

**MIS 2024 REBASE**

**Single Working Age Female**

<b>A: Food and Non-Alcoholic Beverages</b>				<b>£ 64.04</b>
	A1: Food			£ 52.87
	A2: Catering			£ 11.17
<b>B: Alcohol and Tobacco</b>				<b>£ 7.97</b>
	B1: Alcohol			£ 7.97
		B1A: Alcohol at Home		£ 5.30
		B1B: Alcohol Away From Home		£ 2.67
	B2: Tobacco and Narcotics			£ -
<b>C: Clothing and Footwear</b>				<b>£ 17.23</b>
<b>D: Housing Costs</b>				<b>£ 200.06</b>
	D1: Rent			£ 137.31
	D2: Mortgage Interest			£ -
	D3: Water			£ 9.24
	D4: Council Tax			£ 21.38
	D5: Household Insurance			£ 1.92
	D6: Fuel			£ 28.28
	D7: Other Housing Costs			£ 1.92
<b>E: Household Goods and Services</b>				<b>£ 19.29</b>
	E1: Household Goods			£ 15.97
	E2: Household Services			£ 3.33
		E2A: Communication		£ 3.07
			E2A1: Postage	£ 0.08
			E2A2: Telephone	£ 2.99
		E2B: Child Care		£ -
		E2C: Other Household Services		£ -
<b>F: Personal Goods and Services (inc Health)</b>				<b>£ 49.92</b>
<b>G: Transport</b>				<b>£ 43.78</b>
	G1: Motoring Expenditure			£ -
	G2: Fares and Other Travel Costs			£ 43.78
<b>H: Social and Cultural Participation</b>				<b>£ 58.41</b>
	H1: Leisure Goods			£ 9.94
	H2: Pets			£ -
	H3: Entertainment and Recreation			£ 30.34
	H4: TV Licence and Rental			£ 3.25
	H5: Foreign Holidays			£ -
	H6: UK Holidays			£ 14.88

Food	£ 64.036
Alcohol	£ 7.97
Tobacco	£ -
Clothing and Footwear	£ 17.23
Water Rates	£ 9.24
Council Tax	£ 21.38
Household Insurances	£ 1.92
Fuel	£ 28.28
Other Household Costs	£ 1.92
Household Goods	£ 15.97
Household Services	£ 3.33
Childcare	£ -
Personal Goods and Services	£ 49.92
Motoring	£ -
Other Travel Costs	£ 43.78
Social and Cultural Participation	£ 58.41
<b>Total</b>	<b>£ 323.39</b>
Rent/Mortgage Interest	£ 137.31

MIS 2024 REBASE

A: Food

Single working age female, no children

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
A1	1.1	SWAF		Apples, eating, raw, weight with flesh and skin		Tesco	0.52	1	2	1.0	1.04	2 apples (348 g)	Large Braeburn Apples Loose Class 1
A1	1.1	SWAF		Apricots, dried		Tesco	2.00	1	1	1.0	2.00	240 g	Tesco Soft Apricots 250G
A1	1.1	SWAF		Bacon rashers, back, reduced salt, raw weight		Tesco	3.00	8	1	4.0	0.75	2 rashers (70 g)	Tesco Reduced Fat & Salt 8 Bacon Unsmoked Medallions 240g
A1	1.1	SWAF		Baked beans, canned in tomato sauce, reduced sugar, reduced salt		Tesco	0.23	1	1	1.0	0.23	1 small tin (200 g)	Tesco Reduced Sugar & Salt Baked Beans 220G
A1	1.1	SWAF		Baking powder		Tesco	0.57	1	1	50.0	0.01	1 g	Stockwell & Co. Baking Powder 150g
A1	1.1	SWAF		Bananas, raw, flesh only, weighed with skin		Tesco	0.16	1	4	1.0	0.64	4 bananas (632 g)	Tesco Bananas Loose
A1	1.1	SWAF		Beans, green/French, frozen		Tesco	1.30	1	1	3.8	0.35	240 g	Tesco Very Fine Whole Green Beans 900G
A1	1.1	SWAF		Beef, mince, raw		Tesco	3.49	1	1	2.0	1.75	250 g	Tesco Beef Lean Steak Mince 500G 5% Fat
A1	1.1	SWAF		Beef, topside, raw weight		Tesco	8.40	1	1	2.6	3.25	125 g	Tesco Finest 2 Mini Beef Rump Joints 323G
A1	1.1	SWAF		Biscuits, digestive, plain		Tesco	0.85	1	1	3.6	0.24	6 biscuits (84 g)	Tesco Milk Chocolate Digestive Biscuits 300G
A1	1.1	SWAF		Bisto Best Reduced Salt Beef Gravy 250g		Tesco	0.73	1	1	40.0	0.02	5 g	Tesco Beef Gravy Granules 200G
A1	1.1	SWAF		Blue Dragon Sweet & Sour Stir Fry Sauce 120g		Tesco	0.95	1	1	2.0	0.48	1/2 sachet (60 g)	Blue Dragon Sweet & Sour Stir Fry Sauce 120g
A1	1.1	SWAF		Bolognese sauce jarred sauce		Tesco	0.65	1	1	2.0	0.33	1/3 jar (125 g)	Tesco Bolognese Pasta Sauce Jar 500G
A1	1.1	SWAF		Bread, garlic and herb, retail		Tesco	0.95	1	1	1.5	0.62	1 garlic bread (134 g)	Tesco Garlic Baguette 205G
A1	1.1	SWAF		Bread, white, with added fibre eg 50/50 or Best of Both		Tesco	1.30	1	1	1.5	0.88	15 slices (540 g)	Kingsmill 50/50 Medium Bread 800G
A1	1.1	SWAF		Breakfast cereal, wheat biscuits, Weetabix type, fortified		Tesco	2.75	48	1	12.0	0.23	4 weetabix (80 g)	Tesco Wheat Biscuits Cereal 48 Pack
A1	1.1	SWAF		Broccoli, green, fresh or frozen		Tesco	1.30	1	1	3.5	0.37	255 g	Tesco Broccoli Florets 900G
A1	1.1	SWAF		Cake, fruit, retail		Tesco	2.15	1	1	3.1	0.70	2 slices (112 g)	Genoa Cake
A1	1.1	SWAF		Carrots, old, raw		Tesco	0.52	1	1	1.6	0.33	502 g	Tesco Carrots 800G
A1	1.1	SWAF		Celery, raw		Tesco	0.90	1	1	2.0	0.45	30 g	Tesco Celery Sticks 250G
A1	1.1	SWAF		Cheese, Cheddar type, 30% less fat		Tesco	2.75	1	1	5.4	0.51	65 g	Pilgrims Choice Lighter Mature Cheddar Cheese 350G
A1	1.1	SWAF		Chicken pieces, white meat, deli style		Tesco	1.20	1	1	2.8	0.43	45 g	Tesco Wafer Thin Roast Chicken 125G
A1	1.1	SWAF		Chicken, light meat, raw		Tesco	2.60	2	1	1.0	2.60	2 breasts (260 g)	Tesco 2 British Chicken Breast Fillets 300G
A1	1.1	SWAF		Coffee, instant		Tesco	1.99	1	1	1.9	1.04	105 g	Tesco Classic Instant Coffee 200G
A1	1.1	SWAF		Crumpets, toasted		Tesco	0.90	6	1	3.0	0.30	2 crumpets (78 g)	Warburtons Crumpets 6 Pack
A1	1.1	SWAF		Cucumber, raw, flesh and skin		Tesco	0.89	1	1	1.3	0.68	1 cucumber (266 g)	Tesco Whole Cucumber Each
A1	1.1	SWAF		Eggs, chicken, whole, raw		Tesco	1.85	6	1	2.0	0.93	3 eggs (183 g)	Tesco Large Free Range Eggs 6 Pack

