy floral tiered smock dress
C1	3.1	EB	Preschool, main clothing	Jumpers		Primark	9.00	1	1	52.1	0.17	3 from supermarket/Primark	Stripe crew neck jumper
C1	3.1	EB	Preschool, main clothing	Jumpers		Primark	14.00	2	1	52.1	0.27	3 from supermarket/Primark	2 pack stripe chenille jumpers
C1	3.1	EB	Preschool, main clothing	Tracksuits		Primark	8.00	1	2	52.1	0.31	2 tracksuits. Hoodies and joggers. From supermarket/Primark.	Co-Ord Hoodie and Joggers Set
C1	3.1	EB	Preschool, main clothing	Shorts		Asda	10.00	5	1	52.1	0.19	5 pairs of shorts from supermarket/Primark	5pk Bright Patterned Jersey Shorts
C1	3.1	EB	Preschool, main clothing	Outfit		Next	14.00		1	52.1	0.27	1 nice outfit for special occasions. Next.	Shimmer party dress
C1	3.1	EB	Preschool, outerwear	Raincoat		Asda	14.00	1	1	52.1	0.27	1 waterproof. From Primark/supermarket. 1 year	Lilac Daisy Lightweight Mac
C1	3.1	EB	Preschool, outerwear	Coat		Sainsbury's	12.00	1	1	52.1	0.23	1 winter coat. Warm, puffy style. Primark/supermarket. 1 year.	Blue Frill Shoulder Parka Coat 4-5 years
C1	3.1	EB	Preschool, outerwear	Jacket		Asda	6.00		1	52.1	0.12	1 light, summer jacket. From Primark/supermarket. 1 year. Zip up hoody style.	Spot floral zip up hoody
C1	3.1	EB	Preschool, outerwear	Waterproof suit		Sports Direct	16.99	1	1	52.1	0.33	A waterproof onesie.	Gelert Kids all weather waterproof jumpsuit
C1	3.1	EB	Preschool, outerwear	Gloves		Go Outdoors	5.00	1	1	104.3	0.05	From Primark/supermarket. 2 years	Peter Storm Kids Thinsulate gloves
C1	3.1	EB	Preschool, outerwear	Scarf		Sports Direct	6.00	1	1	104.3	0.06	From Primark/supermarket. 2 years	Regatta Bitsie Scarf junior (3 colours)
C1	3.1	EB	Preschool, outerwear	Hat, winter		Go Outdoors	3.97	1	1	104.3	0.04	From Primark/supermarket. 2 years	Peter Storm Kids knitted pom hat multi
C1	3.1	EB	Preschool, outerwear	Sun hat		Primark	2.80	1	1	52.1	0.05	1 needed, Supermarket/Primark.	Disney Lilo and Stitch baseball cap
C1	3.1	EB	Preschool, nightwear	Pjamas		Asda	12.00	3	2	52.1	0.46	5 sets needed. From supermarket/Primark.	Unicorn Rainbow Short Sleeve Pyjamas 3 Pack
C1	3.1	EB	Preschool, nightwear	Dressing gown		Asda	9.00	1	1	52.1	0.17	1 needed, Supermarket/Primark.	Pink heart fleece dressing gown
C1	3.1	EB	Preschool, swimwear	Swimwear		Asda	6.00	1	1	52.1	0.12	Swimsuit needed, 1 year	Printed colour block swimsuit

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
C1	3.1	EB	Preschool accessories	Apron		Ikea	5.00		1	104.3	0.05	Long-sleeved apron for painting and some messy foods. B+M/Home Bargains. 2 years	MALA apron with long sleeves
C1	3.1	EB	Preschool accessories	Fancy dress		Sainsbury's	13.00	1	4	52.1	1.00	4 dressing up costumes	Brown Explorer Costume 3-4 Years
C	3.1	EC	Primary, underwear	Pants		Asda	16.00	10	1	52.1	0.31	10 pairs of pants (if multipack of 7 then 14) From supermarket/Primark/Matalan. 1 year	Plain Trunks 10 Pack
C	3.1	EC	Primary, underwear	Socks		Asda	2.50	7	2	52.1	0.10	10 pairs (if multipack of 7 then 14) From supermarket/Primark/Matalan. 1 year	Black Cotton Rich Ankle Socks 7 Pack
C	3.1	EC	Primary, underwear	Vests		Asda	4.50	5	2	52.1	0.17	10 needed (2 packs of 5 but if multipack of 7 then 7). From supermarket/Primark/Matalan. 1 year	Plain White Vests 5 Pack
C	3.1	EC	Primary, main clothing	Jeans		Matalan	7.00		2	52.1	0.27	2 pairs (1 black, 1 blue denim). From supermarket/Primark/Matalan. 1 year	Boys dark blue washed jeans
C	3.1	EC	Primary, main clothing	Shorts (joggers)		Primark	10.50	3	1	52.1	0.20	5 or 6 shorts needed. 2 joggers, 2 smart, one football-ish. From supermarket/Primark/Matalan. 1 year	3 pack Mixed Jersey Shorts
C	3.1	EC	Primary, main clothing	Shorts (smart)		Primark	6.00	1	2	52.1	0.23	5 or 6 shorts needed. 2 joggers, 2 smart, one football-ish. From supermarket/Primark/Matalan. 1 year	Grey Chino Shorts [7-8 yrs]
C	3.1	EC	Primary, main clothing	Shorts (football)		Sports Direct	5.00	1	1	52.1	0.10	5 or 6 shorts needed. 2 joggers, 2 smart, one football-ish. From supermarket/Primark/Matalan. 1 year	Sandico Core football shorts Junior (5 colours)
C	3.1	EC	Primary, main clothing	Trousers		Primark	7.00		1	52.1	0.13	1 pair of chinos. From supermarket/Primark/Matalan. 1 year	Regular Fit Chinos
C	3.1	EC	Primary, main clothing	Jogging bottoms		Primark	4.00		2	52.1	0.15	2 pairs. From supermarket/Primark/Matalan. 1 year	Drawstring elasticated joggers (6 colours)
C	3.1	EC	Primary, main clothing	T-shirts - short sleeved		Primark	5.40	3	2	52.1	0.21	5 short sleeve t-shirts. From supermarket/Primark/Matalan. 1 year	Graphic print short sleeve T shirts 3 pack (other patterns available)
C	3.1	EC	Primary, main clothing	T-shirts - long sleeved		Primark	5.40	3	1	52.1	0.10	5 long sleeve t-shirts. From supermarket/Primark/Matalan. 1 year	3 pack print long sleeve T shirts £5.40
C	3.1	EC	Primary, main clothing	T-shirts - long sleeved		Primark	6.00	2	1	52.1	0.12	5 long sleeve t-shirts. From supermarket/Primark/Matalan. 1 year	2 pack Long sleeve Tshirts (black/white) £6
C	3.1	EC	Primary, main clothing	Tracksuits		Primark	10.00	1	3	52.1	0.58	3 needed. From supermarket/Primark/Matalan. 1 year	Dinosaur print hoodie and joggers / Textured hoodie and joggers set
C	3.1	EC	Primary, main clothing	Shirt		Primark	7.00		1	52.1	0.13	1 needed. From supermarket/Primark/Matalan. 1 year	Short Sleeve Oxford Shirt
C	3.1	EC	Primary, main clothing	Polo shirts		Primark	8.00	2	1	52.1	0.15	2 needed. From supermarket/Primark/Matalan. 1 year	2 pack short sleeve polo shirts (different colours)
C	3.1	EC	Primary, main clothing	Jumpers		Primark	7.00	2	2	52.1	0.27	3 needed. From supermarket/Primark/Matalan. 1 year	2 Pack Crew Neck Sweatshirt
C	3.1	EC	Primary, main clothing	Hoodies		Primark	4.50	1	3	52.1	0.26	3 hoodies. From supermarket/Primark/Matalan. 1 year	Zip up Hoodie
C	3.1	EC	Primary, outerwear	Coat, winter		Sports Direct	25.00	1	1	52.1	0.48	1 thick parka with hood. From supermarket/Primark/Matalan. 1 year	SoulCal Boys 2 zip bubble jacket junior Charcoal

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	EC	Primary, outerwear	Raincoat		Sports Direct	12.99	1	1	52.1	0.25	1 raincoat, thin, with hood. From supermarket/Primark/Matalan. 1 year	Gelert lightweight packaway rain jacket
C	3.1	EC	Primary, outerwear	Hat - summer		Primark	4.30		1	52.1	0.08	2 needed from supermarket/Matalan/Primark. 1 year	2 pack baseball cap and bucket hat set
C	3.1	EC	Primary, outerwear	Hat - winter		Sports Direct	10.00		1	52.1	0.19	1 needed from supermarket/Matalan/Primark. 1 year	Spiderman knitted 3 piece set Hat, scarf, gloves
C	3.1	EC	Primary, outerwear	Scarf		Sports Direct	0.00		1	52.1	0.00	1 needed from supermarket/Matalan/Primark. 1 year	Included in set
C	3.1	EC	Primary, outerwear	Gloves		Sports Direct	0.00		1	52.1	0.00	1 pair from supermarket/Matalan/Primark. 1 year	Included in set
C	3.1	EC	Primary, uniform	Sweatshirt		Price & Buckland	10.75		1	52.1	0.21	1 branded school sweatshirt. 1 year	Crew neck sweatshirt Acrylic Mix
C	3.1	EC	Primary, uniform	Sweatshirt		Asda	9.00	2	1	52.1	0.17	2 non-branded school jumpers/cardigans. 1 year.	Navy School V Neck Jumper 2 Pack
C	3.1	EC	Primary, uniform	Polo shirts		Asda	10.00	5	1	52.1	0.19	5 needed for school. From supermarket/Primark/Matalan. 1 year	White Short Sleeve School Polo Shirts 5 pack
C	3.1	EC	Primary, uniform	Trousers		Asda	10.00	2	1	52.1	0.19	2 pairs of school trousers. From supermarket/Primark/Matalan. 1 year.	Boys Regular Leg School Trousers 2 Pack
C	3.1	EC	Primary, uniform	Shorts		Asda	9.00	2	1	52.1	0.17	2 pairs of school shorts.. From supermarket/Primark/Matalan. 1 year.	Boys Grey Cargo School Shorts 2 Pack
C	3.1	EC	Primary, uniform	T-shirt		Asda	3.00	2	1	52.1	0.06	2 PE t-shirts. Supermarket/Primark/Matalan. 1 year.	White Crew Neck School T-Shirt 2 Pack
C	3.1	EC	Primary, uniform	Shorts		Asda	5.00	2	1	52.1	0.10	2 PE shorts. Supermarket/Primark/Matalan. 1 year.	Black School Football Shorts 2 Pack 7-8yrs
C	3.1	EC	Primary, uniform	Tracksuits		Asda	13.00		1	52.1	0.25	2 PE tracksuits. Supermarket/Primark/Matalan. 1 year. CB4A changed to 1 PE tracksuit.	Black Zip Through Hoody £6 and Black Cuffed Joggers £7
C	3.1	EC	Primary, sportswear	Swimming trunks		Asda	5.00		1	52.1	0.10	1 pair from spermarket. 1 year	Boys Navy School Swim Short
C	3.1	EC	Primary, nightwear	Pyjamas (winter)		Sainsburys	26.00	5	1	52.1	0.50	5 summer, 5 winter. From supermarket/Primark/Matalan. 1 year	Star and slogan Long sleeve pyjamas 5 pack
C	3.1	EC	Primary, nightwear	Pyjamas (summer)		Asda	20.00	5	1	52.1	0.38	5 summer, 5 winter. From supermarket/Primark/Matalan. 1 year	5 pack Palm leaf short pyjamas
C	3.1	EC	Primary, nightwear	Dressing gown		Sports Direct	8.99	1	1	52.1	0.17	1 dressing gown or onesie. From supermarket/Primark/Matalan. 1 year	Boy's Cationic Charcoal Dressing Gown
C	3.1	EC	Primary, fancy dress	Fancy dress		Asda	15.00	1	2	52.1	0.58	2 fancy dress outfits. 1 year	Range of options
												<b>C: Clothing and footwear</b>	<b>£ 24.08</b>
												Lone Parent	£ 9.46
												Preschool	£ 7.09
												Primary	£ 7.54

MIS 2024 REBASE

C: Clothing and footwear

Lone parent, preschool + primary

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	LP	Mother, footwear	Trainers (casual)		Sports Direct	23.00		1	52.1	0.44	From Sports Direct. 1 pair casual trainers, 1 year.	Reebok Club C 85 Ld99
C	3.2	LP	Mother, footwear	Trainers (sporty)		Sports Direct	22.00		1	52.1	0.42	From Sports Direct. 1 pair sporty trainers, 1 year.	Karrimor Duma 5 Ladies Running Shoe
C	3.2	LP	Mother, footwear	Wellies		Asda	17.00		1	52.1	0.33	1 pair from supermarket, 1 year.	Navy striped wellington boots
C	3.2	LP	Mother, footwear	Boots (ankle)		Zara	49.99		1	104.3	0.48	Fashion ankle boots. Zara, 2 years.	Chelsea boots
C	3.2	LP	Mother, footwear	Boots (knee)		Next	45.00		1	104.3	0.43	Knee-length boots with heel, 1 pair, Primark or Zara, 2 years.	Linzi Black Alma High Leg Riding Boots
C	3.2	LP	Mother, footwear	Shoes (smart heels)		New Look	27.99		1	52.1	0.54	1 pair of smart heels, Primark or Zara, 1 year.	Black leather look block heel court shoes
C	3.2	LP	Mother, footwear	Shoes (smart flats)		New Look	27.99		1	52.1	0.54	1 pair of smart flats, Primark or Zara, 1 year.	Black patent tassel trim loafers
C	3.2	LP	Mother, footwear	Sandals		Primark	10.00		2	52.1	0.38	2 pairs of sandals (flats), Primark or Zara, 1 year.	Stud cross strap sandals (in 3 colours)
C	3.2	LP	Mother, footwear	Flipflops		Primark	2.50		1	52.1	0.05	1 pair of flipflops, Primark or Zara, 1 year.	Printed Flip Flops
C	3.2	LP	Mother, footwear	Slippers		Primark	5.00		1	52.1	0.10	1 pair, 1 year.	Faux suede fur lined slippers
C1	3.2	EB	Preschool, footwear	Trainers		Sports Direct	12.50		1	26.1	0.48	1 pair from JD Sports/Sports Direct/factory outlet. 6 months	Reebok Royal CI Jog In99 trainers
C1	3.2	EB	Preschool, footwear	Shoes		Clarks	36.00		1	26.1	1.38	1 pair from Clarks. Replaced every 6 months	ATH Shimer Kid
C1	3.2	EB	Preschool, footwear	Occasion shoes		Sainsburys Tu	12.00		1	52.1	0.23	1 pair from supermarket. Replaced yearly	Metallic silver cut out bumper shoes

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C1	3.2	EB	Preschool, footwear	Sandals		Asda	7.00		1	52.1	0.13	Jelly sandals. 1 pair from supermarket. Replaced yearly	Pink fruit double strap sandals
C1	3.2	EB	Preschool, footwear	Wellingtons		Asda	7.00		1	52.1	0.13	1 pair from supermarket. Replaced yearly	Iridescent shimmer wellington boots
C1	3.2	EB	Preschool, footwear	Slippers		Asda	4.50		1	52.1	0.09	Slipper socks. 1 pair from supermarket. Replaced yearly	Unicorn cupsole slippers
C1	3.2	EC	Footwear	Trainers		Sports Direct	30.00		1	26.1	1.15	2 pairs from Sports Direct. 1 pair black. £30 per pair. 1 year.	Nike Star Runner 4 (range of colours incl black)
C1	3.2	EC	Footwear	Trainers, uniform		Asda	10.00		1	26.1	0.38	1 pair of PE trainers. 2 pairs per year from supermarket.	Black Mesh School Trainers
C1	3.2	EC	Footwear	School shoes		Clarks	50.00		1	26.1	1.92	Clarks, lasting 6 months.	Scape Sky Kid (size 13)
C1	3.2	EC	Footwear	Wellies		Asda	11.00		1	52.1	0.21	1 pair. From supermarket/Primark/Matalan. 1 year	Dark Green Wellington Boots (Size 13)
C1	3.2	EC	Footwear	Sandals		Asda	6.00		1	52.1	0.12	1 pair. Crocs style. From supermarket/Primark/Matalan. 1 year	Grey Clogs
C1	3.2	EC	Footwear	Slippers		Asda	7.00		1	52.1	0.13	1 pair. From supermarket/Primark/Matalan. 1 year	Marvel Full Back Slippers
												<b>C: Clothing and footwear</b>	<b>£ 10.06</b>
												Lone Parent	3.70
												Preschool	2.45
												Primary	3.91