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
A1	1.1	SWAF		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.5	1	1	3.3	0.46	138 g	I Can't Believe It's Not Butter Light Spread 450G
A1	1.1	SWAF		Cornflour		Tesco	2.50	1	1	66.7	0.04	7.5 g	Tesco Cornflour 500g
A1	1.1	SWAF		Flour, wheat, white, plain,		Tesco	0.79	1	1	50.0	0.02	30 g	Tesco Plain Flour 1.5Kg
A1	1.1	SWAF		Fruit drink/squash, concentrated, no added sugar Robinsons		Tesco	1.00	1	2	1.0	1.93	1925 ml	Robinsons Orange No Added Sugar Squash 1L
A1	1.1	SWAF		Bay Leaves 10g		Tesco	1.00	1	1	4.3	0.23	1 bay leaf (0.7 g)	Tesco bay Leave 3G
A1	1.1	SWAF		Garlic, raw		Tesco	0.55	1	1	4.0	0.14	1 clove (3 g)	Tesco Large Garlic
A1	1.1	SWAF		Ham, sliced / lunchon		Tesco	1.20	1	1	3.1	0.38	40g	Tesco Wafer Thin Smoked Ham 125G
A1	1.1	SWAF		Heinz, Light Mayonnaise		Tesco	0.89	1	1	6.8	0.13	66g	Tesco Light Mayonnaise 450ML
A1	1.1	SWAF		Ice cream, dairy, vanilla		Tesco	3.75	1	1	12.0	0.31	75g	Carte D'or Madagascan Vanilla Ice Cream Tub 900ml
A1	1.1	SWAF		Jam, fruit with edible seeds		Tesco	1.7	1	1	8.0	0.21	30g	Hartleys Best Strawberry Jam 340G
A1	1.1	SWAF		Kit Kat 2 Finger Milk Chocolate Biscuit Bar Multipack 7 Pack		Tesco	1.65	9	1	9.0	0.18	1 kitkat (21g)	Kit Kat 2 Finger Milk Chocolate Biscuit Bars Multipack, 9 pack
A1	1.1	SWAF		Lamb, mince, raw		Tesco	3.80	1	1	2.0	1.90	125g	Tesco British Lamb Mince 10% Fat 250G
A1	1.1	SWAF		Lasagne, retail, reheated		Tesco	3.25	1	1	2.6	1.26	290g	Tesco Beef Lasagne 400G
A1	1.1	SWAF		Milk, semi-skimmed, pasteurised, average		Tesco	1.45	1	1	1.6	0.93	1460 ml	Tesco British Semi Skimmed Milk 2.272L, 4 Pints
A1	1.1	SWAF		Mixed Salad Leaves		Tesco	1.35	1	1	1.1	1.22	144g	Tesco Beetroot Salad 160g
A1	1.1	SWAF		Mixed herbs, dried		Tesco	1.00	1	1	51.4	0.02	0.35g	Tesco Mixed Herbs 18G
A1	1.1	SWAF		Muller Rice original		Tesco	0.75	1	1	1.0	0.75	1 muller (170g)	Muller Rice Low Fat Original Pudding 170G
A1	1.1	SWAF		Mustard, Dijon		Tesco	3.00	1	1	107.5	0.03	2g	Maille Dijon Original Mustard 215G
A1	1.1	SWAF		Noodles, egg, medium		Tesco	1.15	1	1	1.9	0.60	130 g	Tesco Medium Egg Noodles 250G
A1	1.1	SWAF		Oil, olive		Tesco	3.30	1	1	3.3	0.99	5 Tbsp (75 ml)	Tesco Olive Oil 250ml
A1	1.1	SWAF		Onions, raw		Tesco	0.12	1	1	1.0	0.12	120g	Tesco Brown Onions Loose (0.12kg)
A1	1.1	SWAF		Onions, red, raw		Tesco	0.21	1	1.00	1.8	0.12	120g	Tesco Red Onions Loose (0.21kg)
A1	1.1	SWAF		Orange juice, from concentrate		Tesco	1.40	1	2	1.1	2.52	1050 ml	Tesco Orange Juice Smooth 1L
A1	1.1	SWAF		Oxo Reduced Salt Beef Stock Cubes 12		Tesco	1.00	6	1	6.0	0.17	1/4 cube (2.5g)	Kallo Organic Low Salt Vegetable Stock Cube 60G
A1	1.1	SWAF		Pasta, white, dried, raw		Tesco	0.69	1	1	5.0	0.14	100g	Tesco Penne Pasta Quills 500G
A1	1.1	SWAF		Pasta, white, spaghetti, dried		Tesco	0.75	1	1	7.7	0.10	65 g	Tesco Quick Cook Spaghetti 500G
A1	1.1	SWAF		Peanut butter, smooth		Tesco	1.09	1	1	4.0	0.27	24g	Tesco Smooth Peanut Butter 340G
A1	1.1	SWAF		Pears, average, flesh and skin, raw, weighed with core and stalk		Tesco	0.49	1	2	1.0	0.98	2 pears (320g)	Large Conference Pears Loose Class 1
A1	1.1	SWAF		Peas, frozen, boiled in unsalted water		Tesco	1.45	1	1	2.7	0.54	370g	Tesco Garden Peas 1Kg
A1	1.1	SWAF		Peas, sugar-snap, raw, fresh		Tesco	1.10	1	1	1.2	0.92	150g	Tesco Sugarsnap Peas 180g
A1	1.1	SWAF		Pepper, black		Tesco	1.15	1	1	125.0	0.01	0.2g	Tesco Ground Black Pepper 25G
A1	1.1	SWAF		Peppers, capsicum, green, raw		Tesco	0.59	1	1	1.0	0.59	1 green pepper (160g)	Tesco Green Peppers Each

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A1	1.1	SWAF		Peppers, capsicum, red, raw		Tesco	0.59	1	1	1.0	0.59	1 red pepper (160g)	Tesco Red Peppers Each
A1	1.1	SWAF		Potato chips, oven ready, no batter, baked		Tesco	1.99	1	1	11.1	0.18	135g	Tesco Steak Oven Cut Chips 1.5Kg
A1	1.1	SWAF		Potatoes, old, boiled in unsalted water, flesh only		Tesco	1.39	1	1	3.8	0.36	325g	Tesco British Maris Piper 1.25kg
A1	1.1	SWAF		Rice, white, long grain, easy cook, boiled in unsalted water		Tesco	1.25	1	1	14.3	0.09	70 g (160 /2.31 = 69 .2 g)	Tesco Easy Cook Long Grain Rice 1Kg
A1	1.1	SWAF		Yorkshire Puddings 240g		Tesco	1.3	12.00	1	12.0	0.11	1 yorkshire (30g)	Tesco 12 Yorkshire Puddings 220G
A1	1.1	SWAF		Salmon, farmed, flesh only, raw		Tesco	3.42	1	1	2.0	1.71	150g	Bays Fishmongers Salmon (300g)
A1	1.1	SWAF		Salt		Tesco	2.7	1	1	100.0	0.03	1g	Tesco Rock Salt Rinder 100G
A1	1.1	SWAF		Sausages, pork, chilled, grilled		Tesco	2.00	8	1	6.0	0.33	1 sausage (57g)	Tesco British Pork Sausages 8 Pack 454G
A1	1.1	SWAF		Spinach, mature, raw or frozen		Tesco	1.15	1	1	1.0	1.15	240g	Tesco Baby Spinach 250G
A1	1.1	SWAF		Spring onions, bulbs and tops, raw		Tesco	0.39	1	1	2.5	0.16	4 spring onions (40g)	Tesco Bunches Spring Onions 100G
A1	1.1	SWAF		Suet, vegetable, reduced fat		Tesco	1.65	1	1	4.3	0.38	10g	Tesco Vegetable Suet 200G
A1	1.1	SWAF		Sweetcorn kernels, frozen		Tesco	1.75	1	1	20.0	0.09	50g	Tesco Supersweet Sweetcorn 1Kg
A1	1.1	SWAF		Tea, black, bags		Tesco	1.25	80	1	5.7	0.22	14 tea bags	Tesco 80 Teabags 250G
A1	1.1	SWAF		Tesco Red Thai Curry Cooking Sauce 320G		Tesco	1.20	1	1	3.0	0.40	1/3 jar (110g)	Tesco Red Thai Curry Cooking Suace 340G
A1	1.1	SWAF		Tomato puree		Tesco	0.65	1	1	11.1	0.06	18g	Tesco Tomato Puree 200G
A1	1.1	SWAF		Tomatoes, canned, whole contents		Tesco	0.49	1	1	4.0	0.12	100g	Tesco Italian Chopped Tomatoes 400G
A1	1.1	SWAF		Tomatoes, standard, raw		Tesco	1.5	1	1	1.0	1.50	640 g	Tesco Salad Tomatoes 650G
A1	1.1	SWAF		Tuna, canned in spring water, drained		Tesco	0.72	1	2	1.3	1.09	2 x 110 g tins (220g)	Tesco Drained Tuna Steak In Spring Water 145G
A1	1.1	SWAF		Walkers Less Salt Lightly Salted Multipack Crisps 6 x 25g		Tesco	1.95	6	1	2.0	0.98	3 packets of crisps (75g)	Walkers Lightly Salted Less Salt Multipack Chrisps 6x25g
A1	1.1	SWAF		Worcestershire sauce		Tesco	1.2	1	1	25.0	0.05	6g	Tesco Worcester Sauce
A1	1.1	SWAF		Yogurt, low fat, fruit		Tesco	0.89	6	1	1.0	0.89	6 pots of yoghurt (750g)	Creamfields Berry Medley Low Fat Yogurt 6x125g
A1	1.1	SWAF		Food delivery		Tesco	4.99	1	1	4.3	1.15	Off-peak Tesco delivery	£4.99 per month includes same day click and collect, pick up orders anything within store open hours, next-day home delivery (includes after 3pm).
A1	1.1	SWAF		Xmas food & drink			100.00		1	52.1	1.92	£100 for Christmas and New Year. Includes extra bits for Christmas and going out.	
A2	11.1	SWAF		Takeaway			12.65		2	4.3	5.82	£15 twice per month. For Indian/fish and chips.	£15 minus the cost of 1 meal twice per month chicken curry-chicken breast (130g)=£1.13, olive oil(6.5g)=£0.09, spring onion (10g)=£0.04, curry sauce(110g)= £0.35, rice (54g)= £0.07, green pepper=£0.15, red pepper=£0.15, spinach (80g)=£0.37=£2.35 <b>£15.00-2.35=£12.65</b>

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	SWAF		Eating out			23.23		1	4.3	5.35	£30 to eat out once per month. 2 courses and a drink at Pizza Hut/ Wetherspoons/pub.	£30 minus the cost of 1 full meal (including wine & dessert) Roast dinner: Beef(90g)-£2.34, olive oil(15ml)-£0.20, potato(125g)-£0.09, carrot(67g)-£0.04, peas(80g)-£0.12, broccoli(85g)-£0.12, yorkshire pudding(30g)-£0.11 rice pudding(1 pot)-£0.75 Wine(375ml)-£3.00 £30.00-£6.77= <b>£23.23</b>
												<b>A: Food and Non-Alcoholic Beverages</b>	<b>£ 64.04</b>
												A1: Food	£ 52.87
												A2: Catering	£ 11.17

MIS 2024 REBASE

B: Alcohol

Single working age female, no children

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	SWAF		Wine		Tesco	6.00	1	1	1.0	5.30	One bottle of wine per week. 1 bottle (750ml), white, medium. Minus one serving of 375ml per month. 375/4.3=87ml per week 750-87=663 £6.00/750=0.008 0.008*663ml=£5.30	Marques De Los Zancos Rioja 75Cl (£6.00)
B1B	11.1	SWAF		Wine		Nandos	5.80	1	2	4.3	2.67	2x 175ml to replace 375ml in the menu once a month £5.80 x 2= £11.60 £10.40/4.34=£2.67	Spier Chardonnary (South Africa)
												<b>B: Alcohol and Tobacco</b>	<b>£ 7.97</b>
												B1: Alcohol	£ 7.97
												B1A: Alcohol at Home	£ 5.30
												B1B: Alcohol Away From Home	£ 2.67

MIS 2024 REBASE

C: Clothing and footwear

Single working age female, no children

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	SWAF	Female, underwear	Pants		M&S	7.00	5	2	52.1	0.27	10 pairs needed. From M+S/John Lewis/Beau Avenue. 1 year.	5pk Cotton Lycra High Leg Knickers (available in different styles and colours)
C	3.1	SWAF	Female, underwear	Bras		M&S	32.00	3	1	26.1	1.23	3 needed. From M+S/John Lewis/Beau Avenue. 6 months.	3 Pack Wired Full Cup Bras F-H
C	3.1	SWAF	Female, underwear	Sports bras	Reebok	Sports Direct	9.00	1	2	52.1	0.35	2 needed. From Sports Direct/JD Sports. 1 year.	Train High Impact S Ld99 sports bra
C	3.1	SWAF	Female, underwear	Vests		Asda	3.00	1	4	52.1	0.23	4 needed. From M+S/Asos/New Look/Primark/supermarket. 1 year	Basic Jersey Vest Top (range of styles and colours available at this price, including 'spaghetti strap' style)
C	3.1	SWAF	Female, underwear	Socks	George	Asda	4.00	7	2	26.1	0.31	14 needed. From M+S/Asos/New Look/Primark/supermarket. 6 months	Black Ankle Socks 7 Pack .
C	3.1	SWAF	Female, underwear	Tights (thick opaque)		M&S	5.00	3	1	52.1	0.10	3 opaque pairs needed. From M+S/Asos/New Look/Primark/supermarket. 1 year	3 Pack Black 60 Denier Supersoft Opaque Tights
C	3.1	SWAF	Female, underwear	Shapewear (slip)		M&S	22.00	1	1	104.3	0.21	2 needed. 1 shorts style, 1 skirt style. From M+S/John Lewis/Beau Avenue. 2 years.	Firm Tummy Control Wear Your Own Bra Slip
C	3.1	SWAF	Female, underwear	Shapewear (shorts)		M&S	20.00	1	1	104.3	0.19	2 needed. 1 shorts style, 1 skirt style. From M+S/John Lewis/Beau Avenue. 2 years.	Seamless Firm Tummy Control Shaping Shorts
C	3.1	SWAF	Female, main clothing	Leggings (casual)		Primark	5.00	1	4	26.1	0.77	4 needed. From Asos/New Look/Primark/supermarket. 6 months.	High waist Leggings (3 colours)
C	3.1	SWAF	Female, sportswear	Leggings (exercise)		Sports Direct	13.50	1	2	52.1	0.52	2 needed. Branded (e.g. Adidas or Nike) from JD Sports or Sports Direct. 1 year.	Adidas alphaskin 3 Stripe Leggings
C	3.1	SWAF	Female, sportswear	Exercise tops	Reebok	Sports Direct	7.00	1	2	52.1	0.27	2 needed. Branded (e.g. Adidas or Nike) from JD Sports or Sports Direct. 1 year.	Reebok WO Run SW Tee Black
C	3.1	SWAF	Female, main clothing	T-shirts (long sleeved)	George	Asda	5.00	1	3	52.1	0.29	3 needed. From Asos/New Look/Primark/supermarket. 1 year	Crew neck Long Sleeve T-Shirt (5 colours)
C	3.1	SWAF	Female, main clothing	T-shirts (short sleeved)		Primark	3.00	1	3	52.1	0.17	3 needed. From Asos/New Look/Primark/supermarket. 1 year	Stretch Short Sleeve Crew T-Shirt (6 colours)
C	3.1	SWAF	Female, main clothing	Blouses	George	Asda	15.00	1	3	52.1	0.86	3 needed. From Asos/New Look/Primark/supermarket. 1 year	Black Floral Chiffon Tie Neck Blouse (choices of styles and colours at this price point)
C	3.1	SWAF	Female, main clothing	Trousers (smart)	George	Asda	16.00	1	2	104.3	0.31	2 needed. From Asos/New Look/Primark/supermarket. 2 years	Black Twill tapered trousers (3 colours and wide leg option)
C	3.1	SWAF	Female, main clothing	Trousers (casual)		Primark	16.00	1	2	104.3	0.31	2 needed. From Asos/New Look/Primark/supermarket. 2 years	Low rise Cargo Trousers (4 colours)
C	3.1	SWAF	Female, main clothing	Jeans		Primark	14.00	1	4	104.3	0.54	4 needed. From Asos/New Look/Primark/supermarket. 2 years	High waist skinny jeans (3 colours + other styles)
C	3.1	SWAF	Female, main clothing	Shorts	George	Asda	10.00	1	2	52.1	0.38	2 needed. From Asos/New Look/Primark/supermarket. 1 year.	Linen pull on Shorts (choice of 5 colours)
C	3.1	SWAF	Female, main clothing	Dresses (everyday)		Primark	18.00	1	2	52.1	0.69	3 worn all year round. From Asos/New Look/Primark/supermarket. 1 year	Linen blend midi Shirt Dress (2 colours)
C	3.1	SWAF	Female, main clothing	Dresses (everyday)		Primark	15.00	1	1	52.1	0.29	3 worn all year round. From Asos/New Look/Primark/supermarket. 1 year	Short sleeve Midi Dress
C	3.1	SWAF	Female, main clothing	Dresses (occasion)		New Look	27.99	1	2	52.1	1.07	2 needed. From Asos/New Look/Primark/supermarket. 1 year	Black abstract print fullter sleeve midi dress (other styles at similar price)
C	3.1	SWAF	Female, main clothing	Skirts (long)		Primark	14.00	1	1	104.3	0.13	1 long, 1 short. From Asos/New Look/Primark/supermarket. 2 years.	Wrap Midi Skirt

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	SWAF	Female, main clothing	Skirts (short)	George	Asda	10.00	1	1	104.3	0.10	1 long, 1 short. From Asos/New Look/Primark/supermarket. 2 years.	Cargo mini Skirt (3 colours)
C	3.1	SWAF	Female, main clothing	Jacket (light)		Primark	12.00	1	1	104.3	0.12	1 needed. Light jacket. From Asos/New Look/Primark/supermarket. 2 years	Lightweight Hooded Parka
C	3.1	SWAF	Female, main clothing	Jacket (blazer)		Primark	22.00	1	1	104.3	0.21	1 needed. Blazer. From Asos/New Look/Primark/supermarket. 2 years	Single breasted Blazer (5 colours)
C	3.1	SWAF	Female, main clothing	Jacket (denim)		Primark	17.00	1	1	104.3	0.16	1 needed. Denim. From Asos/New Look/Primark/supermarket. 2 years	Denim Jacket (2 colours)
C	3.1	SWAF	Female, sportswear	Jogging bottoms		Primark	7.00	1	2	104.3	0.13	2 pairs needed. From Asos/New Look/Primark/supermarket. 2 years	Co-Ord Regular Fit Joggers (8 colours)
C	3.1	SWAF	Female, main clothing	Cardigans		Primark	8.00	1	2	52.1	0.31	2 needed. From Asos/New Look/Primark/supermarket. 1 year	Crew / V Neck Cardigan (4 colours)
C	3.1	SWAF	Female, main clothing	Jumpers		Primark	11.00	1	3	52.1	0.63	3 needed. From Asos/New Look/Primark/supermarket. 1 year	Fine Knit or fluffy Jumper (plain or stripe)
C	3.1	SWAF	Female, main clothing	Hoodies (pullover)		Primark	8.00	1	1	52.1	0.15	2 needed (1 zip-up, 1 pullover). From Asos/New Look/Primark/supermarket. 1 year	Essential Drawstring Hoodie (range of colours)
C	3.1	SWAF	Female, main clothing	Hoodies (zip-up)		Primark	8.00	1	1	52.1	0.15	2 needed (1 zip-up, 1 pullover). From Asos/New Look/Primark/supermarket. 1 year	Essential Zip Hoodie (range of colours)
C	3.1	SWAF	Female, main clothing	Coat (short waterproof)	Gelert	Sports Direct	19.99	1	1	104.3	0.19	1 needed. Short waterproof. From Asos/New Look/Primark/supermarket. 2 years	Gelert Packaway Waterproof Jacket Ladie
C	3.1	SWAF	Female, main clothing	Coat (long winter waterproof)	Regatta	Sports Direct	42.00	1	1	104.3	0.40	1 needed. Long waterproof. From Asos/New Look/Primark/supermarket. 2 years	Regatta Lyana Waterproof Jacket (2 colours)
C	3.1	SWAF	Female, sportswear	Swimming costume	George	Asda	14.00	1	1	52.1	0.27	1 needed. From Asos/New Look/Primark/supermarket. 1 year	Navy colour block stripe swimsuit
C	3.1	SWAF	Female, sportswear	Bikini	George	Asda	16.50	1	1	52.1	0.32	1 needed. From Asos/New Look/Primark/supermarket. 1 year	Shimmer swirl bikini bottoms £6.50 and scoop neck bikini top £10
C	3.1	SWAF	Female, main clothing	Pyjamas (long)		Primark	8.00	1	2	52.1	0.31	2 needed. From Asos/New Look/Primark/supermarket. 1 year	Jersey Short Sleeve Pyjamas (11 colours and designs)
C	3.1	SWAF	Female, main clothing	Pyjamas (short)		Primark	8.00	1	2	52.1	0.31	2 needed. From Asos/New Look/Primark/supermarket. 1 year	Cami And Shorts Pyjama Set (13 colours and designs)
C	3.1	SWAF	Female, main clothing	Dressing gown (winter)		Asda	18.00	1	1	104.3	0.17	1 needed. From Asos/New Look/Primark/supermarket. 2 years	Rust borg hooded dressing gown
C	3.1	SWAF	Female, accessories	Hat (summer)		Primark	3.00	1	1	260.7	0.01	1 summer cap. From Asos/New Look/Primark/supermarket. 5 years	Classic Baseball Cap (6 colours)
C	3.1	SWAF	Female, accessories	Hat (winter)		Asda	8.00	1	1	260.7	0.03	1 woolly hat. From Asos/New Look/Primark/supermarket. 5 years	Black knitted bobble hat
C	3.1	SWAF	Female, accessories	Gloves		Go Outdoors	5.00	1	1	52.1	0.10	2 pairs needed. From Asos/New Look/Primark/supermarket. 1 year	Peter Storm Thinsulate gloves
C	3.1	SWAF	Female, accessories	Scarf (winter)		Primark	7.00	1	1	260.7	0.03	1 needed. From Asos/New Look/Primark/supermarket. 5 years	Two Tone Scarf
C	3.1	SWAF	Female, accessories	Belts		Next	12.50	1	2	260.7	0.10	2 needed. Leather (1 brown, 1 black). From Asos/New Look/Primark/supermarket. 5 years	Leather Jeans Belt (5 colours and choice of sizes)