MIS 2024 REBASE

D: Housing costs

Lone parent, preschool + primary

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	LP	Rent	Rent			116.98		1	1.0	116.98	Three bedroom social housing.	Taken from CORE data and uprated using rent inflation values. East Midlands.
D3	4.3	LP	Water supply	Water rates			749.99		1	52.1	14.38		2024 weekly cost was £12.54. Severn Trent increase in total bill for typical unmetered households was 14.7%
D4	N/A	LP	Council tax	Council tax			1300.65		1	52.1	24.94		
D5	12.1	LP+2	Contents insurance	Contents insurance		GetCover.co.uk (via MoneySuperMarket.com)	349.05		1	52.1	6.69	Contents insurance including accidental damage cover, with £50 excess.	Contents insurance for lone parent with 2 children. £50,000 cover level. Paid with £64.65 deposit and then 10 months x £28.44 = £349.05 total annual cost.
D6	4.5	LP	Electricity, gas and other fuels	Fuel			2126.67		1	52.1	40.79		
D7	4.3	LP	Home maintenance	Decorating and other home maintenance			200.00		1	52.1	3.84	£150 (decorating) + £50 maintenance every year, including all paints and other materials.	
												<b>D: Housing Costs</b>	<b>£ 207.62</b>
												D1: Rent	116.98
												D3: Water	14.38
												D4: Council Tax	24.94
												D5: Household insurance	6.69
												D6: Fuel	40.79
												D7: Other housing costs	3.84

MIS 2024 REBASE

E: Household goods and services

Lone parent, preschool + primary

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	LP	Hall	Lampshades for central lights in hall and landing		B&Q	14.99	1	2	521.4	0.06	£15 per lampshade. From Argos/B+Q/The Range/Wilko. 10 years. 2 needed (1 hall, 1 landing)	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade White (N.B. two lightshades for the 'hall', to also cover this home's landing area.)
E1	5.5	LP	Hall	Light bulb		Tesco	3.50	2	1	521.4	0.01	LED, 1 needed for main light	Tesco LED Classic 60W Bayonet Cap 2 pack (1 for hall, 1 for landing)
E1	5.2	LP	Hall	Door mat (outside)		The Range	9.99	1	1	260.7	0.04	Mid-range rubber from The Range/Argos/IKEA/Dunelm 5 years	Robusta Heavy Duty Rubber Door Mat
E1	5.2	LP	Hall	Door mat (inside)		The Range	6.49	1	1	104.3	0.06	Mid-range washable fabric with rubber backing. From The Range/Argos/IKEA/Dunelm. 2 years.	Mud Master Barrier Mat
E1	5.1	LP	Hall	Hooks		The Range	11.99	6	1	521.4	0.02	6 hooks, mid-mid range. From The Range/Argos/IKEA/Dunelm. 10 years. Sturdiness more important than elegance.	6 Hook Pine Rail - Natural Wood
E1	5.1	LP	Hall	Shoe storage		IKEA	79.00		1	521.4	0.15	Closable shoe storage. IKEA. 10 years. 3 compartments with plenty of storage space might also be used for hats, gloves, etc.	BRUSALI Shoe cabinet with 3 compartments, white, 61x30x130 cm
E1	5.1	LP	Living area	Lampshade for central light		B&Q	14.99	1	1	521.4	0.03	£15 per lampshade. From Argos/B+Q/The Range/Wilko. 10 years	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade White
E1	5.5	LP	Living area	Light bulb		Tesco	2.00	1	3	521.4	0.01	LED, 3 needed for main light, table + standard lamp	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.2	LP	Living area	Curtains		The Range	53.78	2	1	521.4	0.10	Blackout and thermal curtains throughout, washable, eyelet. Thicker and for quality. From B&M / supermarket / Dunelm / Argos / IKEA / B&Q / The Range / Wilko. 10 years	Woven Thermal Blackout Pencil Pleat Curtains, Machine Washable 228cm x 228 cm
E1	5.5	LP	Living area	Curtain pole		Dunelm	15.00	1	1	521.4	0.03	Metal curtain pole from Dunelm/IKEA/Amazon. 10 years.	Ashton Metal Extendable Curtain Pole 180-330cm
E1	5.5	LP	Living area	Voile (net curtain)		Dunelm	7.00	1	2	521.4	0.03	1 up from bottom from Argos/B+Q/The Range/Wilko. 10 years	Sheer Elegance White Slot Top Single Voile Panel (Priced at Dunelm because mostly patterned in suggested retailers. 1 panel of 150x228cm so priced 2)
E1	5.5	LP	Living area	Net curtain wire		Dunelm	2.50	1	1	521.4	0.00	From Argos/B+Q/The Range/Wilko. 10 years	Net curtain wire (includes 2 hooks and eyes) 3m
E1	5.1	LP	Living area	Sofa - 3 seater		IKEA	650.00	1	1	521.4	1.25	Fabric sofa with washable, removable covers allowing for potential option of leather sofas instead. From IKEA. Matching 2- and 3-seaters. Mid-mid from DFS. 10 years.	IKEA GRÖNLID 10 yr guarantee and washable covers. N.B. no washable covers from DFS or SCS, and Sofaland is second-hand.

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	LP	Living area	Sofa - 2 seater		IKEA	550.00	1	1	521.4	1.05	Fabric sofa with washable, removable covers allowing for potential option of leather sofas instead. From IKEA. Matching 2- and 3-seaters. 10 years.	IKEA GRÖNLID 10 yr guarantee and washable covers. N.B. no washable covers from DFS or SCS, and Sofaland is second-hand.
E1	5.1	LP	Living area	Storage unit		The Range	129.99	1	1	521.4	0.25	Sideboard as TV stand. Wood, not MDF. From IKEA/Argos/The Range. 15 years	Corona Grey Wax 3 Door 3 Drawer Sideboard - Distressed Grey Wax
E1	5.1	LP	Living area	Side tables		The Range	64.98	3	1	782.1	0.08	3 nested side tables. From Argos/IKEA/The Range. 15 years.	Corona Grey Nest of Tables - Grey washed wax. (Priced at The Range because Home Bargains don't have large furniture items.)
E1	5.4	LP	Living area	Coasters		Asda	3.00	4	2	782.1	0.01	For drinks on coffee table. 2 packs of 4. From B&M/supermarket/IKEA. 15 years (if sturdy).	George Home Wood Coaster 4 pk
E1	5.1	LP	Living area	Table lamp		The Range	19.99	1	1	521.4	0.04	1 needed. Approx. £20, lasting 10 years.	Alessia Table Lamp
E1	5.1	LP	Living area	Standing lamp		IKEA	55.00	1	1	521.4	0.11	£50-60 standing lamp, to last 10 years.	ANKARSPEL Floor/reading lamp
E1	5.2	LP	Living area	Rug		Dunelm	99.00	1	1	156.4	0.63	Around £100, from IKEA/Dunelm, 3 years. Specified a flat rather than fluffy rug for easier cleaning and better longevity.	Spencer Flatweave Rug 160cmx230cm
E1	5.2	LP	Living area	Cushions		B&M	10.00	1	4	260.7	0.15	4 needed, The Range/B&M. Approx. £10 per cushion. 5 years	Waffle Faux Fur Cushion - Grey
E1	5.2	LP	Living area	Throws		B&M	15.00	1	2	104.3	0.29	2 needed, 1 for each sofa. Big fluffy throw, Approx. £15 each. From IKEA/supermarket/B&M. 2 years.	Simply Everyday Waffle Sherpa Throw
E1	5.2	LP	Living area	Blanket		B&M	5.00	1	1	156.4	0.03	1 needed. Cheapest blanket from supermarket/B+M. 3 years	Simply Everyday Super Soft Throw
E1	5.1	LP	Living area	Personalisation			100.00	1	1	52.1	1.92	£100 per year for pictures, mirrors, ornaments, etc., covering the whole home except for separate children's personalisation budgets.	
E1	5.6	LP	Living area	Sewing kit		Amazon	18.99		1	1042.9	0.02	A 'proper' basket sewing kit. From supermarket. 20 years.	Navaris Sewing Box with Accessories - Sewing Basket with Organiser Tray Compartments 24.5 x 17.5 x 12.5 cm - Includes 76 Piece Kit - Bird Design
E1	5.1	LP	Dining area	Lampshade for central light		B&Q	14.99	1	1	521.4	0.03	£15 per lampshade. From Argos/B+Q/The Range/Wilko. 10 years	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade White
E1	5.5	LP	Dining area	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.2	LP	Dining area	Curtains		The Range	53.78	2	1	521.4	0.10	Blackout and thermal curtains throughout, washable, eyelet. Thicker and for quality. From B&M / supermarket / Dunelm / Argos / IKEA / B&Q / The Range / Wilko. 10 years	Woven Thermal Blackout Pencil Pleat Curtains, Machine Washable 228cm x 228 cm
E1	5.5	LP	Dining area	Curtain pole		Dunelm	15.00	1	1	521.4	0.03	Metal curtain pole from Dunelm/IKEA/Amazon. 10 years.	Ashton Metal Extendable Curtain Pole 180-330cm

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
E1	5.5	LP	Dining area	Voile (net curtain)		Dunelm	7.00	1	2	521.4	0.03	1 up from bottom from Argos/B+Q/The Range/Wilko. 10 years	Sheer Elegance White Slot Top Single Voile Panel (Priced at Dunelm because mostly patterned in suggested retailers. 1 panel of 150x228cm so priced 2)
E1	5.5	LP	Dining area	Net curtain wire		Dunelm	2.50	1	1	521.4	0.00	From Argos/B+Q/The Range/Wilko. 10 years	Net curtain wire
E1	5.1	LP	Dining area	Dining table		IKEA	349.00	1	1	521.4	0.67	Solid table (4-6 places, extendable) and 6 solid chairs. Solid wood. IKEA. 10 years	NORDEN Extendable table, oak, 155/210x90 cm (extending to seat 4-6 people)
E1	5.1	LP	Dining area	Dining chairs		IKEA	40.00	1	6	521.4	0.46	6 solid chairs. Solid wood. IKEA. 10 years	STEFAN Chair, white
E1	5.4	LP	Dining area	Place mats + coasters		Argos	5.00	4	2	104.3	0.10	2 sets of 4. Two up from bottom. B+M/Argos/IKEA/The Range. 2 years lifespan, same as originally-specified (filmsier) living room coasters.	George Home Castlerock Corkback Placemat and Coaster Set 4 placemats and 4 coasters
E1	5.2	LP	Dining area	Tablecloth		Dunelm	12.00		1	104.3	0.12	Wipe-clean plastic tablecloth. cheapest large enough for the extendable table, 2 years.	Dandelion Natural £4 per metre (3 metres to be large enough for extendable table), width 140cm.
E1	5.5	LP	Kitchen	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.5	LP	Kitchen	Blinds		Dunelm	32.00	1	1	260.7	0.12	Moisture resistant blind. Mid-mid quality from /B+M/supermarket/Dunelm/Argos/B+Q/The Range/Wilko. 5 years.	Natural Blackout Moisture Resistant Roller Blind, 4ft W 183x162cm
E1	5.4	LP	Kitchen, tableware	Crockery		IKEA	12.00	12	2	156.4	0.15	2 sets x 4 large plates, small plates, and cereal bowls. Cheapest from IKEA. 3 years	FAVORISERA 12-piece service, white. Pasta bowls to be bought separately.
E1	5.4	LP	Kitchen, tableware	Pasta bowls		IKEA	0.75	1	4	156.4	0.02	1 set x 4 of pasta bowls.	OFTAST deep plate, 20cm
E1	5.4	LP	Kitchen, tableware	Mugs		IKEA	2.00	1	8	260.7	0.06	8 needed. One up from bottom, IKEA. 5 years.	FARGKLAR Mug, 37 cl
E1	5.4	LP	Kitchen, tableware	Cutlery		IKEA	15.00	24	2	1042.9	0.03	12 place settings. 1 up stainless steel from IKEA. 20 years	DRAGON 24-piece cutlery set, stainless steel
E1	5.4	LP	Kitchen, tableware	Teaspoons		Tesco	2.50	4	2	104.3	0.05	6 additional teaspoons. Supermarket. 2 years	Tesco Oxford Stainless Steel Teaspoons 4 Pack
E1	5.4	LP	Kitchen, tableware	Tall tumblers		IKEA	4.50	6	1	156.4	0.03	6 needed. Cheapest from IKEA. 3 years	GODIS Glass, clear glass, 40 cl
E1	5.4	LP	Kitchen, tableware	Short tumblers		IKEA	3.50	6	1	156.4	0.02	6 needed. Cheapest from IKEA. 3 years	GODIS Glass, 23cl
E1	5.4	LP	Kitchen, tableware	Wine glasses		IKEA	6.00	6	1	156.4	0.04	4 needed. Cheapest from IKEA. 3 years	SVALKKA Wine glass, 44cl
E1	5.4	LP	Kitchen, tableware	Salt and pepper set		Argos	9.00	2	1	260.7	0.03	Cheapest grinders from IKEA. 5 years	Cole & Mason Everyday Salt and Pepper Mills
E1	5.4	LP	Kitchen, tableware	Serving bowl		IKEA	9.00	2	1	156.4	0.06	Serving dish. Ceramic from IKEA. 3 years	POETISK Oven/serving dish 30x20 cm
E1	5.4	LP	Kitchen, tableware	Serving spoons		IKEA	7.00	1	2	1042.9	0.01	2 needed. Stainless steel from IKEA. 20 years	FINMAT Spoon, stainless steel, 33 cm
E1	5.3	LP	Kitchen, appliances	Fridge freezer	Logik	Currys	299.00	1	1	417.1	0.72	From AO/Currys, 8 years.	LOGIK LSD55W23 50/50 Fridge Freezer White
E1	5.3	LP	Kitchen, appliances	Fridge freezer disposal		Currys	25.00		1	417.1	0.06	From AO/Currys. Recycling of old fridge freezer.	£25 for recycling old fridge freezer.

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	LP	Kitchen, appliances	Cooker	Beko	Currys	259.00	1	1	521.4	0.50	From AO/Currys. Fully electric (not dual fuel), 10 years.	BEKO KS530S 50 cm Electric Solid Plate Cooker - Silver, Energy rating A
E1	5.3	LP	Kitchen, appliances	Cooker installation and disposal		Currys	125.00		1	521.4	0.24	From AO/Currys. Installation of new cooker and disposal of the old one.	£100 installation + £25 recycling old one.
E1	5.3	LP	Kitchen, appliances	Washing machine	Logik	Currys	259.00	1	1	260.7	0.99	From AO/Currys, 5 years. 9kg for all MIS households with up to 4 children.	LOGIK L914WM23 9 kg 1400 Spin Washing Machine - White Energy rating A
E1	5.3	LP	Kitchen, appliances	Washing machine installation and disposal		Currys	55.00		1	260.7	0.21	So that parents could have the choice of these services 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	LP	Kitchen, appliances	Microwave		George, ASDA	49.00	1	1	260.7	0.19	From supermarket/Argos, 5 years.	Manual Microwave - Silver
E1	5.3	LP	Kitchen, appliances	Toaster		George, ASDA	13.00	1.0	1	104.3	0.12	From Asda/Argos, 2 years.	White EPT201W4-20 4 Slice Toaster
E1	5.3	LP	Kitchen, appliances	Kettle		George, ASDA	11.00	1	1	104.3	0.11	From Asda/Argos, 2 years.	White Kettle 1.7L
E1	5.3	LP	Kitchen, appliances	Slow cooker		Asda	23.00	1	1	782.1	0.03	Cheapest slow cooker (c.£20) would be ok, 15 years.	Stainless Steel Manual 5L Slow Cooker (cheapest 5-litre slow cooker, allowing for various family sizes)
E1	5.4	LP	Kitchen, cookware	Saucepans and frying pans	Tefal	Asda	65.00	5	1	521.4	0.12	Saucepans: set of 3, Tefal to last longer than other non-stick pans – but cheapest Tefal. 10 years. Frying pan to match saucepans.	Tefal Titanium Force 5 pc set saucepans 14/16/18 cm, frypans 20/28 cm, durable non-stick coating B514S544
E1	5.4	LP	Kitchen, cookware	Deep saucepan		IKEA	24.00	1	1	521.4	0.05	Stainless steel, two up from bottom (deep saucepans only), 10 years.	Silver Stainless Steel Stock Pot
E1	5.4	LP	Kitchen, cookware	Wok		ASDA	10.00	1	1	1042.9	0.01	One up from bottom, 20 years.	Spun Steel Wok - 35cm
E1	5.4	LP	Kitchen, cookware	Roasting tin		Argos	24.00	9	1	260.7	0.09	Set of baking and roasting tins (bun tin, roasting tin, flat tray etc.) from supermarket/Argos. 5 years.	Argos Home 9 Piece Steel Bakeware Set 2 sandwich tins diameter 20.5cm. 1 bun tray L31cm. 1 baking tray L38, W30cm. 1 Yorkshire pudding tray L23.5cm. 1 loaf tin L25, D6cm. 2 roasters; Large roaster 38cm x 30cm x 4cm, economy roaster 25cm x 19.5cm x 3.5cm and 1 medium pizza tray diameter 27.5, D1cm.
E1	5.4	LP	Kitchen, cookware	Baking sheet		Argos	0.00		1	521.4	0.00	Included in set above.	See set above.
E1	5.4	LP	Kitchen, cookware	Bun tin		Argos	0.00		1	521.4	0.00	Included in set above.	See set above.
E1	5.4	LP	Kitchen, cookware	Casserole dish		Argos	7.00	1	1	417.1	0.02	From supermarket/Argos. 8 years.	Clear Glass Casserole Dish 3L
E1	5.4	LP	Kitchen, cookware	Knives, knife sharpener and scissors		Argos	23.00	8	1	260.7	0.09	From supermarket/Argos. Knife set with wooden block, including a knife sharpener and scissors. 5 years.	Argos Home 8 Piece Wooden Knife Block Set: Chef's knife, Carving knife, Bread knife, Paring knife, Vegetable knife, All purpose knife, Sharpener, Pair of scissors.