**C: Clothing and footwear**

**£**

**13.67**

MIS 2024 REBASE

C: Clothing and footwear

Single working age female, no children

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	SWAF	Female, footwear	Slippers		Primark	5.00	1	2	52.1	0.19	2 pairs needed. From Primark/supermarket/Deichmann/New Look. 1 year	Faux suede fur lined slippers
C	3.2	SWAF	Female, footwear	Shoes (smart)		Deichmann	24.99	1	1	52.1	0.48	2 pairs of smart shoes. Court/smart style. From Primark/supermarket/Deichmann/New Look. 1 year.	Graceland black block heel court shoe
C	3.2	SWAF	Female, footwear	Shoes (smart)		Asda	18.00	1	1	104.3	0.17	2 pairs of smart shoes. Court/smart style. From Primark/supermarket/Deichmann/New Look. 1 year.	Black tassel loafers (different colours and styles available)
C	3.2	SWAF	Female, footwear	Heels (black)		New Look	19.99	1	1	104.3	0.19	2 pairs of heels (1 black, 1 colourful). From Primark, supermarket, Deichmann, New Look. 2 years.	Black Suedette pointed stiletto heel court shoes (Black heeled sandals at same price point)
C	3.2	SWAF	Female, footwear	Heels (colourful)		New Look	19.99	1	1	104.3	0.19	2 pairs of heels (1 black, 1 colourful). From Primark, supermarket, Deichmann, New Look. 2 years.	Red leather look 2 part block heel sandals (in 4 colours). (Stiletto heel court shoes in 3 colours at same price)
C	3.2	SWAF	Female, footwear	Wedges	Tu	Sainsburys	20.00	1	2	104.3	0.38	2 pairs needed (1 black, 1 white).Cork wedges. From Primark, supermarket, Deichmann, New Look. 2 years.	Espadrille Wedge Sandals (in black or beige)
C	3.2	SWAF	Female, footwear	Trainers (everyday)		Primark	16.00	1	1	104.3	0.15	1 pair needed. From Primark/supermarket/Deichmann/New Look. 2 years.	Skater low top trainers
C	3.2	SWAF	Female, footwear	Trainers (sport)		Sports Direct	22.00	1	1	52.1	0.42	1 pair needed. From JD Sports/Sports Direct. 1 year.	Karrimor Duma 5 Ladies Running Shoe
C	3.2	SWAF	Female, footwear	Sandals (occasion)		Asda	18.00	1	1	52.1	0.35	1 pair. From Primark/supermarket/Deichmann/New Look. 1 year.	Silver shimmer block heel sandals
C	3.2	SWAF	Female, footwear	Sandals (everday)		Primark	10.00	1	1	52.1	0.19	1 pair. From Primark/supermarket/Deichmann/New Look. 1 year.	Stud cross strap sandals (in 3 colours)
C	3.2	SWAF	Female, footwear	Walking boots		Sports Direct	30.00	1	1	260.7	0.12	1 pair needed. From Decathlon or Sports Direct. Cheapest. 5 years.	Karrimor Aspen mid ladies walking boots
C	3.2	SWAF	Female, footwear	Boots (ankle)		Deichmann	54.99	1	1	208.6	0.26	1 pair of ankle boots. Leather. From Clarks/Deichmann. 4 years.	5th Avenue Leather Chelsea Boots
C	3.2	SWAF	Female, footwear	Boots (knee)		Deichmann	79.99	1	1	208.6	0.38	1 pair of knee-high boots. Leather. From Clarks/Deichmann.. 4 years.	5th Avenue black leather long leg wedge heel boots
C	3.2	SWAF	Female, footwear	Flipflops		Primark	1.00	1	1	52.1	0.02	Cheapest flipflops from Primark (e.g. 90p). 1 year.	Essential flat Flip Flops (7 colours)
C	3.2	SWAF	Female, footwear	Sliders		Sports Direct	16.00	1	1	260.7	0.06	1 pair of branded sliders (E.g. Nike). From JD Sports / Sports Direct. 5 years.	Adidas Adilette Aqua Slides Women's
												<b>C: Clothing and Footwear</b>	<b>£ 3.57</b>

MIS 2024 REBASE

D: Housing costs

Single working age female, no children

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	SWAF	Rent	Rent			137.31		1	1.0	137.31	Private rent one bedroom - lower quartile.	To be updated mid-June when new private rent stats are released. Average for England excluding London.
D3	4.4	SWAF	Water supply	Water rates			482.05		1	52.1	9.24		2023 weekly cost was £8.06 Severn trent increase in total bill for typical unmetred households was 14.7%
D4	NA	SWAF	Council tax	Council tax			1114.84		1	52.1	21.38		
D5	12.1	SWAF	Contents insurance	Contents insurance		RIAS (via MoneySuperMarket.com)	100.28		1	52.1	1.92	Contents insurance including accidental damage cover, with £50 excess.	Contents insurance for single working-age adult in 1-bedroom flat. £50,000 cover level. Paid with £11.40 deposit and then 11 months x £8.08 = £100.28 total annual cost.
D6	4.5	SWAF	Electricity, gas and other fuels	Fuel			1474.65		1	52.1	28.28		
D7	4.3	SWAF	Home maintenance	Decorating and other home maintenance			100.00		1	52.1	1.92	£100 per year for decorating and maintenance.	
												<b>D: Housing Costs</b>	<b>£ 200.06</b>
												D1: Rent	137.31
												D3: Water	9.24
												D4: Council Tax	21.38
												D5: Household insurance	1.92
												D6: Fuel	28.28
												D7: Other housing costs	1.92

MIS 2024 REBASE

E: Household goods and services

Single working age female, no children

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	SWAF	Hall	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric lampshade from supermarket/Argos/B+M/IKEA/The Range/ 3 years.	White Linen Textured Shade
E1	5.5	SWAF	Hall	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 needed for main light	Tesco LED Classic 60W Bayonet Cap
E1	5.2	SWAF	Hall	Door mat		The Range	6.49	1	1	52.1	0.12	inside door mat, machine washable with rubber edge. From Dunelm/supermarket/B+Q. 12 months.	Mud Master Barrier Mat
E1	5.5	SWAF	Hall	Coat hooks		The Range	7.99	1	1	521.4	0.02	4 hooks on wood. 1 up from bottom. From Dunelm/supermarket/B+Q. 10 years.	4 Hook Pine Rail - Natural Wood
E1	5.1	SWAF	Living area	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric lampshade from supermarket/Argos/B+M/IKEA/The Range/ 3 years.	White Linen Textured Shade
E1	5.5	SWAF	Living area	Light bulb		Tesco	2.00	1	2	521.4	0.01	LED, 2 needed, 1 for main light and 1 for lamp	Tesco LED Classic 60W Bayonet Cap
E1	5.2	SWAF	Living area	Curtains		George, ASDA	52.00	2	1	521.4	0.10	Cheapest lined curtains from supermarket/Argos/B+M/IKEA/The Range. 10 years.	Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	SWAF	Living area	Curtain pole							0.00	Removed. Groups said curtain pole would be supplied by landlord.	
E1	5.2	SWAF	Living area	Voile		Dunelm	12.00	1	2	1303.6	0.02	25 years.	Sheer Elegance White Slot Top Single Voile Panel. W300cm x D 228cm
E1	5.5	SWAF	Living area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net Curtain Wire 300cm
E1	5.1	SWAF	Living area	Sofa (2 seater)		DFS	629.00	1	1	521.4	1.21	2-seater sofa. 1 up fabric. mid-mid quality, budget for sofa + armchair = £600-700 . Need to be able to test it out. IKEA/Dunelm/DFS/Next/SCS/Oak Furniture Land. 10 years.	Sanctuary 2 seater sofa
E1	5.1	SWAF	Living area	Armchair		DFS	449.00	1	1	521.4	0.86	Solid armchair 1 up fabric from IKEA/Dunelm/DFS/Next/SCS/Oak Furniture Land. 8 years.	Sanctuary Armchair
E1	5.2	SWAF	Living area	Cushions		The Range	4.99	1	2	104.3	0.10	2 needed., matching blankets. Cheapest from B+M/IKEA/Argos/supermarket/The Range. 2 years.	Taylor Cushion - various colours
E1	5.1	SWAF	Living area	Side tables		IKEA	17.00	1	1	521.4	0.03	Nest of 2 side tables, cheapest from IKEA	Lack nest of tables, set of 2, white lasting 10 years.

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	SWAF	Living area	Storage unit		IKEA	110.00	1	1	521.4	0.21	Cheapest with storage from IKEA. From B+M/IKEA/Argos/supermarket/The Range. Flat pack okay. 10 years.	Besta TV bench with drawers - white
E1	5.1	SWAF	Living area	Floor lamp		B&Q	16.99	1	1	365.0	0.05	Standing lamp, uplighter. 1 up from bottom B&Q. 7 years.	Dalby Gloss Black Single Uplighter Modern Floor Lamp With White Shade
E1	5.1	SWAF	Living area	Rug		Argos	35.00	1	1	417.1	0.08	Rectangular and width of sofa. 1 up. From carpet shop/B+M/IKEA/Argos/supermarket/The Range. 8 years.	Habitat Recycled Cosy Plain Shaggy Rug - 80x150cm - Grey
E1	5.1	SWAF	Living area	Personalisation			50.00		1	52.1	0.96	£50 per year for plants/vases/pictures/art/photos to personalise home.	
E1	5.1	SWAF	Living area	Blanket		George, ASDA	4.50	1	1	260.7	0.02	1 needed for comfort and warmth. Cheapest fleecy. From B+M/IKEA/Argos/supermarket/The Range. 5 years.	Natural Super Soft Throw
E1	5.1	SWAF	Dining area	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric lampshade from supermarket/Argos/B+M/IKEA/The Range/3 years.	White Linen Textured Shade
E1	5.5	SWAF	Dining area	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 for main light.	Tesco LED Classic 60W Bayonet Cap
E1	5.2	SWAF	Dining area	Curtains		George, ASDA	52.00		1	521.4	0.10		Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	SWAF	Dining area	Curtain pole							0.00	Groups said curtain pole would be supplied by landlord.	
E1	5.2	SWAF	Dining area	Voile		Dunelm	12.00	1	2	1303.6	0.02	25 years.	Sheer Elegance White Slot Top Single Voile Panel. W300cm x D 228cm
E1	5.5	SWAF	Dining area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net curtain wire
E1	5.1	SWAF	Dining area	Table and chairs		Dunelm	199.00	5	1	521.4	0.38	Solid table and 4 chairs. Cheapest from IKEA/Argos/supermarket/B+M/The Range. 10 years.	Panama Square Dining Table with 4 Chairs, Pine
E1	5.1	SWAF	Dining area	Tablemats & coasters		B&M	6.00	4	2	104.3	0.12	4 place settings with coasters. Cheapest cork. From Ikea/Wilko/supermarket. 2 years.	Modern Cork Placemat & Coaster Set 8pc
E1	5.2	SWAF	Kitchen	Blind		Dunelm	32.00	1	1	260.7	0.12	Roller blind, moisture resistant. 2 up from bottom. From Hilary's/Dunelm/IKEA/supermarket/Amazon. 5 years	Silver Blackout Moisture Resistant Roller Blind
E1	5.5	SWAF	Kitchen	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 for main light.	Tesco LED Classic 60W Bayonet Cap