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E1	5.4	LP	Kitchen, accessories	Utensil set		Argos	18.00	5	1	260.7	0.07	With whisk and spatula. From supermarket/Argos. 5 years.	Utensil caddy, Ladle, Serving spoon, Slotted spoon, Slotted turner, Slotted masher, Tongs, Whisk.
E1	5.4	LP	Kitchen, accessories	Hand whisk		Argos	0.00	1	1	260.7	0.00	Included in set above.	See set above.
E1	5.4	LP	Kitchen, accessories	Tongs		Argos	0.00	1	1	260.7	0.00	One up from bottom, non-stick appropriate (silicone?), 5 years.	Included in set above
E1	5.4	LP	Kitchen, accessories	Peeler		ASDA	2.75	1	1	521.4	0.01	Two up from bottom, 10 years.	Scoville Peeler
E1	5.4	LP	Kitchen, accessories	Tin opener		Tesco	1.50	1	1	1042.9	0.00	Cheap metal one, 20 years.	Keep It Handy Butterfly Can Opener
E1	5.4	LP	Kitchen, accessories	Corkscrew		Tesco	1.50	1	1	1042.9	0.00	Cheapest 'waiter's friend' type of corkscrew, 20 years.	Keep It Handy Bottle Opener And Corkscrew
E1	5.4	LP	Kitchen, accessories	Rolling pin		Tesco	1.75	1	1	1042.9	0.00	Wood, cheapest ok, 20 years.	Tesco Practic FSC wooden Rolling Pin
E1	5.4	LP	Kitchen, accessories	Chopping boards		Argos	12.50	4	1	260.7	0.05	Colour-coded set, cheapest ok. 5 years.	Argos Home Plastic Chopping Board Set - Pack of 4
E1	5.4	LP	Kitchen, cookware	Colander		Tesco	4.00	1	1	1042.9	0.00	From supermarket/Argos. 20 years.	Tesco Stainless Steel Colander
E1	5.4	LP	Kitchen, cookware	Sieve		Tesco	3.25	1	1	260.7	0.01	From supermarket/Argos. 5 years.	Tesco Stainless Steel Sieve
E1	5.4	LP	Kitchen, cookware	Cheese grater		Tesco	2.50	1	1	104.3	0.02	From supermarket/Argos. 2 years.	Tesco Stainless Steel Box Grater
E1	5.4	LP	Kitchen, accessories	Measuring jug		Tesco	6.00	1	1	260.7	0.02	From supermarket/Argos. 5 years.	Pyrex 1.0L Measuring Jug
E1	5.4	LP	Kitchen, accessories	Mixing bowls (plastic)		Tesco	6.50	4	1	260.7	0.02	From supermarket/Argos. 5 years.	Tesco Colour Mixing Bowl Set 4Pcs
E1	5.3	LP	Kitchen, appliances	Stick blender		Tesco	22.00	1	1	260.7	0.08	Stick blender with whisk. From supermarket/Argos. 5 years.	Tesco Hbs22 White Hand Blender Set, includes chopper, whisk and potato masher
E1	5.4	LP	Kitchen, accessories	Scales		ASDA	5.00	1	1	260.7	0.02	From supermarket/Argos. 5 years.	George Home White Digital Scale
E1	5.5	LP	Kitchen, accessories	Batteries		Tesco	4.50	8	1	34.8	0.13	E.g. 6-pack of AA batteries for 6 months, so one new battery per month.	Tesco Extra Long Life AA 8 Pack
E1	5.4	LP	Kitchen, accessories	Tea, coffee, sugar canisters		B&M	6.00	3	1	521.4	0.01	From supermarket/Argos. 10 years.	Simply Everyday Set of Storage Jars 3pk
E1	5.4	LP	Kitchen, accessories	Tupperware (plastic storage tubs)		IKEA	4.00	4	1	104.3	0.04	Set, with at least some of lunchbox size. 2 years.	PRUTA Food container, set of 17, transparent/green
E1	5.4	LP	Kitchen, accessories	Oven gloves		Tesco	4.00	1	1	104.3	0.04	From supermarket/Argos. 2 years.	Tesco Black Double Oven Glove
E1	5.4	LP	Kitchen, accessories	Tea towels		Tesco	4.00	5	1	52.1	0.08	From supermarket/Argos. Low quality - so 6 months.	Tesco Linear Check Tea Towels 5 Pack Brights
E1	5.3	LP	Kitchen, cleaning	Vacuum cleaner		Currys	129.00	1	1	521.4	0.25	Henry hoover for a good value longer lifespan and good results. 10 years.	NUMATIC Henry HVR160 Cylinder Bagged Vacuum Cleaner - Red
E1	5.3	LP	Kitchen, cleaning	Replacement dust bags for vacuum		Argos	11.00	10	1	260.7	0.04	Replacement dust bags for the Henry hoover. Recommended to replace the bag every 6 months, so a lifespan of 5 years for the 10-pack.	Henry Genuine Dust Bags - Pack of 10

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E1	5.4	LP	Kitchen, cleaning	Iron		Argos	40.00	1	1	365.0	0.11	From supermarket/Argos. £40 price for good quality, efficiency and longevity. 7 years.	Tefal Express Steam FV2869 Steam Iron White & Ruby Red
E1	5.4	LP	Kitchen, cleaning	Ironing board		Argos	18.00	1	1	521.4	0.03	From supermarket/Argos. 20 year lifespan.	Habitat Medium 110 x 34cm Ironing Board - Skandi Spot
E1	5.4	LP	Kitchen, laundry	Ironing board cover		Argos	9.50	1	1	365.0	0.03	With metal, reflective parts. 7 years to match the iron's lifespan.	Minky 125 x 45cm Smart Fit Reflector Ironing Board Cover
E1	5.6	LP	Kitchen, laundry	Airer (freestanding)		Argos	22.00	1	2	156.4	0.28	2 needed, especially for any families without a tumble dryer.From supermarket/Argos. 3 years.	Argos Home 14m 3 Tier Indoor Clothes Airer
E1	5.6	LP	Kitchen, laundry	Airer (radiator)		Tesco	5.00	3	1	156.4	0.03	Three over-radiator airers, as well as the two 3-tier freestanding concertina airers.	Tesco Radiator Clothes Airer Pack of 3
E1	5.6	LP	Kitchen, laundry	Pegs		Tesco	3.00	48	1	156.4	0.02	From supermarket/Argos. 3 years.	Tesco Peg Basket with 48 Pegs
E1	5.6	LP	Kitchen, cleaning	Dustpan + brush		B&M	1.50	1	1	52.1	0.03	From supermarket/Argos. 1 year.	Simply Everyday Dustpan and Brush
E1	5.4	LP	Kitchen, accessories	Bin		Argos	6.00	1	1	260.7	0.02	From supermarket/Argos. Swing-top, 5 years.	Tontarelli 25 Litre Swing Top Bin - Black
E1	5.6	LP	Kitchen, consumables	Bin liners		Tesco	4.35	30	1	10.0	0.44	From supermarket. 3 bin-liners per week.	Tesco 30 Tall Pedal Bin Liners 30L
E1	5.6	LP	Kitchen, cleaning	Mop & bucket		Argos	12.00	1	1	104.3	0.12	From supermarket/Argos. 2 years.	Addis Antibacterial Superdry Mop and Replacement Heads
E1	5.6	LP	Kitchen, cleaning	Mop head		Dunelm	3.00	1	1	104.3	0.03	Cheap flat mop head, to match the mop, 6 months. Lifespan of 2 years if accounting for the original mop head and the two other replacements that it comes with: 4 heads x 6 months = 2 years, and then it's the end of the mop's own 2-year lifespan.	Addis Superdry Mop Refill
E1	5.6	LP	Kitchen, consumables	Washing liquid		Tesco	2.19		1	10.0	0.22	Minimum of 3 washes per week for the lone parent (on average), to allow for separating darks, lights and coloureds while also still having to wash bedding with a similar frequency to partnered parents.	Tesco Non Biological Liquid Detergent Super Concentrated 900MI (30 washes). 30/3 = 10 weeks lifespan for the lone parent.
E1	5.6	LP	Kitchen, consumables	Fabric softener		Tesco	1.65		1	16.7	0.10	3 loads of washing per week for the lone parent.	Tesco Pure Fabric Conditioner 50 Washes 1.25L. 50/3 = 16.7 weeks lifespan for the lone parent (assuming all washes using fabric conditioner).
E1	5.6	LP	Kitchen, consumables	Washing up liquid		Tesco	2.00		1	4.3	0.46	From supermarket/Argos. Fairy brand. 1 month lifespan.	Fairy Original Washing Up Liquid 654MI
E1	5.6	LP	Kitchen, consumables	Bleach		Tesco	0.70		1	4.3	0.16	From supermarket/Argos. 3 week lifespan just for the kitchen	Tesco Thick Bleach 24 Hour Fresh 750ml
E1	5.6	LP	Kitchen, consumables	Multipurpose spray		Tesco	0.85		1	4.3	0.20	Multipurpose spray, replaced monthly. N.B. this is in parallel to the separate 1-month lifespan for the bathroom spray.	Tesco Antibacterial Multi Purpose Cleanser Spray 750MI

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E1	5.6	LP	Kitchen, consumables	Floor cleaner		Tesco	2.00		1	8.7	0.23	Floor cleaner, 1 litre, to last 2 months.	Flash All Purpose Liquid Floor Cleaner Traditional Bicarbonate Of Soda 1l (no Tesco or Asda own-brand floor cleaner available)
E1	5.6	LP	Kitchen, consumables	Window cleaner		Tesco	2.10		1	52.1	0.04	Window cleaning spray, also usable as polish.	Mr Sheen Multisurface Polish Spring Fresh 250ml
E1	5.6	LP	Kitchen, consumables	Oven cleaner		Tesco	3.50		1	26.1	0.13	Oven cleaner, 6 months.	Oven Pride Cleaning System 500ml
E1	5.6	LP	Kitchen, consumables	Drain unblocker		Tesco	2.00			52.1	0.00	Drain unblocker, supermarket own-brand, 1 year.	Tesco Sink & Drain Unblocker 500ml
E1	5.6	LP	Kitchen, cleaning	Drainer		The Range	3.99	1	1	521.4	0.01	From supermarket/Argos. 10 years.	Casa Large Dish Drainer
E1	5.6	LP	Kitchen, cleaning	Sponge scourers		Tesco	0.79	6	1	6.0	0.13	From supermarket/Argos. 1 scourer per week.	Tesco Non-Scratch Sponge Pan Cleaners 6 Pack
E1	5.6	LP	Kitchen, cleaning	Microfibre cloths		Tesco	2.00	4	2	52.1	0.08	Microfibre cloths, 2 x 4 packs, washable, supermarket own-brand, 1 year.	Tesco Microfibre Cloth 4 Pack
E1	5.6	LP	Kitchen, consumables	Kitchen roll		Tesco	2.50	2	1	8.7	0.29	1 month per kitchen roll.	Tesco Kitchen Towel 100% Recycled 2 Rolls
E1	5.6	LP	Kitchen, consumables	Kitchen foil		Tesco	1.40		1	8.7	0.16	10m foil roll, to last 2 months.	Tesco Kitchen Foil 10M X 290Mm
E1	5.5	LP	Tools	Tool kit		B&Q	25.99	53	1	521.4	0.05	Basic tool kit from B&Q/Screwfix/Amazon. One that has received good reviews. 10 years.	VonHaus Household Tool Kit - 53pc Tool Kit for Beginners - Includes Precision Screwdrivers, Hammer, Pliers, Hex Keys, Bits & More
E1	5.5	LP	Tools	Hand saw		B&Q	5.99	1	1	521.4	0.01	Hand saw, separately if not included in tool kit. 10 years.	Magnusson 350mm Fine cut & clean Toolbox saw, 11 TPI
E1	5.5	LP	Tools	Drill		B&Q	29.45	1	1	521.4	0.06	Cordless drill from B&Q/Screwfix/Amazon. Fairly basic again, but reliable and with good reviews. 10 years.	MYLEK 18V Cordless Li-ion Drill And Screwdriver Set With 13 Piece Accessory Kit
E1	5.5	LP	Tools	Torch		Tesco	3.00	1	1	521.4	0.01	Small battery-powered torch, from supermarket or Screwfix. 10 years. (N.B. household battery supplies included in the kitchen.)	Summit 9 LED Torch
E1	5.5	LP	Tools	Step ladder		B&Q	66.99	1	1	1042.9	0.06	Step ladder, cheapest ok, no need for paint tray. 20 years.	Mac Allister 6 tread Aluminium, plastic & steel Step Ladder (closed height 2.01m, max. open height 1.88m)
E1	5.5	LP	Bathroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED	Tesco LED Classic Warm White 60W Bayonet Cap Bulb
E1	5.2	LP	Bathroom	Blinds		Dunelm	32.00	1	1	260.7	0.12	Moisture resistant blind. Mid-mid quality from /B+M/supermarket/Dunelm/Argos/B+Q/The Range/Wilko. 5 years.	Natural Blackout Moisture Resistant Roller Blind, 4ft W 183x162cm
E1	5.1	LP	Bathroom	Bath mat (for floor)		Tesco	6.50	1	1	104.3	0.06	1 washable fabric mat. Cheapest from supermarket/IKEA. 2 years.	Tesco Microchenille Bath Mat
E1	5.2	LP	Bathroom	Bath towels		George, ASDA	6.00	1	2	260.7	0.05	2 needed. Mid-range from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 5 years.	Soft Grey Super Soft Cotton Towel & Bath Mat Range: Bath Towel (70 x 130cm)
E1	5.2	LP	Bathroom	Bath sheets		George, ASDA	8.00	1	2	260.7	0.06	2 needed, Asda mid-range, 5 years.	Soft Grey Super Soft Cotton Towel & Bath Mat Range: Bath Sheet (100 x 150cm)

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E1	5.2	LP	Bathroom	Beach towel		Asda	7.00		1	260.7	0.03	1 beach/swimming towel per person. Supermarket but not 'value' range, 5 years.	Mint Stripe Cotton Beach Towel
E1	5.2	LP	Bathroom	Hand towels		George, ASDA	3.00	1	2	260.7	0.02	2 needed. Mid-range from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 5 years	Soft Grey Super Soft Cotton Towel & Bath Mat Range: Hand Towel (50 x 90cm)
E1	5.2	LP	Bathroom	Flannels		George, ASDA	0.80	1	2	52.1	0.03	2 needed. Mid-range from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 1 year.	Soft Grey Super Soft Cotton Towel & Bath Mat Range: Face Cloth (30 x 30cm)
E1	5.2	LP	Bathroom	Shower curtain		Argos	9.00	1	1	52.1	0.17	1 washable shower curtain. 1 up from bottom from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 1 year. Cheaper shower curtains would be more likely to rip or get mouldy.	Argos Home Plain Shower Curtain - White. Machine washable, includes curtain rings 180x180cm
E1	5.5	LP	Bathroom	Shower curtain rail		B&M	6.00		1	260.7	0.02	Needed for the shower curtain. 5 years.	Addis Shower Rod - Chrome. Extends up to 2m.
E1	5.5	PP	Bathroom	Shower curtain rings			0.00		1	52.1	0.00	Needed for the shower curtain. 1 year.	Included in shower curtain above.
E1	5.4	LP	Bathroom	Toothbrush holder		B&M	2.50	1	1	260.7	0.01	Cheapest ceramic toothbrush holder from IKEA. 5 years.	Simply Everyday Toothbrush Holder
E1	5.1	LP	Bathroom	Toilet roll holder	Maine	B&M	20.00	1	1	260.7	0.08	To hold multiple rolls. Slim, cupboard-style. Mid-range from B&M. 5 years.	Maine Toilet Roll Holder - White.
E1	5.5	LP	Bathroom	Door hooks		B&M	6.00	5	1	521.4	0.01	Over-door hooks for towels. Cheapest with rubber feet. From Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 10 years	10 Ball Overdoor Hooks - Silver. Could not find the specified over-door hooks with rubber backing.
E1	5.1	LP	Bathroom	Medicine cabinet		Argos	30.00	1	1	1042.9	0.03	Medicine cabinet with mirror. From IKEA/Home Bargains/Argos. Cheapest. 20 years	Argos Home Tongue & Groove Mirrored Cabinet - White
E1	5.4	LP	Bathroom	Clothes basket		ASDA	18.00	1	1	260.7	0.07	Plastic woven style. From supermarket/IKEA. 5 years.	Addis Charcoal 50L Rattan Effect Laundry Hamper
E1	5.4	LP	Bathroom	Bin		George, ASDA	9.00	1	1	260.7	0.03	Small pedal bin. Cheapest from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 5 years	Charcoal matte Rectangular Bin 5L
E1	5.6	LP	Bathroom	Bin liners		Tesco	1.80	25	1	25.0	0.07	Bin liners for pedal bin. 1 per week	Tesco Drawstring Scented Bin Liners 12Lx 25Pk
E1	4.3	LP	Bathroom	Toilet seat		B&Q	15.95	1	1	260.7	0.06	wooden toilet seat with metal fittings, from Homebase or B&Q. 5 years.	18" Wooden Universal Bathroom WC Toilet Seat Easy Fit Antique Pine
E1	5.6	LP	Bathroom	Toilet brush		ASDA	3.00	1	1	52.1	0.06	Cheapest with cover from Wilko/The Range/Amazon/supermarket/Home Bargains/B+M. 1 year.	Chrome Toilet Brush Holder
E1	5.6	LP	Bathroom	Bathroom cloths		Tesco	2.50	25	1	25.0	0.10	J cloths. 1 cloth per week.	Tesco All Purpose Cloths 25 Pack
E1	5.6	LP	Bathroom	Bleach		Tesco	0.70	1	1	2.0	0.35	Replaced every 2 weeks	Tesco Thick Bleach 24 Hour Fresh 750ml
E1	5.6	LP	Bathroom	Bathroom spray		Tesco	0.85	1	1	4.3	0.20	Multipurpose spray. Replaced monthly.	Tesco Antibacterial Multi Purpose Cleanser Spray 750MI