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	SWAF	Kitchen, tableware	Crockery		Dunelm	25.00	12	1	156.4	0.16	4 place settings. 1 up from bottom. Thick. white set from Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	Purity Rim 12 Piece Dinner Set
E1	5.4	SWAF	Kitchen, tableware	Mugs		George, ASDA	10.00	4	1	156.4	0.06	4 mugs needed. 1 up from bottom, basic white set. From Ikea/Wilko/supermarket. 3 years.	White Embossed Greenwich Mug - Set of 4
E1	5.4	SWAF	Kitchen, tableware	Cutlery		Argos	15.00	16	1	260.7	0.06	4 place settings. Cheapest stainless steel from Ikea/Wilko/supermarket. 5 years.	Argos Home 16 Piece Stainless Steel Square Cutlery Set
E1	5.4	SWAF	Kitchen, tableware	Teaspoons		B&M	2.00	8	1	260.7	0.01	4 additional teaspoons. Wilko/Dunelm/supermarket/B+M/The Range. 5 years.	Stainless Steel Teaspoons 8pk
E1	5.4	SWAF	Kitchen, tableware	Tumblers		IKEA	5.00	6	1	104.3	0.05	4 tall tumblers, 1 up. From IKEA. 2 years.	VARDAGEN Clear Glass
E1	5.4	SWAF	Kitchen, tableware	Wine glasses		IKEA	10.00	6	1	104.3	0.10	4 wine glasses, 1 up. From IKEA. 2 years.	STORSINT White wine glass
E1	5.3	SWAF	Kitchen, appliances	Microwave		George, ASDA	49.00	1	1	156.4	0.31	Cheapest analogue. From supermarket/B+M/Wilko. 3 years.	Manual Microwave - White
E1	5.3	SWAF	Kitchen, appliances	Fridge freezer	HISENSE	Currys	369.00	1	1	521.4	0.71	50/50 fridge freezer, cheapest D rating okay. From Currys. 10 years.	HISENSE RB327N4AWD 50/50 Fridge Freezer - White (D rating)
E1	5.3	SWAF	Kitchen, appliances	Cooker								Included in private rental property.	
E1	5.3	SWAF	Kitchen, appliances	Washing machine		Currys	229.00	1	1	260.7	0.88	Cheapest 6KG washing machine. Energy rating not important. From Currys. 5 years.	LOGIK L612WWM23 6 kg 1200 Spin Washing Machine - White D rating
E1	5.3	SWAF	Kitchen, appliances	Toaster		George, ASDA	13.00	1	1	104.3	0.12	Cheapest from supermarket/B+M/Wilko. Matching kettle. 2 years.	White EPT201W4-20 4 Slice Toaster
E1	5.3	SWAF	Kitchen, appliances	Kettle		George, ASDA	13.00	1	1	104.3	0.12	Cheapest from supermarket/B+M/Wilko. Matching toaster. 2 years.	White Kettle 1.7L
E1	5.3	SWAF	Kitchen, appliances	Air fryer		Asda	28.00	1	1	521.4	0.05	Cheapest single drawer from supermarket. 10 years.	George Home Black Compact Air Fryer 1.5 Litre
E1	5.3	SWAF	Kitchen, appliances	Stick blender		ASDA	32.00	3	1	521.4	0.06	3-in-1 stick blender. Cheapest from Wilko/B&M/Supermarket. 10 years	Salter Cosmos 3 in 1 Blender Set (attachments for whisking, blending and chopping)
E1	5.4	SWAF	Kitchen, cookware	Saucepans		George, ASDA	18.00	3	1	521.4	0.03	3 needed. Cheapest non-stick set with plastic handle. From Wilko/B+M/supermarket. 10 years.	Non-stick Aluminium Saucepan Set -3-piece
E1	5.4	SWAF	Kitchen, cookware	Frying pan		The Range	6.99	2	1	521.4	0.01	2 needed. Cheapest non-stick set with plastic handle. From Wilko/B+M/supermarket. 10 years.	Set of Two MY Frying Pans
E1	5.4	SWAF	Kitchen, cookware	Knives		Argos	13.00	5	1	365.0	0.04	Set of knives, 2 up from bottom. From Wilko/B+M/supermarket. 7 years.	Viners 4 Peice Stainless Steel Knife Set-Black
E1	5.4	SWAF	Kitchen, cookware	Roasting tin		George, ASDA	5.50	1	1	156.4	0.04	1 needed. 2 up from cheapest. From Wilko/B&M/Supermarket. 3 years.	Excellence Black Roaster 33cm

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	SWAF	Kitchen, cookware	Baking tray		George, ASDA	3.00	1	1	156.4	0.02	1 needed. 2 up from cheapest. From Wilko/B&M/Supermarket. 3 years.	Grey Oven Tray 46cm
E1	5.4	SWAF	Kitchen, cookware	Colander		Asda	3.00	1	1	260.7	0.01	1 needed. Cheapest metal. 5 years.	George Home Stainless Steel Colander
E1	5.4	SWAF	Kitchen, cookware	Sieve		Asda	2.50	1	1	260.7	0.01	1 needed. Cheapest metal. 5 years.	George Home Stainless Steel Sieve
E1	5.4	SWAF	Kitchen, cookware	Casserole		Argos	24.00	3	1	521.4	0.05	Set of pyrex dishes with lids. 10 years.	Pyrex 3 Piece Clear Casserole Set
E1	5.4	SWAM	Kitchen, accessories	Scissors		Asda	2.00	1	1	104.3	0.02	1 pair of kitchen scissors. 1 up. From supermarket. 2 years.	George Home Kitchen Soft Grip Handle Scissors
E1	5.4	SWAF	Kitchen, accessories	Plate cover		Ikea	1.00	1	1	260.7	0.00	1 needed. Cheapest. 5 years.	PRICKIG Microwave lid, 26cm
E1	5.4	SWAF	Kitchen, accessories	Rolling pin		Tesco	1.75	1	1	521.4	0.00	1 rolling pin. Cheapest. From supermarket. 10 years.	Tesco Practic Fsc Wooden Rolling Pin
E1	5.4	SWAF	Kitchen, accessories	Utensils		Argos	18.00	8	1	521.4	0.03	Cheapest silicone set. From Wilko/B+M/supermarket. 10 years.	Argos Home Silicone 8 Piece Utensil Set - Black
E1	5.4	SWAF	Kitchen, accessories	Tongs		Ikea	2.50	2	1	521.4	0.00	From supermarket. 10 years.	TILLAMPAD Tongs, stainless steel £2.50
E1	5.4	SWAF	Kitchen, accessories	Pizza cutter		Asda	2.00	1	1	521.4	0.00	From supermarket. 10 years.	George Home Stainless Steel Pizza Wheel
E1	5.4	SWAF	Kitchen, accessories	Cheese grater		Asda	1.50	1	1	260.7	0.01	Metal box grater. Cheapest. From supermarket. 5 years.	George Home 4-Sided Grater
E1	5.4	SWAF	Kitchen, accessories	Wooden spoons		ASDA	3.00	4	1	521.4	0.01	2 needed, 1 slotted, 1 spoon. From Wilko/B+M/supermarket. 10 years.	George Home Wooden Utensil Set 4 Piece
E1	5.4	SWAF	Kitchen, accessories	Can opener		ASDA	0.60	1	1	312.9	0.00	Cheapest. From Wilko/B&M/Supermarket. 6 years.	George Home Metal Butterfly Can Opener
E1	5.4	SWAF	Kitchen, accessories	Peeler		ASDA	0.70	1	1	312.9	0.00	1 needed. Cheapest from Wilko/B+M/supermarket. 6 years.	George Home Plastic Peeler
E1	5.4	SWAF	Kitchen, accessories	Mixing bowls		ASDA	2.50	1	2	521.4	0.01	2 glass mixing bowls. From Wilko/B+M/supermarket. 10 years.	George Home Glass Mixing Bowl
E1	5.4	SWAF	Kitchen, accessories	Scales		Asda	5.00	1	1	521.4	0.01	Cheapest digital. From the supermarket. 10 years.	George Home White Digital Scale
E1	5.4	SWAF	Kitchen, accessories	Chopping boards		Argos	18.00	4	1	208.6	0.09	2 up, Colour coded for food hygiene. From Wilko/B&M/Supermarket. 4 years.	Argos Home Plastic Chopping Board Set - Pack of 4
E1	5.4	SWAF	Kitchen, accessories	Bottle opener		Sainsburys	1.00	1	1	312.9	0.00	Cheapest. From Wilko/B&M/Supermarket. 6 years	Sainsburys Home Waiters Corkscrew
E1	5.4	SWAF	Kitchen, accessories	Cutlery tray		The Range	1.99	1	1	312.9	0.01	Cheapest. From Wilko/B&M/Supermarket. 6 years	Everyday Cutlery Tray-Oyster White
E1	5.4	SWAF	Kitchen, accessories	Canisters		Dunelm	16.00	3	1	260.7	0.06	Set of 3 canisters for tea, coffee, sugar, Ceramic with wooden lid. From Wilko/B&M/Supermarket. 5 years.	Set of 3 Cream Hang Tag Stacking Canisters   Dunelm
E1	5.4	SWAF	Kitchen, accessories	Food storage tubs		ASDA	1.00	2	3	521.4	0.01	Set of 6 from Wilko/B&M/Supermarket. 10 years	George Home Peel Lid Food Storers - Colour May Vary - ASDA Groceries
E1	5.4	SWAM	Kitchen, accessories	Bin		George, ASDA	40.00	1	1	260.7	0.15	50 litre bin. Stainless steel, pedal bin. From Wilko/B+M/supermarket. 5 years.	Curver Metal Effect Pedal Touch Deco Bin Silver 50 Litre