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E1	5.1	LP	Bedroom	Lampshade for central light		B&Q	14.99	1	1	521.4	0.03	£15 per lampshade. From Argos/B+Q/The Range/Wilko. 10 years	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade White
E1	5.5	LP	Bedroom	Light bulb		Tesco	2.00	1	2	521.4	0.01	LED. 2 needed, 1 for bedside lamp	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.2	LP	Bedroom	Curtains		The Range	53.78	2	1	521.4	0.10	Blackout and thermal curtains throughout, washable, eyelet. Thicker and for quality. From B&M / supermarket / Dunelm / Argos / IKEA / B&Q / The Range / Wilko. 10 years	Woven Thermal Blackout Pencil Pleat Curtains, Machine Washable 228cm x 228 cm
E1	5.5	LP	Bedroom	Curtain pole		Dunelm	15.00	1	1	521.4	0.03	Metal curtain pole from Dunelm/IKEA/Amazon. 10 years.	Ashton Metal Extendable Curtain Pole 180-330cm
E1	5.5	LP	Bedroom	Voile (net curtain)		Dunelm	7.00	1	2	521.4	0.03	1 up from bottom from Argos/B+Q/The Range/Wilko. 10 years	Sheer Elegance White Slot Top Single Voile Panel (Priced at Dunelm because mostly patterned in suggested retailers. 1 panel of 150x228cm so priced 2)
E1	5.5	LP	Bedroom	Net curtain wire		Dunelm	2.50	1	1	521.4	0.00	From Argos/B+Q/The Range/Wilko. 10 years	Net curtain wire (includes 2 hooks and eyes) 3m
E1	5.1	LP	Bedroom	Double bed		Ikea	179.00	1	1	521.4	0.34	Double bed from IKEA. Basic standard frame. 10 years	MALM Bed frame, high, white, Standard Double
E1	5.1	LP	Bedroom	Mattress		Ikea	199.00	1	1	417.1	0.48	Mattress from IKEA, 'level 2' mattress (one above the cheapest group). 8 years.	VESTERÖY Pocket sprung mattress, Standard Double (choice of 2 firmness options)
E1	5.1	LP	Bedroom	Wardrobe		Ikea	229.00	1	1	521.4	0.44	double wardrobe - but not a small double. E.g. Malm from IKEA. Matching bedside table. 10 years.	VIHALS Wardrobe with 2 doors, white, 105x57x200 cm
E1	5.1	LP	Bedroom	Chest of drawers		Ikea	79.00	1	1	521.4	0.15	IKEA, 3 wide drawers, 10 years.	MALM Chest of 3 drawers, white, 80x78 cm
E1	5.1	LP	Bedroom	Bedside table with drawers		Ikea	49.00	1	2	521.4	0.19	E.g. Malm from IKEA. Matching wardrobe. 10 years. One on each side of the bed.	MALM Chest of 2 drawers, 40x55cm
E1	5.2	LP	Bedroom	Duvet		Asda	25.00	1	1	260.7	0.10	Winter and summer duvet. From supermarket. 5 years	All Seasons Combi Duvet, Double size
E1	5.2	LP	Bedroom	Pillows (cheap)		Asda	7.00	2	1	104.3	0.07	4 pillows needed. 2 cheapest from supermarket (Asda) and 2 mid-range (e.g. Slumberland). 2 years	Soft Touch Comfort Pillow Pair
E1	5.2	LP	Bedroom	Pillows (mid-range)	Slumberland	Asda	13.00	2	1	104.3	0.12	4 pillows needed. 2 cheapest from supermarket (Asda) and 2 mid-range (e.g. Slumberland). 2 years	Slumberland Super Support Pillow Pair
E1	5.2	LP	Bedroom	Duvet covers		Asda	16.00	1	3	260.7	0.18	3 sets needed from supermarket, £15.99 to £20 price range with choice of patterns. 5 years	Sleepdown Ditsy Floral Duvet Set in Blue, Double size (lots of choice at this price point) includes 2 matching pillow cases in each set
E1	5.2	LP	Bedroom	Pillow cases		Asda	1.50	2	3	260.7	0.02	3 sets needed for each of 4 pillows. 6 pillow cases included in duvet sets above, so another 3 pairs needed from supermarket. 5 years	Plain Pillowcase Pair. Wide choice of colours.
E1	5.2	LP	Bedroom	Sheets (fitted)		Asda	6.00	1	3	260.7	0.07	3 needed from supermarket. 5 years.	Deep fitted sheet

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E1	5.2	LP	Bedroom	Mattress protector		Asda	15.00	1	1	260.7	0.06	From supermarket, cheapest fully fitted (i.e. not just elasticated straps at corners). 5 years	Silentnight Waterproof Mattress Protector
E1	5.2	LP	Bedroom	Pillow protectors		Asda	5.00	2	4	260.7	0.08	8 needed (2 per pillow). Waterproof but not crinkly. From supermarket/Primark/Argos/IKEA. 5 years.	Pillow Protector Pair
E1	5.2	LP	Bedroom	Throw		George, ASDA	12.00	1	1	260.7	0.05	Fluffy throw (same as in living area) from supermarket. 5 years	Natural Check Sherpa Throw
E1	5.1	LP	Bedroom	Mirror			0.00	1		521.4	0.00	Full-length mirror, to be stuck onto wardrobe. From IKEA/supermarket/Home Bargains. 10 years. But no longer needed, with the IKEA Vihals wardrobe which has a full-length mirror stuck onto the front.	
E1	5.1	LP	Bedroom	Lamp		B&M	6.00	1	1	260.7	0.02	Cheap lamp from Home Bargains or B&M. 5 years	Manhattan Mini Lamp
E1	5.1	LP	Garden	Garden furniture		Argos	98.00		1	521.4	0.19	Table and 4 chairs. Sturdy and decent quality, in a range of possible materials. Approx. £100. From B&Q. 10 years.	Argos Home Resin Rattan Effect Stacking Garden Chair - Grey £16 each x4 PLUS Argos Home 4 Seater Round Plastic Garden Table - Grey £50 £50 +£48 = £98 for set.
E1	5.1	LP	Garden	Garden parasol		B&Q	12.95	1	1	521.4	0.02	Parasol to go with the garden table and chairs (possibly included in the set). 10 years.	170cm Diameter Multi Coloured Fabric Cover Beach Garden Parasol Umbrella with Adj Height to 1.8m
E1	5.1	LP	Garden	Garden parasol base		B&Q	12.99	1	1	521.4	0.02	Parasol to go with the garden table and chairs (possibly included in the set). 10 years.	URBNLIVING Height 13cm 10L Round White Colour Plastic Umbrella Parasol Base Stand Garden Sunshade Holder
E1	9.2	LP	Garden	Barbecue		B&Q	22.99	1	1	260.7	0.09	Kettle Charcoal BBQ from B&Q. 5 years.Plus cover	Portable Round Kettle Charcoal Grill BBQ Outdoor Heat Control Party BBQ Grill Red
E1	5.5	LP	Garden	Hosepipe		B&Q	49.00	1	1	521.4	0.09	20m from B&Q. 10 years	Hozelock 2 in 1 Freestanding Hose pipe set (L)25m
E1	5.5	LP	Garden	Lawn mower		B&Q	59.00	1	1	521.4	0.11	From B&Q/Amazon/Ebay. 10 years	M3E1032G Corded Rotary Lawnmower
E1	5.5	LP	Garden	Strimmer		B&Q	37.00	1	1	521.4	0.07	From B&Q. 10 years.	Mac Allister MGT35025 350W Corded Grass trimmer
E1	5.5	LP	Garden	Spade		B&Q	11.00	1	1	521.4	0.02	Basic with decent reviews. 10 years.	Metal Square Digging Spade
E1	5.5	LP	Garden	Trowel		B&Q	4.50	1	1	521.4	0.01	Basic with decent reviews. 10 years.	Magnusson Trowel
E1	5.5	LP	Garden	Garden fork		B&Q	10.99	1	1	521.4	0.02	Basic with decent reviews. 10 years.	New Garden B order Digging Fork Gardening Hand Tool Carbon Steel Planting Home
E1	5.5	LP	Garden	Rake		B&Q	10.00	1	1	521.4	0.02	Basic with decent reviews. 10 years.	Leaf Rake (W)560mm
E1	5.5	LP	Garden	Hoe		B&Q	12.95	1	1	521.4	0.02	Basic with decent reviews. 10 years.	Garden Carbon Steel Dutch Hoe - Green
E1	3.1	LP	Garden	Gardening gloves		B&Q	6.24	1	1	521.4	0.01	From B&Q. 3 years.	Briers All Rounder Multi Grip Gardening Warehouse Utility Gloves Medium Size 8
E1	5.1	LP	Garden	Storage box		B&Q	160.00	1	1	521.4	0.31	Storage box for lawn mower and other garden items. From B&Q. 10 years	Keter Store-it-out ARC Plastic Garden storage box 1200L

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E1	9.3	LP	Garden	Garden maintenance			55.00		1	52.1	1.05	£55 per year for garden maintenance, e.g. plants, compost, etc. This would also include charcoal for the barbecue.	
E1	5.1	LP	Garden	Fencing			200.00		1	521.4	0.38	£200 budget to repair/replace fence panels every 10 years.	
E1	4.3	LP*2/3	Hall	Laminate flooring		Carpetright	541.67		1	782.1	0.69	Luxury vinyl tile (LVT) for easy cleaning. mid-range; From Carpetright/independent supplier. 15 years. Plus mid-range underlay, door bar, fitting and delivery.	Hall: Tegola Atlas Oiled Oak Nature Laminate (4x 2.69m2 boxes, £19.99/sqm = £215.44), Timbershield Wood and Laminate Underlay 3mm (1 x 10m2 boxes, £9.49/sqm = £94.90), Single Edge Door Bar Aluminium 0.9m (3x £11.99 = £35.97) - > £346.31 plus delivery (£39.99) and fitting (£155.37) = £541.67.
E1	4.3	LP*2/3	Stairs & landing	Carpet		Carpetright	487.00		1	521.4	0.93	Carpet, from Carpetright. Mid-mid-range; '4/10' quality. Durable but also comfortable – possibly needing a different, more hard-wearing carpet for the stairs. Neutral, but with choice of colours. 10 years, if mid-mid quality (5 years if e.g. a '2.5/10' quality). Plus mid-range underlay, door bar, grippers, fitting and delivery. Groups specified that from the options available, the £12.99/sqm Twilight Saxony carpet product should be used.	Stairs + Landing: Twilight Saxony Carpet (11m2 x £13.99/sqm = £153.89), Glory Carpet Underlay 10mm (11m2 x £10.49/sqm = £115.39), Double Edge Door Bar Aluminium 0.9m (2x £11.99 = £23.98), Dual Purpose Gripper 1.52LM TXT190 (27x £2.50 = £67.50) -> £360.76 plus delivery (£39.99) and fitting (£86.25) = £487.00.
E1	4.3	LP*2/3	Living area	Laminate flooring		Carpetright	890.71		1	782.1	1.14	Living and dining area mid-range laminate flooring. From B&Q/Carpetright. Plus mid-range underlay, door bar, fitting and delivery. 15 years.	Living room: Tegola Atlas Oiled Oak Nature Laminate (7x 2.69m2 boxes, £19.99/sqm = £377.02), Timbershield Wood and Laminate Underlay 3mm (2 x 10m2 boxes, £9.49/sqm = £189.80), Single Edge Door Bar Aluminium 0.9m (1x £11.99 = £11.99) -> £578.81 plus delivery (£39.99) and fitting (£271.91) = £890.71.
E1	4.3	LP*2/3	Dining area	Laminate flooring		Carpetright	705.30		1	782.1	0.90	Living and dining area mid-range laminate flooring. From B&Q/Carpetright. Plus mid-range underlay, door bar, fitting and delivery. 15 years.	Dining room: Tegola Atlas Oiled Oak Nature Laminate (5x 2.69m2 boxes, £19.99/sqm = £269.30), Timbershield Wood and Laminate Underlay 3mm (2 x 10m2 boxes, £9.49/sqm = £189.80), Single Edge Door Bar Aluminium 0.9m (1x £11.99 = £11.99) -> £471.09 plus delivery (£39.99) and fitting (£194.22) = £705.30.

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E1	4.3	LP*2/3	Bedroom 1	Carpet		Carpetright	596.94		1	521.4	1.14	Carpet, from Carpetright. Mid-mid-range; '4/10' quality. Durable but also comfortable – possibly needing a different, more hard-wearing carpet for the stairs. Neutral, but with choice of colours. 10 years, if mid-mid quality (5 years if e.g. a '2.5/10' quality). Plus mid-range underlay, door bar, grippers, fitting and delivery. Groups specified that from the options available, the £12.99/sqm Twilight Saxony carpet product should be used.	Bedroom 1: Twilight Saxony Carpet (17.2m2 x £13.99/sqm = £240.63), Glory Carpet Underlay 10mm (17.2m2 x £10.49/sqm = £180.43), Double Edge Door Bar Aluminium 0.9m (1x £11.99 = £11.99), Dual Purpose Gripper 1.52LM TXT190 (10x £2.50 = £25.00) -> £458.05 plus delivery (£39.99) and fitting (£98.90) = £596.94.
E1	4.3	LP*2/3	Bedroom 2	Carpet		Carpetright	464.28		1	521.4	0.89	Carpet, from Carpetright. Mid-mid-range; '4/10' quality. Durable but also comfortable – possibly needing a different, more hard-wearing carpet for the stairs. Neutral, but with choice of colours. 10 years, if mid-mid quality (5 years if e.g. a '2.5/10' quality). Plus mid-range underlay, door bar, grippers, fitting and delivery. Groups specified that from the options available, the £12.99/sqm Twilight Saxony carpet product should be used.	Bedroom 2: Twilight Saxony Carpet (12.4m2 x £13.99/sqm = £173.48), Glory Carpet Underlay 10mm (12.4m2 x £10.49/sqm = £130.08), Double Edge Door Bar Aluminium 0.9m (1x £11.99 = £11.99), Dual Purpose Gripper 1.52LM TXT190 (9x £2.50 = £22.50) -> £338.04 plus delivery (£39.99) and fitting (£86.25) = £464.28.
E1	4.3	LP*2/3	Bedroom 3	Carpet		Carpetright	403.03		1	521.4	0.77	Carpet, from Carpetright. Mid-mid-range; '4/10' quality. Durable but also comfortable – possibly needing a different, more hard-wearing carpet for the stairs. Neutral, but with choice of colours. 10 years, if mid-mid quality (5 years if e.g. a '2.5/10' quality). Plus mid-range underlay, door bar, grippers, fitting and delivery. Groups specified that from the options available, the £12.99/sqm Twilight Saxony carpet product should be used.	Bedroom 3: Twilight Saxony Carpet (10m2 x £13.99/sqm = £139.90), Glory Carpet Underlay 10mm (10m2 x £10.49/sqm = £104.90), Double Edge Door Bar Aluminium 0.9m (1x £11.99 = £11.99), Dual Purpose Gripper 1.52LM TXT190 (8x £2.50 = £20.00) -> £276.79 plus delivery (£39.99) and fitting (£86.25) = £403.03.
E1	5.1	EB	Living area	Toy storage (living area)		The Range	19.99		1	156.4	0.13	Ottoman style toy box with fabric, IKEA/Studio/Argos/B&M/Amazon. 30kg weight bearing. 3 years. Same in living room and bedroom. One each if multiple children.	Brushed Velvet Trunk - Grey
E1	5.2	EB	Living area	Throw		Primark	12.00		1	260.7	0.05	From B&M/Primark. Mid-mid quality with choice of 4 or 5 colours. 5 years.	Soft-Touch Throw
E1	5.3	EB	Living area	Baby monitor		Argos	25.00		1	521.4	0.05	Audio monitor. 2 up from bottom. Argos/Amazon/Currys/supermarket. 10 years. One each if multiple children.	Vtech DM1211 Digital Audio Baby Monitor