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.6	SWAM	Kitchen, consumables	Bin bags		Tesco	5.35	50	1	50.0	0.11	1 a week	Tesco 50 Refuse Sacks 50L
E1	5.4	SWAM	Kitchen, accessories	Trays		Ikea	2.00	1	2	260.7	0.02	2 solid plastic trays. Cheapest from Wilko/B+M/IKEA/supermarket. 5 years.	SMULA Tray 52x35cm
E1	5.4	SWAF	Kitchen, accessories	Washing up bowl		ASDA	1.00	1	1	260.7	0.00	Plastic washing up bowl from Wilko/B+M/supermarket. 5 years.	George Home Plastic Washing Up Bowl White
E1	5.4	SWAF	Kitchen, accessories	Drainer		ASDA	2.00	1	1	260.7	0.01	Plastic drainer from Wilko/B+M/supermarket. 5 years.	George Home Recycled Plastic Dish Drainer Black
E1	5.6	SWAF	Kitchen, laundry	Washing liquid		Tesco	3.39	1	1	20.0	0.17	3 loads per week. Supermarket own-brand okay.	Tesco Non Biological Detergent Super Concentrated 1.8L 60W
E1	5.6	SWAF	Kitchen, laundry	Fabric conditioner		Tesco	1.65	1	1	14.0	0.12	3 loads per week. Supermarket own-brand okay.	Tesco Summer Fresh Fabric Conditioner 50 Washes 1.25L
E1	5.4	SWAF	Kitchen, accessories	Air freshener		Tesco	1.50	1	1	8.7	0.17	From Wilko/B+M/supermarket. 2 months.	Glade Aerosol Air Freshener Relaxing Zen 300ml
E1	5.4	SWAF	Kitchen, laundry	Iron		ASDA	20.00		1	260.7	0.08	Steam iron (e.g. Morphy Richards). From supermarket/B+M/Wilko. 2 years.	Russell Hobbs Iron
E1	5.4	SWAF	Kitchen, laundry	Ironing board		Argos	18.00		1	260.7	0.07	1 standing ironing board. From supermarket/B+M/Wilko. 5 years.	Habitat Medium 110 x 34cm Ironing Board - Skandi Spot
E1	5.6	SWAF	Kitchen, laundry	Airer (free standing)		Argos	15.00	1	1	260.7	0.06	Concertina style and sturdy. Wilko/B&M/Supermarket. 5 years.	Argos Home 12m 3 Tier Indoor Clothes Airer
E1	5.6	SWAF	Kitchen, cleaning	Mop		B&M	3.50	1	1	521.4	0.01	cheapest rope mop. From Wilko/B+M/supermarket. 10 years.	Simple Everyday Cotton String Mop-Grey
E1	5.6	SWAF	Kitchen, cleaning	Mop head		B&M	3.00	1	1	52.1	0.06	Cheapest rope mop head. 6 months.	Cotton Mop Heads 2pk
E1	5.6	SWAF	Kitchen, cleaning	Bucket		The Range	3.99	1	1	521.4	0.01	Cheapest mop bucket. 10 years.	Mop Bucket 14L - Black
E1	5.3	SWAF	Kitchen, cleaning	Vacuum cleaner		Currys	39.99	1	1	521.4	0.08	Fheapest bagless. Corded okay. From supermarket/B+M/Wilko/Currys. 10 years.	BELDRAY BELO1731TT Upright Bagless Vacuum Cleaner-Titanium
E1	5.6	SWAF	Kitchen, cleaning	Dustpan & brush		ASDA	2.00	2	1	521.4	0.00	Cheapest dustpan and brush. From Wilko/B+M/supermarket. 10 years.	George Home Dustpan & Brush Set
E1	5.6	SWAF	Kitchen, laundry	Broom		The Range	4.99	1	1	521.4	0.01	Cheapest broom. From Wilko/B+M/supermarket. 10 years	Stainless Steel Broom
E1	5.6	SWAF	Kitchen, cleaning	Scouring/sponge pads		Tesco	0.43	8	1	34.8	0.01	From Wilkos/B&M/Supermarket. One sponge per month.	Springforce Sponge Scourers 8 Pack
E1	5.6	SWAF	Kitchen, cleaning	Dish cloths		ADSA	1.55	4	1	8.7	0.18	Woven dish cloths. 4pk lasting 2 months.	ASDA Soft & Long Lasting Dish Cloths
E1	5.6	SWAF	Kitchen, cleaning	Kitchen towel		Tesco	4.00	4	1	4.0	1.00	1 roll replaced weekly.	Tesco Kitchen Towel 4 Roll
E1	5.6	SWAF	Kitchen, textiles	Tea towels		ASDA	4.00	5	1	52.1	0.08	3 needed. From Wilko/B+M/supermarket. 1 year.	George Home Tea Towels
E1	5.6	SWAF	Kitchen, consumables	Washing up liquid		ASDA	1.00	1	1	4.3	0.23	Large. 1 month.	Elbow Grease Washing Up Liquid Lemon Fresh 600ml
E1	5.6	SWAF	Kitchen, consumables	Anti bacterial spray		Tesco	0.85	1	1	8.7	0.10	Spray cleaner. 2 months.	Tesco Antibacterial Multi Purpose Cleanser Spray 750MI
E1	5.6	SWAF	Kitchen, consumables	Foil		Tesco	1.40	1	1	26.1	0.05	From Wilko/B&M/Supermarket. 6 months.	Tesco Kitchen Foil 10M X 290Mm

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.6	SWAF	Kitchen, consumables	Freezer bags		ASDA	1.30	20	1	8.7	0.15	20 bags. 2 months.	ASDA 20 Resealable Dual Track Seal Food & Freezer Bags Medium
E1	5.6	SWAF	Kitchen, consumables	Clingfilm		ASDA	1.80	1	1	26.1	0.07	From Wilko/B&M/Supermarket. 6 months.	ASDA Non-PVC Cling Film 50 Meters
E1	5.6	SWAF	Kitchen, consumables	Greaseproof paper		ASDA	1.45	1	1	26.1	0.06	From Wilko/B&M/Supermarket. 6 months.	ASDA Greaseproof & Baking Non-Stick Paper
E1	5.6	SWAF	Kitchen, consumables	Disinfectant		ASDA	1.40	1	1	8.7	0.16	For cleaning floors. 2 months.	ASDA Disinfectant Liquid Pine 1 litre
E1	5.6	SWAF	Kitchen, consumables	Bleach		Tesco	0.70	1	1	8.7	0.08	2 months.	Tesco Thick Bleach Fresh 750ml
E1	5.6	SWAF	Kitchen, consumables	Glass cleaner		ASDA	0.85	1	1	8.7	0.10	2 months.	ASDA Window & Glass Cleaning Spray
E1	5.6	SWAF	Kitchen, consumables	Drain unblocker		Tesco	2.00	1	1	52.1	0.04	1 year.	Tesco Sink & Drain Unblocker 500ml
E1	5.6	SWAF		Sewing kit		ASDA	2.50	30	1	260.7	0.01	Small basic sewing kit. 5 years.	Haber Compact Sewing Kit 30 Pieces
E1	5.5	SWAF	Maintenance	Tool kit		Argos	24.00	25	1	260.7	0.09	1 up basic, from IKEA, B&Q, Argos. 5 years.	Guild 45 Piece Handtool Kit
E1	5.2	SWAF	Bathroom	Blind		Dunelm	48.00	1	1	260.7	0.18	Roller blind, 2 up from bottom, moisture resistant. From Hilary's/Dunelm/IKEA/supermarket/Amazon. 5 years	Chevron Grey Blackout Roller Blind 210x140cm
E1	5.5	SWAF	Bathroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 for main light.	Tesco LED Classic 60W Bayonet Cap
E1	5.1	SWAF	Bathroom	Storage		The Range	44.95	1	1	260.7	0.17	Wooden-framed storage with baskets. 1 up from bottom. From IKEA/Wilko/B+M/supermarket. 5 years	Bathroom Storage Cabinet-White-White
E1	5.1	SWAF	Bathroom	Mirror		George, ASDA	3.00	1	1	260.7	0.01	Small, round standing mirror. Cheapest plastic okay. From Wilko/B+M/supermarket. 5 years.	Charcoal Round Mirror
E1	5.2	SWAF	Bathroom	Toilet roll holder		B&M	20.00	1	1	521.4	0.04	Free-standing, wooden toilet roll holder with drawers. From Wilko/B+M/supermarket. 10 years.	Maine Toilet Roll Holder-White
E1	5.2	SWAF	Bathroom	Bath sheet		The Range	14.99	1	2	156.4	0.19	2 bath sheets needed. 2 up from bottom to get thicker quality. Can come in set. From Wilko/B+M. 3 years.	Bath Sheet
E1	5.2	SWAF	Bathroom	Hand towels		The Range	4.99	1	2	156.4	0.06	2 needed. 2 up from bottom to get thicker quality. Can come in set. From Wilko/B+M. 3 years.	Divante Hand Towel-White
E1	5.2	SWAF	Bathroom	Flannels		B&M	3.00	3	1	156.4	0.02	2 needed. 2 up from bottom to get thicker quality. Can come in set. From Wilko/B+M. 3 years.	Retreat Face Cloth 3pk-White
E1	5.1	SWAF	Bathroom	Shower curtain		B&M	7.00	1	1	104.3	0.07	1 washable shower curtains. 2 up from bottom from Wilko/B+M/supermarket. 2 years.	Mono Jacquard Shower Curtain - White