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E1	5.1	EB	Dining area	Booster seat		Asda	19.50		1	521.4	0.04	For attaching to dining chair. Booster seat with straps and padding. From Argos/Amazon/Smyths/supermarket. One-off purchase and would not sell on. 10-year lifespan.	Nuby Travel Booster Seat 6m+
E1	5.4	EB	Kitchen, tableware	Suction bowl		Tesco	8.50	3	1	521.4	0.02	1 suction bowl. 1 up from Poundland/Home Bargains/B+M. 1-off purchase. Individual rather than household need, because of single quantity.	Munchkin Stay Put Suction Bowl 3 Pack (no suction bowls are currently available from the listed retailers)
E1	5.4	EB	Kitchen, tableware	Suction plate		Tesco	7.25	1	1	521.4	0.01	1 suction plate. 1 up from Poundland/Home Bargains/B+M. 1-off purchase. Individual rather than household need, because of single quantity.	Munchkin Stay Put Suction Plate (no suction plates are currently available from the listed retailers)
E1	5.4	EB	Kitchen, accessories	Water bottle		Asda	3.50	1	2	52.1	0.13	2 water bottles from supermarket. BPA-free with twist top and not too big. 1 year.	Sistema Twist 'n' Sip Blue Water Bottle 620ml (also available in pink)
E1	5.4	EB	Kitchen, accessories	Lunchbox		Asda	6.00		1	52.1	0.12	Thermal insulation lunchbox with handle. Supermarket/B+M. 1 year	Polar Gear Pineapple Lunch Bag
E1	5.6	EB	Kitchen, laundry	Washing powder/liquid (preschool)		Tesco	3.39	60	1	30.0	0.11	2 loads per week	Tesco Non Biological Detergent Super Concentrated 1.8L 60W (60 washes)
E1	5.6	EB	Kitchen, laundry	Fabric conditioner (preschool)		Tesco	1.65	42	1	25.0	0.07	2 loads per week	Tesco Pure Fabric Conditioner 50 Washes 1.25L
E1	5.2	EB	Bathroom	Towels, bath (preschool)		Tesco	5.00		2	156.4	0.06	2 towels. Cheapest okay from supermarket. 3 years.	Tesco Green 100% Cotton Low Twist Bath Towel (various colours available)
E1	5.2	EB	Bathroom	Towels, beach (preschool)		Asda	5.00		1	260.7	0.02	FG1 added 1 beach/swimming towel. Supermarket but not 'value' range, 5 years.	Yellow Rainbow & Sun Print Cotton Beach Towel
E1	5.2	EB	Bathroom	Flannels (preschool)		Asda	0.80	1	2	52.1	0.03	2 flannels. Cheapest okay from supermarket. 1 year.	Mint Green Super-Soft Cotton Towel Range - Face Cloth (30cmx30cm)
E1	5.1	EB	Bedroom	Lampshade for central light		B&Q	14.99	1	1	521.4	0.03	£15 per lightshade throughout the home, from B&Q, with a 10-year lifespan.	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade Cream (available in a wide range of colours)
E1	5.5	EB	Bedroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 needed for main light.	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.2	EB	Bedroom	Curtains		The Range	53.78	2	1	521.4	0.10	Blackout roller blind and blackout washable curtains. From Dunelm. 10 years. All curtains should be blackout, thermal and washable eyelet curtains.	Woven Thermal Blackout Pencil Pleat Curtains (228cm x 228cm, machine washable, and available in a range of colours)
E1	5.2	EB	Bedroom	Curtain pole		Dunelm	15.00	1	1	521.4	0.03	Metal curtain pole from Dunelm/IKEA/Amazon. 10 years.	Ashton Metal Extendable Curtain Pole 180-330cm
E1	5.2	EB	Bedroom	Blinds		Dunelm	14.00		1	521.4	0.03	Blackout roller blind and blackout washable curtains. From Dunelm. 10 years	Plain Black Blackout Roller Blind (W 122cm (48") x D 163cm (64")); available in a range of colours)

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E1	5.1	EB	Bedroom	Bed (preschool)		Argos	155.00		1	1042.9	0.15	Single bed. Strong, wooden. Plus headboard. 20 years. Approx. £250 for bed, mattress and headboard. Argos/IKEA. Flat pack okay.	Habitat Aspley Single Wooden Bed Frame - Oak Stain (most cheaper beds don't meet spec as no headboard or not solid wood, and cf. 20-year lifespan)
E1	5.1	EB	Bedroom	Bed guard (preschool)		Argos	20.00		2	260.7	0.15	2 bed rails, netted style as breathable. Argos. 5 year lifespan.	Cuggl Bed Rail - Grey
E1	5.1	EB	Bedroom	Mattress, single (preschool)		Argos	165.00		1	521.4	0.32	Silentnight mattress. 10 years. Argos/IKEA	Silentnight Healthy Growth Kids Classic Mattress - Single (cheapest single Silentnight mattress in Argos, and not sold in Ikea)
E1	5.2	EB	Bedroom	Pillow		Asda	6.00	2	1	312.9	0.02	Cheapest pillow from supermarket. 3 years.	Soft Touch Extra Bounce Pillow Pair (discounted from £7.50) (lifespan doubled because 2 in this pack)
E1	5.2	EB	Bedroom	Pillow protectors		Asda	7.00	2	1	260.7	0.03	2 needed. Waterproof (and nosebleed-proof) but not crinkly. From supermarket/Primark/Argos/IKEA. 5 years.	Waterproof Pillow Protector Pair
E1	5.2	EB	Bedroom	Mattress protector		Asda	5.00	1	2	521.4	0.02	2 needed. Waterproof but not crinkly. From supermarket/Dunelm. 10 years	Kids Waterproof Mattress Protector
E1	5.2	EB	Bedroom	Sheets, fitted (preschool)		Asda	4.00	1	2	156.4	0.05	2 fitted sheets needed. Cheapest from supermarket/B+M. 3 years	Lilac Plain Fitted Sheet - Single (wide range of colours available)
E1	5.2	EB	Bedroom	Quilt (preschool)		Asda	20.00	2	1	156.4	0.13	2 quilts. 1 summer, 1 winter. From supermarket/The Range/Amazon. 3 years	All Seasons Combi Duvet - Single
E1	5.2	EB	Bedroom	Duvet cover, neutral (preschool)		Tesco	13.00		1	260.7	0.05	2 sets of quilt covers. 1 neutral (5 years), 1 character (2 years)	Tesco Bunnies Duvet Set Single (includes 1 pillow case)
E1	5.2	EB	Bedroom	Duvet cover, character (preschool)		Asda	18.00		1	104.3	0.17	2 sets of quilt covers. 1 neutral (5 years), 1 character (2 years)	Peppa Pig Single Duvet Set (includes 1 pillow case)
E1	5.1	EB	Bedroom	Wardrobe with drawers		Ikea	165.50		1	521.4	0.32	Small wardrobe with drawers IKEA, 10 years.	SMÅSTAD / PLATSA Wardrobe, white/birch with 4 drawers, 60x42x181 cm
E1	5.1	EB	Bedroom	Bookshelf		Ikea	15.00	1	1	521.4	0.03	1 shelf. From IKEA/The Range. 10 years.	LACK Wall shelf, white stained oak effect, 110x26 cm
E1	5.1	EB	Bedroom	Toy storage (bedroom)		The Range	19.99		1	156.4	0.13	Ottoman style toy box with fabric, IKEA/Studio/Argos/B&M/Amazon. 30kg weight bearing. 3 years. Same in living room and bedroom.	Brushed Velvet Trunk - Grey
E1	5.1	EB	Bedroom	Lamp (night light)		Amazon	13.73		1	521.4	0.03	Dimmable night light lamp. 10 years	One Fire Bunny Night Light Kids [ 16 Colors Remote ] Cute Baby Night Light Newborn, 5 Brightness Kids Night Light Bedroom, 3 Timer Kids Lamp Nightlight, Rechargeable Night Light Kids Night Lamp Cute Gifts
E1	5.1	EC	Living area	Toy storage (living area)		Ikea	29.00		1	521.4	0.06	Cube storage such as Kallax at IKEA (four cubes) plus baskets. 10 years	KALLAX Shelving unit, white, 77x77 cm

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E1	5.1	EC	Living area	Baskets		Ikea	3.00		4	521.4	0.02	Plastic boxes for storage cube, 4 needed, Ikea, 5 years. CB4A group changed these to cheaper (c.£3) stiff fabric baskets/boxes, also from IKEA, and increased lifespan to 10 years.	DRÖNA Box, 33x38x33cm
E1	5.2	EC	Living area	Throw		Asda	10.00		1	260.7	0.04	1 fluffy blanket per sofa. From The Range/Home Bargains/B+M/supermarket. 1 up from bottom. 5 years. In addition to the household throws.	Check Sherpa Throw
E1	5.4	EC	Kitchen, accessories	Water bottle		Asda	8.00		2	52.1	0.31	2 metal bottles: 1 for school + 1 for home. Approx. £8. Replaced yearly.	Smash Stainless Steel Bottle Aqua 750ml
E1	5.4	EC	Kitchen, accessories	Lunch box		Argos	6.00		1	52.1	0.12	Insulated lunch box with handle. Replaced yearly.	Smash Global Safari Dotty Foldable Lunch Bag
E1	5.4	EC	Kitchen, accessories	Ice pack		Amazon	3.99	3	1	156.4	0.03	2 ice packs for packed lunches. 2 years.	Homebay Pack of 3/6 - Freezer Blocks Ice Packs For Cool Bags Lunch Box (pack of 3, so lifespan extended to 3 years)
E1	5.6	EC	Kitchen, laundry	Washing liquid (primary)		Tesco	3.39		1	20.0	0.17	3 washes per week	Tesco Non Biological Detergent Super Concentrated 1.8L 60W (60 washes)
E1	5.6	EC	Kitchen, laundry	Fabric conditioner (primary)		Tesco	1.65		1	16.7	0.10	3 washes per week	Tesco Pure Fabric Conditioner 50 Washes 1.25L
E1	5.2	EC	Bathroom	Towels, bath (primary)		Tesco	5.00		2	260.7	0.04	2 bath towels needed. From IKEA/supermarket/Home Bargains.	Tesco Blue 100% Cotton Low Twist Bath Towel (various colours available)
E1	5.2	EB	Bathroom	Towels, beach (primary)		Asda	5.00		1	260.7	0.02	1 beach/swimming towel. Supermarket but not 'value' range, 5 years.	Light Blue Surfing Dogs Beach Towel
E1	5.2	EC	Bathroom	Flannels (primary)		Asda	0.80	1	3	52.1	0.05	3 needed. From IKEA/supermarket/Home Bargains.	Cobalt Blue Super-Soft Cotton Towel Range - Face Cloth (30cmx30cm)
E1	5.1	EC	Bedroom	Lampshade for central light		B&Q	14.99	1	1	521.4	0.03	£15 per lightshade throughout the home, from B&Q, with a 10-year lifespan.	12" Luxury Cotton Textured Fabric Coolie Light Shade Purpose Table Floor Ceiling Practical & Eye Caring Lampshade Cream (available in a wide range of colours)
E1	5.5	EC	Bedroom	Light bulb		Tesco	2.00	1	2	521.4	0.01	LED, 2 needed for main light + lamp (one each).	Tesco LED Classic Warm White 40W Bayonet Cap Bulb
E1	5.2	EC	Bedroom	Curtains		The Range	53.78	2	1	521.4	0.10	Blackout curtains, plus blackout roller blinds. All curtains should be blackout, thermal and washable eyelet curtains, with 10 year lifespan.	Woven Thermal Blackout Pencil Pleat Curtains (228cm x 228cm, machine washable, and available in a range of colours)
E1	5.2	EC	Bedroom	Curtain pole		Dunelm	15.00	1	1	521.4	0.03	Metal curtain pole from Dunelm/IKEA/Amazon. 10 years.	Ashton Metal Extendable Curtain Pole 180-330cm
E1	5.2	EC	Bedroom	Blinds		Dunelm	14.00		1	521.4	0.03	Blackout curtains, plus blackout roller blinds. From Dunelm. 10 years	Plain Black Blackout Roller Blind (W 122cm (48") x D 163cm (64")); available in a range of colours)
E1	5.1	EC	Bedroom	Bed (primary)		Argos	195.00		1	521.4	0.37	Single bed, from Argos/(IKEA). 10 years. Cheapest divan with a headboard ok.	Argos Home Devon Essentials Single Divan

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E1	5.1	EC	Bedroom	Mattress (primary)		Argos	165.00		1	521.4	0.32	Silentnight mattress. 10 years. Argos/IKEA	Silentnight Healthy Growth Kids Classic Mattress - Single (cheapest single Silentnight mattress in Argos, and not sold in Ikea)
E1	5.2	EC	Bedroom	Pillows		Asda	9.00	2	1	156.4	0.06	2 needed. Mid-range from supermarket. 3 years.	Anti Allergy Soft Touch Extra Support Pillow Pair
E1	5.2	EC	Bedroom	Pillow protectors		Asda	7.00	2	2	260.7	0.05	4 needed. Waterproof (and nosebleed-proof) but not crinkly. From supermarket/Primark/Argos/IKEA. 5 years.	Waterproof Pillow Protector Pair
E1	5.2	EC	Bedroom	Pillowcases		Tesco	2.50	2	1	156.4	0.02	2 extra pillowcases needed. Cheapest from supermarket./Primark. 3 years.	Tesco Silver Pillowcase Pair
E1	5.2	EC	Bedroom	Mattress protector		Asda	5.00	1	2	156.4	0.06	2 needed. Waterproof but not crinkly. From supermarket/Primark/Argos/IKEA. 3 years.	Kids Waterproof Mattress Protector
E1	5.2	EC	Bedroom	Fitted sheets		Asda	4.00	1	2	156.4	0.05	2 needed. Cheapest from supermarket./Primark. 3 years.	Sage Green Plain Fitted Sheet - Single (wide range of colours available)
E1	5.2	EC	Bedroom	Duvet		Asda	20.00	2	1	156.4	0.13	1 summer and 1 winter duvets. Mid-range from supermarket./Primark. 3 years.	All Seasons Combi Duvet - Single
E1	5.2	EC	Bedroom	Duvet covers		Asda	10.00	1	2	156.4	0.13	2 needed. Cheapest from supermarket./Primark. 3 years.	Navy Robot Glow In The Dark Reversible Single Duvet Set (range of duvet cover sets at this price at Asda, or one cheapest option from Tesco)
E1	5.1	EC	Bedroom	Wardrobe		Argos	100.00		1	521.4	0.19	Cheapest from IKEA/Argos. 10 years	Argos Home Seville 2 Door Wardrobe - Oak Effect
E1	5.1	EC	Bedroom	Chest of drawers		Ikea	89.00		1	521.4	0.17	Wide set of drawers. 3 drawers needed. IKEA/Argos. 10 years.	KOPPANG Chest of 3 drawers, white, 90x83 cm
E1	5.1	EC	Bedroom	Bookcase		Ikea	35.00		1	521.4	0.07	Three shelves, freestanding. Cheapest from IKEA/Argos. 10 years	BILLY Bookcase, white, 80x28x106 cm
E1	5.1	EC	Bedroom	Toy storage (bedroom)		Ikea	29.00		1	521.4	0.06	Kallax from IKEA. Four cubes.	KALLAX Shelving unit, white, 77x77 cm
E1	5.1	EC	Bedroom	Baskets		Ikea	3.00		4	521.4	0.02	Stiff fabric baskets/boxes, also from IKEA, and increased lifespan to 10 years.	DRÖNA Box, 33x38x33cm
E1	5.1	EC	Bedroom	Personalisation			25.00		1	52.1	0.48	£25 per year for personalisation.	
E1	5.1	EC	Bedroom	Lamp		Argos	9.00		1	208.6	0.04	Cheapest lamp from Argos. 4 years.	Argos Home Ceramic Table Lamp - Cream
E1	5.1	EC	Bedroom	Alarm clock		Argos	7.50		1	208.6	0.04	Basic digital alarm clock, cheapest from Argos/Amazon, 4 years.	Habitat LCD Display Digital Alarm Clock - Silver (discounted from £10)
E1	5.2	HHBC	Hall	Night light		Amazon	5.66		1	260.7	0.02	Plug-in night light. Amazon, approx. £5. 5 years.	GRIFEMA GD103UK-1 Night Light Plug in Wall with Dusk to Dawn Photocell Sensor, 4 Levels Brightness Adjustable