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.2	SWAF	Bathroom	Bath mat (for floor)		B&M	6.99	1	1	104.3	0.07	1 needed. 2 up from bottom. Fluffy style. Not memory foam. From Wilko/B+M. 2 years.	Signature Microfibre Noddle Bath Mat-Charcoal
E1	5.2	SWAF	Bathroom	Bath mat (non-slip)		B&M	2.99	1	1	104.3	0.03	CB4 added a non-slip bath mat. From Amazon or Home Bargains. 2 years.	Addis Shower Mat
E1	5.4	SWAF	Bathroom	Linen basket		George, ASDA	8.00	1	1	260.7	0.03	cheapest plastic basket with lid. From Wilko. 5 years.	Wham Laundry Hamper
E1	5.2	SWAF	Bathroom	Pedal bin		George, ASDA	6.00	1	1	260.7	0.02	Cheapest small plastic pedal bin. From Wilko/B+M/supermarket. 5 years	Black Pedal Bin 3L
E1	5.6	SWAF	Bathroom	Pedal bin liners		ASDA	1.20	20	1	20.0	0.06	1 per week.	ASDA 20 Multi-Use Bags Heavy Duty 15 Litres
E1	5.6	SWAF	Bathroom	Bleach		Tesco	0.70	1	1	4.3	0.16	1 month	Tesco Thick Bleach Fresh 750MI
E1	5.6	SWAF	Bathroom	Shower spray		ASDA	0.85	1	1	8.7	0.10	2 months	ASDA Daily Shower Cleaning Spray
E1	5.6	SWAF	Bathroom	Toilet cleaner		Tesco	0.49	1	1	8.7	0.06	2 months	Tesco Active Toilet Gel Citrus 750MI
E1	5.5	SWAF	Bathroom	Toilet brush		ASDA	1.30	1	1	26.1	0.05	Cheapest plastic. From Wilko//B+M/supermarket. 6 months.	George Home Toilet Brush
E1	5.1	SWAF	Bedroom	Lampshade for central light		The Range	3.00	1	1	156.4	0.02	Cheapest fabric lampshade. From supermarket/Argos/B+M/IKEA/The Range. 3 years.	White Linen Textured Shade-Medium
E1	5.5	SWAF	Bedroom	Light bulb		Tesco	2.00	1	2	521.4	0.01	LED, 1 for main light and 1 for lamp	Tesco LED Classic 60W Bayonet Cap
E1	5.2	SWAF	Bedroom	Curtains		George, ASDA	52.00	2	1	521.4	0.10	Cheapest lined curtains. From supermarket/Argos/B+M/IKEA/The Range. 10 years.	Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	SWAF	Bedroom	Curtain pole							0.00	Groups said curtain pole would be supplied by landlord.	
E1	5.2	SWAF	Bedroom	Voile		Dunelm	12.00	1	2	1303.6	0.02	25 years.	Sheer Elegance White Slot Top Single Voile Panel. W300cm x D 228cm
E1	5.5	SWAF	Bedroom	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net Curtain Wire 300cm
E1	5.1	SWAF	Bedroom	Bed, double		Dreams	299.00	1	1	521.4	0.57	Double bedframe, Wooden bedframe. From IKEA/Dreams/Furniture Land/Benson. 10 years.	Woodstock Wooden Low Rise Bed Frame
E1	5.1	SWAF	Bedroom	Mattress, double		Dreams	329.00	1	1	417.1	0.79	Pocket sprung mattress with memory foam top. From The Range/IKEA/Dreams. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)
E1	5.1	SWAF	Bedroom	Wardrobe		Ikea	115.00	1	1	521.4	0.22	1 double wardrobe. 1 up from bottom. From IKEA/supermarket/Argos/B+M/IKEA/The Range. Cheapest flat pack. Matching bedside table. 10 years.	KLEPPSTAD, Wardrobe with 3 doors, 117x176cm

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	SWAF	Bedroom	Drawers		Ikea	99.00	1	1	521.4	0.19	3 drawers. 1 up from bottom. From IKEA/supermarket/Argos/B+M/IKEA/The Range. Cheapest flat pack. Matching wardrobe. 10 years.	KULLEN Chest of 6 drawers, 140x72cm
E1	5.1	SWAF	Bedroom	Bedside table		Ikea	29.00	2	1	521.4	0.06	1 needed. 1 up from bottom. From IKEA/supermarket/Argos/B+M/IKEA/The Range. Cheapest flat pack. Matching wardrobe. 10 years.	KULLEN, Chest of 2 drawers, 35x49cm
E1	5.1	SWAF	Bedroom	Under-bed storage		B&M	5.00	1	4	521.4	0.04	Set of under-bed storage boxes. Cheapest from Wilko. 10 years.	Underbed Clear Storage Box with Lid 32L-Clear
E1	5.1	SWAF	Bedroom	Mirror		The Range	9.99	1	1	521.4	0.02	Cheapest half length, free-standing mirror. From From IKEA/Dunelm/Next/Oak Furniture Land. Or mirror on wardrobe if cheaper. 10 years.	Metallic Over The Door Mirror
E1	5.1	SWAF	Bedroom	Lamp		B&M	6.00	1	1	260.7	0.02	1 needed. From Wilko/supermarket/Primark. 5 years.	Boston Lamp-Cream
E1	5.2	SWAF	Bedroom	Duvet		The Range	27.99	1	1	104.3	0.27	Mid-mid 10.5 tog duvet. From supermarket/Dunelm. 2 years.	Night Comfort 10.5 Tog Feels Like Down All Seasons Duvet
E1	5.2	SWAF	Bedroom	Pillows		Argos	18.00	2	1	104.3	0.17	2 needed. £10 per pillow. From supermarket. 2 years.	Silentnight Super Snuggly Medium Pillow-2 Pack
E1	5.2	SWAF	Bedroom	Mattress protector		George, ASDA	7.00	1	1	104.3	0.07	1 needed. Cheapest from Dunelm. 2 years.	Mattress Protector
E1	5.2	SWAF	Bedroom	Hangers		George, ASDA	12.50	20	1	521.4	0.02	20 cheapest wooden hangers per HH. 10 years.	Natural Wooden Hangers 20 Pack
E1	5.2	SWAF	Bedroom	Sheets		The Range	10.49	1	2	104.3	0.20	2 needed. From Wilko. Cheapest cotton. From IKEA/Dunelm/Next. 2 years.	180Tc Cotton Fitted Sheet-White/Double
E1	5.2	SWAF	Bedroom	Duvet covers		Dunelm	20.00	1	2	104.3	0.38	2 needed. From Wilko. Cheapest cotton. 2 year.	Anti Allergy Duvet Cover and Pillowcase Set
E1	5.2	SWAF	Bedroom	Pillow cases		George, ASDA	4.25	2	1	104.3	0.04	2 additional pillow cases. Cheapest cotton. From Wilko. 2 years.	100% Cotton Percale Plain Pillowcase Pair
E1	5.2	SWAF	Bedroom	Alarm clock		Argos	9.00	1	1	260.7	0.03	So can keep phone in another room. Cheapest digital, plug-in or battery okay. 5 years	Constant LCD Display Digital Alarm Clock - Black
E1	5.3	SWAF	Bedroom	Floor fan		The Range	20.99	1	1	208.6	0.10	1 needed. 1 up from bottom from Amazon/The Range/supermarket. Lasting 4 years.	16" Pedestal Fan with 3 Speed Oscillation
												<b>E: Household Goods and Services</b>	<b>£ 15.97</b>
												E1: Household Goods	£ 15.97

MIS 2024 REBASE

E: Household goods and services

Single working age female, no children

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	SWAF	Postage	Delivery		Ikea	40.00		1	521.4285714	0.08	A big IKEA delivery every 10 years, in line with the lifetimes of the furniture items.	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	SWAF	Telephone	Mobile telephone (handset)		Tesco Mobile	0.00	1	1	104.2857143	0.00	Basic smartphone from Tesco Mobile. 2 years.	Motorola Moto E13. £0 upfront cost with 24-month contract.
E2A2	8.3	SWAF	Telephone	Mobile telephone (bills)		Tesco Mobile	13.00	1	1	4.345238095	2.99	At least 5GB of data. Unlimited minutes and texts.	Tesco Mobile: Motorola Moto E13 phone, 24-month contract, 6GB data per month, unlimited calls and texts, £13/month, no up-front cost.
E1	5.3	SWAF	Kitchen, appliances	Fridge freezer disposal		Currys	25.00		1	521.4285714	0.05	From AO/Currys. Recycling of old fridge freezer.	£25 for recycling old fridge freezer.
E1	5.3	SWAF	Kitchen, appliances	Washing machine installation and disposal		Currys	55.00		1	260.7142857	0.21	Paid installation and disposal for the washing machine if unable to move around and install these heavy items by themselves.	£30 for installation + £25 for recycling the old washing machine.
<b>E: Household Goods and Services</b>												<b>£ 3.33</b>	
E1: Household Goods												£ -	
E2: Household Services												£ 3.33	
E2A: Communication												£ 3.07	
E2A1: Postage												£ 0.08	
E2A2: Telephone												£ 2.99	