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	HHAB	Safety equipment	Stair gates for stairs (wide)		Argos	25.00		2	521.4	0.10	2 stair gates needed for stairs (top and bottom). Wide-fitting. Approx £15 each from Argos. 10 years.	Cuggi Wall Fix Extending Safety Gate
E1	5.1	HHAB	Safety equipment	Stair gate for kitchen		Argos	25.00		1	521.4	0.05	Safety gate needed for kitchen. Standard width. Approx £15 each from Argos. 10 years.	Cuggi Pressure Fit Safety Gate
E1	5.1	HHAB	Safety equipment	Socket covers		Amazon	4.15	12	1	1042.9	0.00	Electrical socket protector - standard plug-in covers. 20-years.	RUTZ® 12 Pcs Baby Home Safety Socket Covers Child Proof Plug Socket Protectors/Guards Perfect UK Baby Safety Plug Socket Covers for Children at Home and School
E1	5.1	HHAB	Safety equipment	Corner protectors		Ikea	7.50	8	2	521.4	0.03	4 x 4-pack corner protectors. IKEA/Poundland. 10-years.	UNDIKA Corner bumper (quantity adjusted for 8-pack size)
E1	5.1	HHAB	Safety equipment	Cupboard locks		Amazon	8.48	10	1	521.4	0.02	10-pack of cupboard locks from Amazon/supermarket. 10-years.	Septeamay Child Safety Cupboard Locks, 10 Pack Adjustable Cupboard Locks for Children Baby, Child Locks for Kitchen Cupboards Cabinet Fridge Drawer Refrigerator Toilet, Easy Install, No Tools Needed
E1	5.5	HHABC	Living area	Fire guard		B&Q	27.99		1	521.4	0.05	Cheapest extendable fire guard from Argos. 10 years.	Extendable Fireguard Nursery Fire Guard Safety Child Fireplace Stove Woodburner Screen
E1	5.2	HHAB	Dining area	Shower curtain (play mat)		Poundland	5.00		2	52.1	0.19	2 plastic mat needed to protect floor (mealtimes, painting, playdough, etc.), would use cheapest plastic shower curtain as cheapest option from Poundland/Home Bargains/B+M. 1 year.	Pepco Shower Curtain With Hooks - Navy Blue Stripes
E1	5.4	HHABC	Kitchen, tableware	Plastic plates		Ikea	1.00	6	1	52.1	0.02	4-6 reusable plastic plates. E.g. IKEA set (or B&M / supermarket / Primark). 1 year.	KALAS Plate, mixed colours, 6 pack
E1	5.4	HHABC	Kitchen, tableware	Plastic bowls		Ikea	1.00	6	1	52.1	0.02	4-6 reusable plastic bowls. E.g. IKEA set (or B&M / supermarket / Primark). 1 year.	KALAS Bowl, multicolour, 6 pack
E1	5.4	HHABC	Kitchen, tableware	Plastic cups		Ikea	1.00	6	1	52.1	0.02	4-6 reusable plastic cups. E.g. IKEA set (or B&M / supermarket / Primark). 1 year.	KALAS Mug, multicolour, 6 pack
E1	5.4	HHAB	Kitchen, tableware	Plastic cutlery		Ikea	1.00	18	1	52.1	0.02	6 sets of reusable plastic cutlery from B&M/supermarket/Primark/IKEA. 1 year.	KALAS 18-piece cutlery set, mixed colours
E1	5.6	HHAB	Kitchen, consumables	Stain remover (laundry)		Tesco	7.20		1	4.3	1.66	1 tub of Vanish stain remover. Replaced monthly.	Vanish Gold Oxi Action Laundry Stain Remover Powder Colours 850g
E1	5.6	HHAB	Kitchen, consumables	Stain remover (carpet and upholstery)		Tesco	2.15		1	4.3	0.49	Carpet stain remover. Replaced monthly. It should also work for upholstery (sofas etc.).	Tesco Carpet & Upholstery Cleaner 500ML
E1	5.4	HHABC	Bathroom	Step stool		Tesco	6.00		1	521.4	0.01	Plastic step from supermarket/Argos/Home Bargains, for bathroom. 10 years.	Tiny to Tots Step Stool
E1	5.6	HHABC	Bathroom	Bath mat (inside, anti-slip)		Asda	5.50		1	26.1	0.21	Non-slip mat with suction pads for inside bath. Supermarket/Home Bargains/IKEA/Amazon. 6 months.	George Home Clear Extra Long PVC Bath Mat

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
E1	5.4	HHABC	Bathroom	Plastic jug		B&M	0.99		1	521.4	0.00	Plastic jug for washing hair. Cheapest plastic, 10 years.	Simply Everyday Measuring Jug 1L
E1	5.4	HHAB	Bathroom	Toy storage		Asda	7.00		1	26.1	0.27	Toy storage net. Replaced every 6 months	Munchkin High'n'Dry Corner Bath Organiser
												<b>E: Household Goods and Services</b>	<b>£ 38.82</b>
												E1: Household Goods	£ 38.82

MIS 2024 REBASE

E: Household goods and services

Lone parent, preschool + primary

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	LP	Postage	Postage and deliveries			60.00		1	52.1	1.15	Shopping increasingly online, not always possible to get free delivery (or free click-and-collect), and possibility too of needing some paid returns. £60 per year for the household; on average £5 per month.	
E2A1	7.4	LP	Postage	IKEA delivery		Ikea	40.00		1	52.1	0.77	One bulky IKEA delivery cost per year in addition to the more general postage and deliveries budget.	Ikea home delivery: selected day delivery (cheapest option available) = £40, with an example 4 items of furniture. This delivery cost stays the same if adding a fifth item of furniture to the online shopping basket.
E2A2	8.1	LP	Telephone	Mobile telephone (handset)	Motorola	Tesco Mobile	0.00	1	1	104.3	0.00	Tesco Mobile package with a new phone every two years. Fairly basic smartphone, but able to run a variety of apps (including apps from children's school) and withstand fairly heavy usage - not expensive, but not too basic either. Groups selected the £14.50 per month Motorola Moto G13 package (with 3GB data), as the cheapest from Tesco for a phone with 128GB storage and 4GB RAM.	Motorola Moto G14 (128GB storage, 4GB RAM). The G13 phone is no longer available from Tesco, but the G14 has the same storage, RAM and monthly contract cost. £0 upfront cost with 24-month contract.
E2A2	8.3	LP	Telephone and fax services	Mobile telephone (bills)		Tesco Mobile	14.50		1	4.3	3.34	Tesco Mobile package with a new phone every two years, unlimited texts & calls, and a data allowance (at least 2GB of data needed per month).	Tesco Mobile: Motorola Moto G14 phone, 24-month contract, 3GB data per month, unlimited calls and texts, £14.50/month, no up-front cost.
E2C	5.6	LP	Childcare	Babysitting			30.00		1	2.0	15.00	Reciprocity can be more difficult as a single parent with sole responsibility for own child, and likewise no chance to go out with partner staying at home. £30 per time if e.g. through a nursery, for 3 hours, each fortnight. Or if a cheaper informal arrangement, this could be £15 per week.	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
E2B	13.3	EB	Childcare	Childcare			179.74		1	1.0	179.74	Nursery 8am-6pm, 5 days per week, 50 weeks of the year. Food may be included in the fees, or the parents could provide packed lunches. Nappies and wipes would not be included in the fees. Adds 4 miles per day to car mileage.	Taken from Coram childcare survey. This is the average cost of nursery for the England excluding London, based on 50 hours per week, but assuming 30 hours free entitlement (therefore 20 hours total) at ages 3 and 4, and 15 hours (therefore 35 hours total) at age 2.
E2B	13.3	EC	Childcare	Breakfast club			20.24		38	52.1	14.75	Breakfast club for term-time weeks (38/52 weeks of the year).	Weekly cost based on Coram childcare survey, based on hourly cost of afterschool club for England outside London.
E2B	13.3	EC	Childcare	After-school club			70.83		38	52.1	51.62	After-school club for term-time weeks (38/52 weeks of the year).	Weekly cost based on Coram childcare survey, based on hourly cost of afterschool club for England outside London.
E2B	13.3	EC	Childcare	Holiday club			156.39		9	52.1	26.99	Holiday club(s) for different numbers of weeks for lone and partnered parents. Lone parents: 9 out of the 13 non-term weeks, if a single parent with 4 weeks' leave.	Coram holiday childcare survey for GB outside London.
											<b>E: Household Goods and Services</b>	<b>£ 293.35</b>	
											E1: Household Goods	£ -	
											E2A: Communication	£ 5.25	
											E2A1: Postage	£ 1.92	
											E2A2: Telephone	£ 3.34	
											E2B: Childcare	£ 273.10	
											E2C: Other Household Services	15.00	

MIS 2024 REBASE

F: Personal goods and services, including health

Lone parent, preschool + primary

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	LP	Mother, Personal care	Hairdressing			70.00		1	4.0	17.50	£70 every 4 weeks, to allow for a wider variety of hair types and their associated costs (e.g. braiding - without extensions - of natural African / African Caribbean hair).	
F	13.1	PP	Mother, Personal care	Hair products (additional)			10.00		1	4.3	2.30	£10 a month for extra or more expensive hair products, to account for cultural/ethnic differences.	
F	13.1	LP	Mother, Personal care	Hair colour	Garnier	Tesco	4.40		1	4.3	1.01	Home hair colour every month. Recognisable brand.	Garnier Belle Color 4 Natural Dark Brown Permanent Hair Dye (range of colours available for same price)
F	13.1	LP	Mother, Personal care	Hairdryer	Tresemmé	Tesco	16.00		1	156.4	0.10	From supermarket/B+M/Boots. Recognisable brand (e.g. Tresemmé) replaced every 3 years	Tresemme Fast Dry 2000 9142Tu
F	13.1	LP	Mother, Personal care	Straighteners	Tresemmé	Tesco	27.00		1	156.4	0.17	From supermarket/B+M/Boots. Recognisable brand (e.g. Tresemmé) replaced every 3 years	Tresemme Ceramic Styler 230 2089Tu
F	13.1	LP	Mother, Personal care	Hair styling products			15.00		1	4.3	3.45	Budget of £15 per month for hair styling products (e.g. hair spray, hair serum, hair gel, hair wax)	
F	13.1	LP	Mother, Personal care	Toilet roll	Tesco	Tesco	8.25	12	1	6.0	1.38	2 rolls per week.	Tesco Luxury Soft Toilet Tissue 12 Double Rolls
F	13.1	LP	Mother, Personal care	Shower gel	Dove	Tesco	1.50		1	2.0	0.75	From supermarket/B+M/Boots. Recognisable brand replaced every 2 weeks. A Tresemmé or Pantene price-level product.	Dove Reviving Pomegranate & Hibiscus Body Wash Shower Gel 225ml
F	13.1	LP	Mother, Personal care	Shampoo	Pantene	Tesco	2.75		1	4.3	0.63	From supermarket/B+M/Boots. Recognisable brand replaced every month. A Tresemmé or Pantene price-level product.	Pantene Smooth & Sleek Shampoo 400ml
F	13.1	LP	Mother, Personal care	Conditioner	Pantene	Tesco	2.75		1	4.3	0.63	From supermarket/B+M/Boots. Recognisable brand replaced every month. A Tresemmé or Pantene price-level product.	Pantene Active Pro-V Smooth & Sleek Hair Conditioner 275ml
F	13.1	LP	Mother, Personal care	Face wash	Simple	Tesco	2.50		1	4.3	0.58	From supermarket/B+M/Boots. Recognisable brand replaced every month	Simple Kind To Skin Refreshing Face Wash Gel 150ml
F	13.1	LP	Mother, Personal care	Cotton wool pads	Tesco	Tesco	1.50	100	1	4.8	0.32	From supermarket/B+M/Boots. 3 per day.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	LP	Mother, Personal care	Makeup cleanser	Simple	Tesco	5.30		1	4.3	1.22	From supermarket/B+M/Boots. Recognisable brand replaced every 2 weeks (increased to 1 month because of product size).	Simple Kind To Skin Micellar Cleansing Water 400ml
F	13.1	LP	Mother, Personal care	Shower cap	H&A	Tesco	1.25		1	52.1	0.02	Cheapest from supermarket/B+M/Boots. Replaced every year	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	LP	Mother, Personal care	Bath or shower lily	H&A	Tesco	1.00		1	4.3	0.23	1 per month.	Bath Essentials Body Puff (Coloured)
F	13.1	LP	Mother, Personal care	Bubble bath	Radox	Tesco	1.49		1	4.3	0.34	1 per month.	Radox Feel Pampered Bath Soak Bubble Bath 500ml
F	13.1	LP	Mother, Personal care	Deodorant	Dove	Tesco	1.70		1	2.0	0.85	From supermarket/B+M/Boots. Recognisable brand replaced every 2 weeks	Dove Women Antiperspirant Deodorant Fresh Roll On 50ml
F	13.1	LP	Mother, Personal care	Toothpaste	Colgate	Tesco	0.99		1	4.0	0.25	Recognisable brand from supermarket/B+M/Boots. Replaced every 4 weeks	Colgate Triple Action Toothpaste 75ml
F	13.1	LP	Mother, Personal care	Toothbrush	Colgate	Tesco	1.50	3	1	39.1	0.04	Manual toothbrush (recognisable brand) from supermarket/B+M/Boots. 3 months.	Colgate Extra Clean Medium Toothbrush 3 Pack. 1 toothbrush lasts 3 months, so 3-pack lasts 9 months.
F	13.1	LP	Mother, Personal care	Mouthwash	Colgate	Tesco	2.00		1	4.3	0.46	Recognisable brand from supermarket/B+M/Boots. Replaced every month	Colgate Triple action mouthwash 500ml
F	13.1	LP	Mother, Personal care	Dental floss	Oral-B	Tesco	1.50		1	4.3	0.35	1 roll per month, individual (not household) item.	Oral-B Satin Tape Dental Floss 25M
F	13.1	LP	Mother, Personal care	Razors	Gillette	Tesco	1.50	4	1	4.0	0.38	Disposable razors. From supermarket/B+M/Boots. Recognisable brand. 1 razor per week	Gillette Simply Venus 2 Women's Disposable Razors 4 Pack
F	13.1	LP	Mother, Personal care	Shaving gel	Gillette	Tesco	2.85		1	13.0	0.22	From supermarket/B+M/Boots. Recognisable brand. Replaced every 3 months	Gillette Satin Care Sensitive Aloe Vera Glide Shaving Gel 200ml
F	13.1	LP	Mother, Personal care	Moisturiser (face)	Nivea	Tesco	5.20		1	4.3	1.20	Face moisturiser with SPF 30 from supermarket/B+M/Boots. Recognisable brand replaced every month	NIVEA Refreshing 24 Hour Moisture SPF30 Day Cream 50ml
F	13.1	LP	Mother, Personal care	Moisturiser (body)	Dove	Tesco	3.50		1	13.0	0.27	Large body lotion from supermarket/B+M/Boots. Recognisable brand replaced every 3 months	Dove Essential Nourishing Lotion 400ml
F	13.1	LP	Mother, Personal care	Lip balm	Vaseline	Tesco	1.25		1	26.1	0.05	Small round tin of Vaseline, lifespan 6 months.	Vaseline Lip Therapy Original 20G
F	13.1	LP	Mother, Personal care	Hair brush (flat)	Cantu	Tesco	7.50	1	1	52.1	0.14	1 flat brush for everyday use. From supermarket/B+M/Boots. Approx. £12. Replaced every year	Cantu Smooth Thick Hair Paddle Brush
F	13.1	LP	Mother, Personal care	Hair brush (round)	Denman	Tesco	11.00	1	1	52.1	0.21	1 round brush for blow drying. From supermarket/B+M/Boots. Approx. £8. Replaced every year	Denman Classic Styling Brush 02-8394
F	13.2	LP	Mother, Personal effects	Hair bobbles	Leo Bancroft	Tesco	1.70	15	1	9.8	0.17	Cheapest 20-pack of hair bobbles. From supermarket/B+M/Boots. Replaced every 3 months	Leo Bancroft Snagfree Bands Brown 15 Pack (lifespan adjusted for 15-pack)
F	13.1	LP	Mother, Personal care	Sanitary products			6.50		1	4.3	1.50	Budget of £6.50 per month for choice of branded sanitary products.	
F	13.1	LP	Mother, Personal care	Suncream	Garnier	Tesco	6.50		1	52.1	0.12	Recognisable brand from supermarket/B+M/Boots. Replaced every year	Garnier Ambre Solaire Invisible Protect Spray Spf 50 200ml
F	13.2	LP	Mother, Personal care	Cosmetics			150.00		1	52.1	2.88	£150 per year (e.g. £12.50 for one product per month, on average)	
F	13.1	LP	Mother, Personal care	Perfume			60.00		1	52.1	1.15	£60 per year	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
F	13.2	LP	Mother, Accessories	Toiletries bag	Primark	Primark	6.00	1	1	260.7	0.02	Plastic toiletries bag from Primark, lifespan 5 years.	Rolldown Wash Bag
F	13.2	LP	Mother, Personal effects	Sunglasses	Primark	Primark	3.50	1	1	52.1	0.07	Primark, 1 year.	Tinted Round Frame Sunglasses (lots of choice at Primark at this price-point)
F	13.2	LP	Mother, Personal effects	Jewellery			100.00		1	312.9	0.32	£100 every 6 years for occasional watches, earrings, necklaces, etc.	
F	13.2	LP	Mother, Accessories	Handbags (everyday)		New Look	29.99	1	2	52.1	1.15	2 larger everyday bags. From supermarket. 1 year lifespan.	Brown Leather-Look Buckle Tote Bag
F	13.2	LP	Mother, Accessories	Handbags (occasion)	George	Asda	18.00	1	2	260.7	0.14	2 small occasion bags. From supermarket. 5 year lifespan.	Cream Leather Look Saddle Bag
F	13.2	LP	Mother, Accessories	Purse	River Island	River Island	12.00	1	1	208.6		River Island, 4 years.	Pink Embossed Weave Purse
F	13.2	LP	Mother, Accessories	Suitcase	Primark	Primark	32.00		1	208.6	0.15	Medium wheely suitcase, Primark, 4 years.	Hard Shell 4-Wheel Suitcase (size: M)
F	13.2	LP	Mother, Accessories	Weekend bag	Primark	Primark	17.00		1	208.6	0.08	Weekend style bag, Primark, 4 years.	Quilted Weekend Bag
F	13.2	LP	Mother, Accessories	Rucksack	Primark	Primark	16.00		1	208.6	0.08	Backpack, Primark, 4 years.	Compact Travel Backpack
F	13.1	LP	Household, Personal care	Liquid soap (bathroom)	Palmolive	Tesco	1.15		1	2.0	0.58	Liquid soap from supermarket/B+M/Boots. Recognisable brand, replaced every two weeks.	Palmolive Sensitive Handwash 300MI
F	13.1	LP	Household, Personal care	Cotton buds	Tesco	Tesco	0.50	200	1	13.0	0.04	3 months.	Tesco 200 Cotton Buds
F	13.1	LP	Household, Personal care	Vaseline	Vaseline	Tesco	1.90		1	52.1	0.04	Replaced yearly	Vaseline Petroleum Jelly 100ml
F	13.1	LP	Household, Personal care	Nail scissors	Tesco	Tesco	2.10		1	521.4	0.00	10 years	Tesco Essentials Nail Scissors [sic]
F	13.1	LP	Household, Personal care	Tweezers	Tesco	Tesco	2.20		1	521.4	0.00	Potentially in a set with nail scissors, so same lifespan (10 years).	Tesco Essentials Straight Tweezer
F	13.1	EB	Personal care	Hairdressing, preschool			40.00		1	13.0	3.07	£40 every 3 months. Including any special additional or more expensive hair products needed.	Depends on gender of child and type of hair. Suggestion of £40 every 2-3 months for braiding or £15 for a trim (girl) or £7 every 4-6 weeks for a boy. Case study is a girl, so £40 every 3 months = £120 per year.
F	13.1	EB	Personal care	Suncream		Tesco	4.00		1	52.1	0.08	Factor 50, replaced yearly	Tesco Soleil Kids Sensitive 50Spf Sun Spray 200MI
F	13.1	EB	Personal care	Toothbrush (Preschool)		Tesco	0.80		1	8.0	0.10	Age-appropriate toothbrush, replace every 8 weeks	Pro Formula Little Steps Toothbrush 3-5 Years
F	13.1	EB	Personal care	Toothpaste (Preschool)		Tesco	1.75		1	26.1	0.07	Age-appropriate toothpaste, supermarket/Superdrug, replace every 6 months	Colgate Kids 3-5 Year Mint Flavour Toothpaste 75MI
F	13.1	EB	Personal care	Shampoo		Tesco	4.95		1	13.0	0.38	Child-friendly. From supermarket and replaced every 3 months. Groups specified Childs Farm shampoo for all younger children, to allow for more sensitive skin.	Childs Farm Strawberry & Mint Shampoo 250MI

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	EB	Personal care	Conditioner		Tesco	4.95		1	13.0	0.38	Child-friendly. From supermarket and replaced every 3 months. Groups specified Childs Farm conditioner for all younger children, to allow for more sensitive skin.	Childs Farm Strawberry & Mint Conditioner 250ml
F	13.1	EB	Personal care	Body wash		Tesco	1.50		1	8.7	0.17	Body wash replaced every 2 months. From supermarket	Tesco Kids Sensitive Bath and Bodywash 500ml
F	13.1	EB	Personal care	Bubble bath		Tesco	1.00		1	4.3	0.23	1 large bubble bath. Replaced monthly.	Fred & Flo Baby Bath 500ml
F	13.1	EB	Personal care	Baby lotion		Tesco	1.85		1	13.0	0.14	Child-friendly. Pump moisturiser. From supermarket and replaced every 3 months.	Johnson's Baby Lotion 300ml
F	13.1	EB	Personal care	Sponge		Tesco	1.00	2	1	8.7	0.12	From supermarket. Replaced monthly. Pack of 2 so would last 2 months.	Tesco Essentials Soft Sponges 2 Pack
F	13.1	EB	Personal care	Hairbrush		Tesco	6.50		1	52.1	0.12	Detangling hairbrush. 1 year	Dash Detangling Panda Animal Hairbrush
F	13.1	EB	Personal care	Toilet roll		Tesco	8.25	12	1	12.0	0.69	1 roll per week	Tesco Luxury Soft Toilet Tissue 12 Double Rolls
F	13.1	EB	Personal care	Toilet wipes		Tesco	0.59	60	1	1.0	0.59	1 pack per week.	Fred & Flo 60 Sensitive Toilet Wipes
F	13.1	EB	Personal care	Baby wipes		Tesco	0.80	56	1	1.0	0.80	1 pack per week.	Fred & Flo 56 Biodegradable Extra Sensitive Wipes
F	13.1	EB	Personal care	Pull-up pants		Tesco	4.35	32	1	1.1	3.81	2 night-time pull-up pants per night plus 2 per day.	Fred & Flo Easy Fit Pants Size 6+ Nappy Pant 32 pack. 4 per day & night, so lifetime = (32/4)/7.
F	13.1	EB	Personal care	Nappy bags		Tesco	0.95	150	1	5.4	0.18	No other details	Fred & Flo 150 Nappy Bags. Lifetime based on 4 nappies per day & night; 150 in pack so lifetime = (150/4)/7.
F	13.1	EB	Personal effects	Hair bobbles		Tesco	2.60	24	1	4.3	0.60	1 pack per month	Leobancroft Kids 24 Pack Mini Band Pastel
F	13.2	EB	Accessories	Rucksack		Asda	16.00		1	52.1	0.31	Child rucksack. Supermarket.	Blue Monster Rucksack
F	13.2	EB	Accessories	Holdall	Slazenger	Sports Direct	17.00		1	260.7	0.07	Medium size holdall for each primary or secondary school child. Sport Direct/TK Maxx/Argos, cheapest ok. 5 years.	Slazenger Medium Holdall. Added for younger children in place of shared large holdall.
F	13.2	EB	Accessories	Pushchair		Argos	55.00		1	104.3	0.53	Cheap, foldable pushchair. Smyths/Argos. 2 years	Joie Nitro E Stroller - Rosy
F	13.2	EB	Accessories	Buggy board		Amazon	41.67		1	521.4	0.08	Buggy board with a seat (potentially detachable seat), 10 years. From same retailer as pushchair, or Amazon.	Buggy Board with seat, Standing Board, Toddlers Stroller Board Kiddy Board Stable Two Wheel Design with Seat, Standing Board fits Any Pushchair (Blue).
F	13.2	EB	Accessories	Car seat		Smyths	179.99		1	208.6	0.86	Car seat 0-5 years, Argos/Halfords/Smyths. Brand such as Joie. 360° rotation. 4 years.	Osann Eno360 SL R129 Car Seat 40 to 150cm
F	13.1	EC	Personal care	Hairdressing, primary			13.00		1	4.3	2.99	£13 for haircut, once per month.	
F	13.1	EC	Personal care	Hair products (additional)			10.00		1	4.3	2.30	£10 per month for extra or more expensive hair products, to account for cultural/ethnic differences.	
F	13.1	EC	Personal care	Hair styling product		Tesco	1.90		1	13.0	0.15	4 pots of gel or wax per year.	Derma V10 Styling Wax 50ml
F	13.1	EC	Personal care	Nit repellent spray		Asda	6.75		1	52.1	0.13	Replaced once per year.	Hedrin Once Spray Gel

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	EC	Personal care	Nit comb		Asda	1.25		1	104.3	0.01	Cheapest plastic and/or metal nit comb. 2 years.	Nitrid Headlice Detector Comb
F	13.1	EC	Personal care	Hairbrush		Tesco	7.00		1	52.1	0.13	Detangling brush. 1 year.	Cantu Kids Detangle Brush
F	13.1	EC	Personal care	Shampoo		Tesco	4.95		1	4.3	1.14	Groups specified Childs Farm shampoo to allow for more sensitive skin.	Childs Farm Strawberry & Mint Shampoo 250MI
F	13.1	EC	Personal care	Conditioner		Tesco	4.95		1	4.3	1.14	Groups specified Childs Farm conditioner to allow for more sensitive skin.	Childs Farm Strawberry & Mint Conditioner 250MI
F	13.1	EC	Personal care	Shower gel		Tesco	1.50		1	8.7	0.17	Child shower gel. Replaced every 2 months.	Tesco Kids Sensitive Bath & Bodywash 500ml
F	13.1	EC	Personal care	Bubble bath		Tesco	2.00		1	8.7	0.23	Child bubble bath. Replaced every 2 months.	Matey Merman Bubble Bath 450ml
F	13.1	EC	Personal care	Suncream		Tesco	3.60		2	52.1	0.14	2 suncreams per year. Water resistant 5* UV protection. Factor 50. Once a day application.	Tesco Soleil Kids Sun Spray Spf50+ 200MI
F	13.1	EC	Personal care	Toilet roll		Tesco	8.25	12	1	4.0	2.06	3 per week. Tesco own brand (but not value range).	Tesco Luxury Soft Toilet Tissue 12 Roll White
F	13.1	EC	Personal care	Toothbrush (primary)		Tesco	0.80		1	13.0	0.06	Replaced every 3 months.	Pro Formula Big Steps Toothbrush 6 Years Plus
F	13.1	EC	Personal care	Toothpaste (primary)		Tesco	0.80		1	6.0	0.13	Replaced every 6 weeks	Pro Formula Big Steps Cool Mint Toothpaste 6 Years Plus
F	13.1	EC	Personal care	Pyjama pants		Tesco	8.00	16	1	4.3	1.84	pyjama pants' nappies. 1 pack per month.	Pampers Ninjamas Pyjama Pants 4-7 Years 16 Pack (same price for an 8-12 years 14-pack).
F	13.2	EC	Accessories	Car seat		Halfords	79.99		1	260.7	0.31	Booster seat from Halfords/Amazon. Group 3	CozyNSafe Augusta i-Size 100-150cm High Back Booster Car Seat (R129 certified)
F	13.2	EC	Accessories	School book bag		Price & Buckland	5.95		1	52.1	0.11	1 needed (branded). 1 year lifespan.	CLASSIC BOOKBAG Middleton Primary School, Nottingham
F	13.2	EC	Accessories	Drawstring PE kitbag		Asda	4.50	2	1	104.3	0.04	School drawstring bag, from supermarket. 1 year. 2 in pack so 2 years.	Black Swim Bags 2 Pack
F	13.2	EC	Accessories	Backpack		Asda	16.00		1	52.1	0.31	1 needed from supermarket/Matalan/Primark. 1 year	Blue Monster Rucksack
F	13.2	EC	Accessories	Holdall	Slazenger	Sports Direct	17.00		1	260.7	0.07	Medium size holdall for each primary or secondary school child. Sport Direct/TK Maxx/Argos, cheapest ok. 5 years.	Slazenger Medium Holdall
F	13.2	EC	Personal effects	Sunglasses		Matalan	4.50		1	52.1	0.09	1 pair from supermarket/Matalan/Primark. 1 year	Kids Blue Tie Dye Sunglasses (3-10yrs)
F	13.2	HHAB	Personal care	Bath thermometer		Amazon	3.64		1	104.3	0.03	To check bath water temperature is safe. Cheapest. 2 years.	Baby Safe Floating Bath Thermometer - GIRAFFE, Analog
F	13.1	HHAB	Personal care	Nail clippers		Asda	3.49		1	521.4	0.01	Nail clippers suitable for children. From supermarket. Lasting 10 years.	Tommee Tippee Essentials Baby Nail Clippers 0m+
F	13.2	HHAB	Personal care	Toilet training seat		Tesco	8.00		1	104.3	0.08	From supermarket. 2 years	Baby Shark Training Seat
F	13.2	HHAB	Personal care	Potty		Tesco	6.00		2	104.3	0.12	Two potties, from supermarket/IKEA/Wilko/B&M. 2 years	Tiny to Tots Steady Potty
F	13.2	HHAB	Accessories	Baby changing bag		Argos	40.00		1	104.3	0.38	Baby changing bag, including travel changing mat. Supermarket. 2 years.	Dreambaby Carryall Backpack With Change Mat (same price as cheapest option from Asda)
F	13.1	HHBC	Personal care	Detangling comb		Tesco	4.00		1	156.4	0.03	Lasting 3 years. From supermarket.	Cantu Kids Detangling Comb
												<b>F: Personal Goods and Services</b>	<b>£ 71.09</b>

MIS REBASE 2024

F: Personal goods and services, including health

Lone parent, preschool + primary

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	LP	Health care	Prescriptions		NHS	9.65		4	52.1	0.74	4 needed per year per parent.	NHS prescription, single charge. 2023-24 prescription charge: £9.65 per medicine or appliance (N.B. from 1st May 2024 this will rise to £9.90)
F	6.2	LP	Health care	Opticians - eye test		Specsavers	35.00		1	104.3	0.34	Check-up every 2 years, plus cost of retinal scan	Specsavers eye test with additional Optical Coherence Tomography (OCT) test. Cost of the eye test "varies, but it's around £20-25... you can also book an 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	LP	Health care	Opticians - glasses		Specsavers	90.00		1	104.3	0.86	£90 every 2 years for new glasses, including scope for anti-glare lenses if desired or buy one get one free. To allow for a combination of £50 frames and £40 for the cheapest varifocal lenses (now cheaper than bifocals).	Wide range of frames costing £50, and Specsavers varifocal lenses start at £40. 2-for-1 offer available £70-£150 frames (but then more limited lens options with this budget).
F	6.2	LP	Health care	Dentists - check-up		NHS	26.80		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	LP	Health care	Dentists - treatment		NHS	73.50		1	52.1	1.41	One NHS Band 2 treatment per year (£73.50), per parent. Lots of support also for including a private hygienist clean, but ultimately not (yet) included, for consistency with the working age adults without children.	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	LP	Health care	Other health treatments			200.00		1	52.1	3.84	£200 per year budget per parent for other health treatments (e.g. 2 sessions per year of sports massage or a chiropractor). To provide top-up physical or mental health care until getting through long NHS waiting lists.	
F	6.1	LP	Health care	Paracetamol	Asda	Asda	0.65	16	1	4.3	0.15	Replaced monthly. This would be a household item, so only 1 pack needed per month.	ASDA Paracetamol 500mg 16 Capsules
F	6.1	LP	Health care	Ibuprofen	Tesco	Tesco	1.80	16	1	4.3	0.41	Replaced monthly. This would be a household item, so only 1 pack needed per month.	Tesco Ibuprofen 200Mg Liquid Caps 16S
F	6.1	LP	Health care	Cough medicine	Tesco	Tesco	2.90		1	26.1	0.11	Replaced every 6 months	Tesco Health+ Chesty Cough Relief 300MI

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	LP	Health care	Antihistamines	Tesco	Tesco	2.95	30	1	8.7	0.34	Taking 6 months of the year, when 1 pack per month (so an average 2-month lifespan per pack across the year).	Tesco Hayfever Cetirizine 30S Tablets
F	6.1	LP	Health care	Nasal spray	Calpol	Tesco	4.70		1	52.1	0.09	1 year	Calpol Saline Nasal Spray From Birth 15ml (different age categories of nasal sprays, so 'from birth' for the most universal suitability)
F	6.1	LP	Health care	Imodium	Imodium	Tesco	7.00	12	1	52.1	0.13	1 pack replaced yearly	IMODIUM Instants For On-The-Go Diarrhoea Relief 12 Tablets
F	6.1	LP	Health care	Antiseptic cream	Savlon	Tesco	4.20		1	52.1	0.08	Replaced yearly	Savlon Antiseptic Cream 100g
F	6.1	LP	Health care	First aid kit	Ring	Tesco	12.00		1	156.4	0.08	Replaced every 3 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	LP	Health care	Plasters	Asda	Asda	1.50	50	1	104.3	0.01	Replaced every 2 years	ASDA 50 Fabric Plasters
F	6.1	LP	Health care	Thermometer	Tommee Tippee	Amazon	27.99	1	1	782.1	0.04	Added as a household item by child-focused groups. In-ear thermometer, Tommee Tippee. From Amazon/supermarket/Boots. Parents said would not need additional lens caps. Approx. £15, to last 15 years.	Tommee Tippee InEar Digital Thermometer (doesn't use lens caps)
F	6.1	LP	Health care	Multivitamins	Tesco	Tesco	4.90	90	1	12.9	0.38	1 per day	Tesco A-Z Multivitamins & Minerals 90S
F	6.1	LP	Health care	Contraception	Durex	Tesco	11.00	12	2	52.1	0.42	2 boxes of 12 condoms every year	Durex Originals Extra Safe Condoms Regular Fit 12 Pack
F	6.1	LP	Health care	Hot water bottle	Cassandra	Tesco	7.50	1	1	156.4	0.05	1 needed. From supermarket. 3 years.	Cassandra Plain Fleece Hot Water Bottle Cover Set
F	6.1	EB	Health care	Paracetamol	Tesco	Tesco	2.35		1	26.1	0.09	Calpol, supermarket. 6 months	Tesco Children's Paracetamol 2 Month Plus 100MI
F	6.1	EB	Health care	Ibuprofen	Nurofen	Tesco	3.30		1	26.1	0.13	Ibuprofen medicine replaced every 6 months. From supermarket.	Nurofen For Children Strawberry 100MI (age 3 months to 9 years; no generic version available online from Tesco or Asda)
F	6.1	EB	Health care	Antihistamine	Piriton	Superdrug	6.19		1	52.1	0.12	Piriton, replaced yearly	Piriton Allergy Relief Syrup for children 150ml (1+ years; requires pharmacist-checked questionnaire when not the 6+ years version)
F	6.1	EB	Health care	Nappy cream (small)	Sudocrem	Asda	2.95		1	52.1	0.06	Sudocrem, 1 small pot for changing bag and 1 medium one for home. Each lasts 12 months.	Sudocrem Antiseptic Healing Cream 60g
F	6.1	EB	Health care	Nappy cream (medium)	Sudocrem	Asda	7.00		1	52.1	0.13	Sudocrem, 1 small pot for changing bag and 1 medium one for home. Each lasts 12 months.	Sudocrem Antiseptic Healing Nappy Cream 175g
F	6.1	EB	Health care	Multivitamins	Haliborange	Tesco	10.00	60	1	8.6	1.17	Chewy. 1 per day	Haliborange Omega3 & Multivitamins 60 Orange Gummies (for ages 3-7)

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	EC	Health care	Paracetamol	Tesco	Tesco	2.35		1	13.0	0.18	Calpol, Supermarket. Replaced every 3 months.	Tesco Children's Paracetamol 2 Month Plus 100MI
F	6.1	EC	Health care	Ibuprofen	Nurofen	Tesco	3.30		1	13.0	0.25	Supermarket. Replaced every 3 months.	Nurofen For Children Strawberry 100MI (age 3 months to 9 years; no generic version available online from Tesco or Asda)
F	6.1	EC	Health care	Nappy cream	Sudocrem	Asda	3.75		1	52.1	0.07	Sudocrem nappy cream. 1 small pot per year.	Sudocrem Antiseptic Healing Cream 125g
F	6.1	EC	Health care	Multivitamins	Haliborange	Tesco	5.00	30	1	4.3	1.17	Added by groups, following nutritionist recommendation for vitamin D supplement. 1 per day, chewy.	Haliborange Strawberry Multivitamins Softies 30s
F	6.1	HHABC	Health care	Plasters	Heal	Tesco	2.00	30	1	26.1	0.08	Plasters from supermarket. Specified character plasters and a household item. 6-month.	Heal Guffalo Kids Plasters 30 Pack
F	6.1	HHCD	Health care	Antihistamine	Piriteze	Tesco	6.00		1	52.1	0.12	1 bottle per year for the household.	Piriteze Children's Hayfever & Allergy Relief Syrup 6 years+ 70ml
F	6.1	HHBC	Health care	Vapour rub	Tesco	Tesco	1.35		1	104.3	0.01	One for the household, to last 2 years.	Tesco Adult Vapour Rub 50g (suitable for 3 years+)
												<b>F: Personal Goods and Services</b>	<b>£ 14.08</b>

MIS REBASE 2024

G: Transport

Lone parent, preschool + primary

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
G2	7.2	LP	Motoring	Parking fees			10.00		1	4.3	2.30	£10 per month for parking.	
G2	7.2	LP	Motoring	Driving licence renewal		UK government	14.00	1	2	521.4	0.05	Driving licence renewal required every 10 years.	£14 (per parent) if applying online.
G2	7.3	LP	Other travel	Other travel			100.00		1	52.1	1.92	£100 per year taxi budget, with nothing extra for buses or trains.	
G2	7.1	LP	Cycling	Bicycle			100.00		1	312.9	0.32	Second-hand bike from eBay or Facebook. Approx. £100. To last 6 years.	
G2	7.2	LP	Cycling	Bike maintenance		Halfords	80.00		1	52.1	1.53	Annual full service	Halfords Gold ("Enhanced") bike service, including servicing + resetting-up of brakes and gears, replacement of 2 wearable parts (e.g. brake pads), chain cleaned + lubricated, and wheels trued.
G2	7.2	LP	Cycling	Bike lights		Halfords	10.00		1	312.9	0.03	6 years.	Halfords Super Bright LED Bike Light Set
G2	7.2	LP	Cycling	Bike lock		Halfords	12.00		1	625.7	0.02	1 needed. 12 years.	Halfords Essentials Mini D-Lock
G1	7.1	LP+2	Motoring	Car (Astra)					1	260.7	82.96	1 reliable second-hand car, 5 years old, to last for another 5 years (FG2). Good condition without lots of miles on the clock (e.g. max. 130k or 140k?), and need to be compatible with clean air zones (post-2006 petrol, post-2015 diesel). Vauxhall Astra for smaller families, and Vauxhall Zafira for larger families.	
G1	7.2	LP	Motoring	Roof box		Halfords	204.00		1	260.7	0.78	Roof box for when family goes on holiday. 5-year lifespan to match the expected longevity of the second-hand car.	Halfords 320L Roof Box - Grey
G1	7.2	LP	Motoring	Roof bars (ASTRA)		Halfords	169.60		1	260.7	0.65	Roof bars and other requirements like fitting kit, etc. for the Vauxhall Astra car (for smaller families). 5-year lifespan to match the expected longevity of the second-hand car.	Halfords Advanced Square Bars S127 (Pack of 2) £44.55, plus Halfords Advanced fitting kit C146 (Pack of 4) £36.05, plus Halfords Advanced FP4 Foot Pack (Pack of 4) £69 = £149.60. Plus £20 for fitting by Halfords = £169.60.
G1	7.2.1	HHAB	Motoring	Sun shade (car windows)		Halfords	4.17	1	2	260.7	0.03	Cheap sun shades/visors for 2 side windows of car, 5 years. Household item for any families with toddlers or preschool children.	Halfords Foldable Compact Sunshade
												<b>G: Transport</b>	<b>£ 90.61</b>
												<b>G1: Motoring Expenditure</b>	<b>£ 84.43</b>
												G2: Fares and Other Travel Costs	£ 6.18

MIS REBASE 2024

H: Social and cultural participation

Lone parent, preschool + primary

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
H1	81	LP	Leisure goods	TV	JVC	Currys	129.99	1	1	260.7	0.50	One up from the bottom 32" TV from Currys/Amazon/Argos. 5 years.	JVC LT-32C490 32" HD Ready LED TV
H1	8.1	LP	Leisure goods	Laptop	Asus	Currys	199.00		1	260.7	0.76	Fairly basic from Currys/Argos but with full Windows home operating system; should allow for choice of tablet if preferred. 5 years.	ASUS E410MA 14" Laptop - Intel® Celeron®, 128 GB eMMC, Blue
H1	9.2	LP	Gifts - birthdays	Gifts for others			30.00		10	52.1	5.75	10 gifts per year for others outside of the household - equivalent to partnered parents but without one of their sets of parents; may be closer to more other friends, family members, etc. because of relying on them more. £30 each, including cards and wrapping.	
H1	9.2	LP	Gifts - birthdays	Gifts for partners			60.00		1	52.1	1.15	£60 equivalent of the partnered parents' gifts for each other, either for a boyfriend or girlfriend or to treat themselves on their own birthday.	
H1	9.2	LP	Gifts - Xmas	Gifts for others			30.00		10	52.1	5.75	Same as birthday gifts.	
H1	9.2	LP	Gifts - Xmas	Gifts for partners			60.00		1	52.1	1.15	Same as birthday gifts.	
H1	9.2	LP	Gifts - other	Gifts for others			80.00		1	52.1	1.53	£80 per year for miscellaneous gifts. E.g. 4x £20, to cover weddings (might be more expensive than average), new babies, new homes, Easter/other festivals, etc.	
H1	9.7	LP	Newspapers, books and stationery	Christmas cards			10.00		1	52.1	0.19	£10 per year for Christmas cards, especially for older relatives. Postage could come from the existing postage & deliveries budget.	
H1	9.2	LP	Other recreational items	Christmas decorations			100.00		1	782.1	0.13	£100 every 15 years for Christmas tree and decorations.	
H1	9.6	LP	Charities	Donations			10.00		1	52.1	0.19	£10 per year for some charity donations; anything beyond this could come from other leisure budgets.	
H1	9.7	LP	Newspapers, books and stationery	Stationery			10.00		1	52.1	0.19	£10 per year stationery budget, to cover e.g. 1 diary per adult, a family calendar, envelopes, notepaper, and pens.	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
H1	9.2	EB	Leisure goods	Toys			20.00		1	4.3	4.60	£20 per month for toys, games, books and crafts	
H1	9.2	EB	Entertainment and recreation	Christmas presents - for child			90.00		1	52.1	1.73	£80 for christmas presents and stocking fillers, plus £10 for santa visit.	
H3	9.2	EB	Entertainment and recreation	Birthday presents for child			130.00		1	52.1	2.49	£100 for birthday presents, plus £30 for cake and party. = £130	
H1	9.2	EB	Entertainment and recreation	Birthday presents from child			10.00		3	52.1	0.58	£10 x 3 for attending other children's birthday parties. Includes present and card.	
H1	9.2	EC	Leisure goods	Toys, books, games, crafts			5.27		1	1.0	5.27	£5.27 per week for toys, games, crafts. Could be used for in-game purchases.	
H1	8.1	EC	Leisure goods	Tablet		Currys	144.00		1	156.4	0.92	Amazon Fire 'Kids Pro' version (ages 6-12), for extra durability and child-friendliness. 10 inch. 3 years.	AMAZON Fire HD10 Kids Pro 10.1" (ages 6-12) Tablet (2023) – 32 GB, Nebula (discounted from £199)
H1	8.1	EC	Leisure goods	Tablet case		Amazon	19.99		1	156.4	0.13	Protective case for tablet. Shockproof, rubber with carry handle. From Currys/Amazon. 3 years.	Fire HD 10 & Fire HD 10 Plus Case for Kids(11th/13th Generation, 2021/2023 Release) - Kricsertg Lightweight Shockproof Kid-Proof Cover with Stand for Fire HD 10 Kids Tablet & Kids Pro Tablet
H1	13.9	EC	Newspapers, books and stationery	Printing			10.00		1	52.1	0.19	£10 per year printing budget for primary school children. (a printer with ink and paper for secondary school children)	
H1	9.2	EC	Accessories	Swimming goggles		Asda	10.00		1	52.1	0.19	Swimming goggles. Supermarket. 1 year	Speedo Futura Classic Goggles - Junior
H3	9.2	EC	Leisure goods	Christmas presents - for child			150.00		1	52.1	2.88	£150 including wrapping and card. Including the advent calendar and anything else (e.g. Santa visit included in the toddler and preschool budgets' pricing here).	
H3	9.2	EC	Leisure goods	Birthday presents for child			150.00		1	52.1	2.88	£120 including wrapping and card plus £30 for birthday tea with cake/McDonalds and 5 friends.	
H3	9.2	EC	Leisure goods	Birthday presents for other children			10.00		8	52.1	1.53	8 x £10 presents for others. Includes wrapping and cards.	
											<b>H: Social and Cultural Participation</b>	<b>£ 40.70</b>	
											H1: Leisure Goods	£ 30.91	
											H3:Entertainment and Recreation	9.78	

MIS REBASE 2024

H: Social and cultural participation

Lone parent, preschool + primary

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	LP	TV licence	TV licence		UK government	169.50		1	52.1	3.25	TV licence needed.	TV licence costs £169.50 per year from 1 April 2024.
H3	8.3	LP	Telephone and fax services	Broadband		Virgin Media (via Money Saving Expert)	22.34		1	4.3	5.14	Broadband needed. Unlimited downloads, and should be fast enough for all household members to use it separately at the same time. Pricing assumes switching deal immediately on expiry of the initial contract (so no need to price in any months at a higher rate).	£22.34 average monthly cost during initial contract (cheapest available via Moneysavingexpert.com covered by Ofcom automatic compensation scheme). 18-month contract, 132 Mb average speed, unlimited downloads. No setup cost, £75 reward amount (automatically applied as bill credit to account), £26.50/month cost for months 1-18 (then £54/month from month 19 onwards).
H3	8.3	LP	Entertainment and recreation	TV subscription		Netflix	4.99		1	4.3	1.15	Netflix or Disney+. £4.99 Netflix (or Disney Plus) package with adverts + 2 devices.	Netflix, £4.99/month package with adverts + 2 devices ('Standard with ads'). Disney Plus have much the same package at this price too, but it wouldn't allow for Amazon Prime (currently £8.99 with adverts).
H3	9.4	LP	Leisure	Activities			100.00		1	4.3	23.01	£23.01 per week on average (£100/month), for e.g. 2 paid activities. Activities could include gym, running, night out, cinema.	
H6	9.4	LP	UK Holidays	Holiday spending money			20.00	1	7	52.1	2.68	£20 per day extra spending money per parent for holiday, for 7 days (in combination with separate amounts in children's budgets).	
H3	9.6	LP	Entertainment and recreation	Day trips			50.00		1	52.1	0.96	£50 for family day trip (entry and food per parent).	
H3	12.7	LP	Leisure services	Passport		UK government	88.50	1	2	521.4	0.34	Passports needed, for ID purposes as well as potential travel. Would take photo themselves.	Standard adult passport application/renewal fee for online applications is £88.50. 10-year adult validity.
H6	11.2	HH*1/2 if C/D	UK Holidays	Holiday		Haven	1379.00		1	52.1	26.45	1 holiday per year in the UK, 1 week during summer (peak time if any school age children, off-peak if all are toddlers or preschool) - Self-catering holiday park near the seaside, e.g. a Haven, Butlins, Hoseasons, somewhere like Skegness, Blackpool, Cornwall, or the Isle of Wight. 'Bronze' type to allow for more limited availability of 'Saver' caravans (especially in peak season) and provide its pull-out sofa bed option for 2-bedroom caravans. 1 child would sleep on the pull-out sofa bed in the lounge, when that prevents the need for a bigger caravan. Children start needing a bed (or sofa bed) from preschool age upwards; the family's travel cot(s) would be used for toddlers.	Haven Skegness, Sat 9th - Sat 16th August 2025 (7 nights), 'Bronze' caravan, 2 bedrooms (smallest available), sleeps up to 6 with pull-out sofa bed in lounge (or 5 if including only 1 child for the sofa bed and with no use of travel cots). £1379 with entry to swimming pools and "access to activities - some may require an additional charge". Priced in April 2024.
H3	9.4	EB	Entertainment and recreation	Social activities			10.00		1	1.0	10.00	£10 per week for paid activities such as soft play, swimming, park trips	

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H6	9.4	EB	UK Holidays	Holiday spending money			10.00		7	52.1	1.34	£10 per day for the one-week holiday. ice creams, bucket & spade. 7 days' spending money.	
H3	9.6	EB	Entertainment and recreation	Day trips			40.00		1	52.1	0.77	1 day trip per year at a £40 per person cost for each preschool child, or e.g. 2 cheaper daytrips with the same budget.	
H3	9.4	EC	Entertainment and recreation	Social activities			820.00		1	52.1	15.73	2 activities per week, e.g. swimming and team sport. £30 per month per activity plus additional £100 to cover kit, competitions etc. = £820 per year.	
H6	9.4	EC	UK Holidays	Holiday spending money			10.00		7	52.1	1.34	£10 per day extra spending money per child for holiday, for 7 days.	
H3	9.6	EC	Entertainment and recreation	Day trips			40.00		1	52.1	0.77	Once per year, e.g. zoo, theme park. £40 per primary school child to cover entry, refreshments and something from gift shop.	
H3	10.1	EC	Entertainment and recreation	School trips - educational			75.00		1	52.1	1.44	£25 per term to cover educational school trips and other misc. school events, so £25 x 3 = £75 per year.	
H3	10.1	EC	Entertainment and recreation	School trips - residential			325.00		1	365.0	0.89	£325 for 3 night residential (in one year of primary school, averaged across these years).	
H3	9.6	EC	Entertainment and recreation	Charity days			20.00		1	52.1	0.38	£20 per year for charity days e.g. Red Nose Day, Children in Need, cake sales etc.	
H3	9.2	HHCD	Entertainment and recreation	Gaming subscription	Xbox (Microsoft)	CDKeys.com	37.99		1	52.1	0.73	Xbox subscription, Console would be a Christmas/birthday present, possibly second-hand and with help from others, but parents would separately pay for a subscription to be able to download and play games online - preventing social exclusion.	12-month Xbox Live Gold Membership (£37.99, discounted from £49.99) via CDKeys.com, cheapest Xbox subscription available
<b>H: Social and Cultural Participation</b>												<b>£ 96.37</b>	
H3: Entertainment and Recreation												£ 61.30	
H4: TV Licence and Rental												£ 3.25	
H6: UK Holiday												£ 31.82	