MIS 2024 REBASE

F: Personal goods and services, including health

Single working age female, no children

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	SWAF	Personal care	Hairdressing			70.00	1	1	4.3	16.11	£70 per month to include hairdressing for a diversity of hair types.	
F	13.1	SWAF	Personal care	Hair colour	Garnier	Tesco	4.40	1	1	6.0	0.73	Home hair colour every 6 weeks.	Garnier Belle Color 4 Natural Dark Brown Permanent Hair Dye (range of colours available for same price)
F	13.1	SWAF	Personal care	Hairdryer	Tresemmé	Tesco	16.00	1	1	260.7	0.06	From Currys/Argos/Superdrug (e.g. Remington). 5 years.	Tresemme Fast Dry 2000 9142Tu
F	13.1	SWAF	Personal care	Hair straighteners	Remington	Currys	19.99	1	1	260.7	0.08	High-quality hair straighteners (like Ghd). From Currys/Argos/Superdrug. 5 years.	REMINGTON Ceramic Slim 220 Hair Straightener - Black
F	13.1	SWAF	Personal care	Toilet roll	Tesco	Tesco	1.49	4	1	2.0	0.75	2 per week. Not the cheapest, and 3 ply.	Tesco Luxury Soft Quilted Toilet Tissue 4 Rolls
F	13.1	SWAF	Personal care	Baby wipes	Tesco	Tesco	0.65	60	1	4.3	0.15	64-pack of baby wipes. Supermarket own brand. 1 month.	Fred & Flo 60 Biodegradable Fragrance Free Wipes
F	13.1	SWAF	Personal care	Shower gel	Tesco	Tesco	1.20	1	1	4.3	0.28	Recognisable brand. Supermarket own okay. 1 month.	Tesco Extracts Coconut Shower Gel 500ML
F	13.1	SWAF	Personal care	Shampoo	Tesco	Tesco	5.00	1	1	3.0	1.67	Supermarket own brand. £5 per bottle for choice and different hair care needs. 3 weeks	Good Gracious Smooth Hydrateshea Butter Shampoo 400ML
F	13.1	SWAF	Personal care	Conditioner	Tesco	Tesco	5.00	1	1	3.0	1.67	Supermarket own brand. £5 per bottle for choice and different hair care needs. 3 weeks	Good Gracious Hydrate Shea Butter Conditioner 250ML
F	13.1	SWAF	Personal care	Deodorant (spray)	Dove	Tesco	2.50	1	1	2.0	1.25	Recognisable brand (Dove or Sure). 2 weeks.	Dove Fresh 48h Antiperspirant Deodorant 200ml
F	13.1	SWAF	Personal care	Toothpaste	Colgate	Tesco	0.99	1	1	8.7	0.11	Recognisable brand. 2 months.	Colgate Triple Action Toothpaste 75ML
F	13.1	SWAF	Personal care	Toothbrush	Colgate	Tesco	1.50	3	1	39.1	0.04	Colgate toothbrush. 3 months.	Colgate Extra Clean Medium Toothbrush 3 Pack (lifespan adjusted for 3-pack)
F	13.1	SWAF	Personal care	Mouthwash	Colgate	Tesco	2.00	1	1	4.3	0.46	Recognisable brand. 1 month.	Colgate Triple Action Mouthwash 500ML
F	13.1	SWAF	Personal care	Dental floss	Oral B	Tesco	1.50	1	1	13.0	0.12	Supermarket own brand. 3 months	Oral-B Satin Tape Dental Floss 25M
F	13.1	SWAF	Personal care	Hairbrush	Leo Bancroft	Tesco	4.00	1	1	52.1	0.08	Cheapest plastic. 1 year.	Leo Bancroft Essentials Classic H'brush
F	13.1	SWAF	Personal care	Hair mousse	Shockwaves	Tesco	3.45	1	1	8.7	0.40	1 mousse and 1 hair spray. Cheapest recognisable brand. 2 months.	Shockwaves Volume Mousse Ultra Strong 200ML
F	13.1	SWAF	Personal care	Hair spray	L'Oreal	Tesco	3.00	1	1	8.7	0.35	1 mousse and 1 hair spray. Cheapest recognisable brand. 2 months.	L'Oreal Paris Elnett Normal Hold Hairspray 75ml
F	13.1	SWAF	Personal care	Hair products			10.00	1	1	4.3	2.30	Additional budget of £10 per month to reflect that different hair types will require more haircare products.	
F	13.2	SWAF	Personal effects	Hair bobbles	Lure Beauty	Asda	1.50	20	3	15.6	0.29	50 elastic hair bobbles. 3 months	Lure Beauty 20 Thin Snagfree Bands Black (lifespan adjusted for 3x 20-packs)
F	13.2	SWAF	Personal effects	Hair clips	Lure Beauty	Asda	1.50	35	3	54.8	0.08	100-pack, 1 year	Lure Beauty 35 Medium Grips Black (lifespan adjusted for 3x 35-packs)

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	SWAF	Personal care	Cotton pads	Tesco	Tesco	1.50	100	1	4.3	0.35	100-pack lasting. Supermarket own-brand. 1 month.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	SWAF	Personal care	Cotton buds	Tesco	Tesco	0.50	200	1	13.0	0.04	Supermarket own-brand. 3 months.	Tesco 200 Cotton Buds
F	13.1	SWAF	Personal care	Soap (liquid)	Tesco	Tesco	0.95	1	1	4.3	0.22	Supermarket own brand. 1 month.	Tesco Extracts Eucalyptus Antibacterial Handwash 500MI
F	13.1	SWAF	Personal care	Soap (bar)	Tesco	Tesco	1.35	4	1	34.8	0.04	Recognisable brand. 4pk lasting 8 months.	Tesco Extracts Lemon & Mandarin Soap 4X125g
F	13.1	SWAF	Personal care	Sponges	Tesco	Tesco	1.00	2	1	8.7	0.12	1 sponge every month.	Tesco Essentials Soft Sponges 2 Pack
F	13.1	SWAF	Personal care	Sanitary protection			6.50		1	4.3	1.50	Budget of £6.50 per month for choice of branded sanitary products.	
F	13.1	SWAF	Personal care	Sun cream	Nivea	Tesco	7.00	1	1	52.1	0.13	Recognisable brand or Asda own-brand. 1 year.	Nivea Sun Moisturising Sun Lotion F50+ 200MI
F	13.1	SWAF	Personal care	After sun	Nivea	Tesco	5.00	1	1	52.1	0.10	Recognisable brand or Asda own-brand. 1 year.	Nivea After Sun Lotion 200MI
F	13.1	SWAF	Personal care	Razors, disposable	Gillette	Tesco	1.50	4	1	4.0	0.38	Recognisable brand, 1 razor per week.	Gillette Simply Venus 2 Women's Disposable Razors 4 Pack
F	13.1	SWAF	Personal care	Manicure set	Studio London	Superdrug	3.99	1	1	52.1	0.08	1 year	Studio London Manicure Set (from Superdrug). Includes scissors, clippers, nail file, sharpener, tweezers.
F	13.1	SWAF	Personal care	Shaving gel	Gillette	Asda	2.00	1	1	4.3	0.46	Supermarket own-brand.1 month.	Venus Satin Care Sensitive Skin Shave Gel (discounted from £3). No own-brand options currently available from Tesco or Asda.
F	13.1	SWAF	Personal care	Face wash	Simple	Tesco	2.50	1	1	4.3	0.58	Recognisable brand. 1 month.	Simple Kind To Skin Refreshing Face Wash Gel 150MI
F	13.1	SWAF	Personal care	Moisturiser (body)	Aveeno	Tesco	3.00	1	1	8.7	0.35	Recognisable brand. 2 months.	Aveeno Daily Moisturising Body LotionFragrance Free 100ml
F	13.1	SWAF	Personal care	Moisturiser (face)	Simple	Tesco	2.50	1	1	8.7	0.29	Recognisable brand. 2 months.	Simple Kind To Skin Replenishing Rich Moisturiser 125MI
F	13.1	SWAF	Personal care	Lip salve	Nivea	Tesco	1.75	1	1	26.1	0.07	1 tube. 6 months.	NIVEA Original Care Lip Balm 4.8g
F	13.1	SWAF	Personal care	Exfoliator	Clean & Clear	Tesco	3.50	1	1	4.3	0.81	1 month.	Clean & Clear Exfoliating Daily Wash 150M
F	13.1	SWAF	Personal care	Makeup remover	Simple	Tesco	5.30	1	1	4.3	1.22	Liquid makeup remover. 1 month.	Simple Kind To Skin Micellar Cleansing Water 400MI
F	13.1	SWAF	Personal care	Nail polish remover	Tesco	Tesco	1.50	1		13.0	0.00	Supermarket own-brand. 3 months.	Tesco Nailpolish Remover 250MI
F	13.1	SWAF	Personal care	Cosmetics			10.00	1	1	4.3	2.30	£10 per month.	
F	13.1	SWAF	Personal care	Perfume			70.00	2	1	52.1	1.34	£70 for 2 bottles per year. Could include one expensive bottle or two cheaper ones each year.	
F	13.2	SWAF	Accessories	Handbag	M&S	M&S	39.50	1	1	104.3	0.38	1 needed. approx. £40. From M&S or TKMaxx. 2 years.	Faux Leather Tote Bag
F	13.2	SWAF	Accessories	Clutch bags	New Look	New Look	14.99	1	1	260.7	0.06	2 needed (1 black, 1 colourful). From Asos/New Look/Primark/supermarket. 5 years.	Cream Leather-Look Chain Strap Clutch Bag (3 colours)
F	13.2	SWAF	Accessories	Clutch bags	Primark	Primark	7.00	1	1	260.7	0.03	2 needed (1 black, 1 colourful). From Asos/New Look/Primark/supermarket. 5 years.	Flap Front Shoulder Bag (2 colours)
F	13.2	SWAF	Accessories	Backpack	Rockport	Sports Direct	7.99	1	1	52.1	0.15	1 backpack added. Sports Direct.1 year.	Rockport Zip Backpack (choice of colours)

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	SWAF	Accessories	Purse	River Island	River Island	15.00	1	1	104.3	0.14	1 purse (approx. £15) from TKMaxx/River Island. 2 years	Black Embossed Purse	
F	13.2	SWAF	Accessories	Umbrella		Asda	9.00	1	1	26.1	0.35	1 small umbrella. From supermarket or Timpson's. 6 months.	The Weather Station Mini Black Umbrella	
F	13.2	SWAF	Personal effects	Sunglasses	Primark	Primark	3.50	1	1	52.1	0.07	1 needed. From supermarket or Primark. 1 year	Tinted Round Frame Sunglasses (lots of choice at Primark at this price-point)	
F	13.2	SWAF	Personal effects	Jewellery			50.00	1	1	52.1	0.96	£50 per year		
F	13.2	SWAF	Accessories	Suitcase	IT Luggage	Matalan	40.00	1	1	156.4	0.26	1 medium suitcase, 1 up from bottom. From TKMaxx/Matalan/Primark. 3 years.	IT Luggage Black Navigator Soft Shell Suitcase - Medium	
												<b>F: Personal Goods and Services</b>	<b>£</b>	<b>39.68</b>

MIS 2024 REBASE

F: Personal goods and services, including health

Single working age female, no children

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
F	6.2	SWAF	Health care	Opticians - eye test		Specsavers	35.00		1	104.3	0.34	Test every 2 years	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	SWAF	Health care	Opticians - glasses		Specsavers	90.00	1	1	104.3	0.86	£50 for frames plus bifocal lenses. From Specsavers or Glasses Direct. 2 years.	Standard varifocal lenses (£40) are now cheaper than bifocals so would be preferred, plus a wide range of frames costing £50.
F	6.2	SWAF	Health care	Dentists - check-up		NHS	26.80	1	1	26.1	1.03	Check-up every 6 months with NHS dentist.	Band 1 charge (£26.80) includes examination, diagnosis, advice, and scale and polish "if clinically needed".
F	6.2	SWAF	Health care	Dentists - treatment		NHS	73.50	1	1	52.1	1.41	One band 2 treatment, e.g. filling per year	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	SWAF	Health care	Other health treatments			200.00	1	1	52.1	3.84	£200 a year as a resource for physiotherapy, visiting a chiropractor or having some mental health sessions. A resource for some appointments if needed while on the NHS waiting list.	
F	6.1	SWAF	Health care	Paracetamol	Asda	Asda	0.65	16	1	8.7	0.07	16-pack. 2 months	ASDA Paracetamol 500mg 16 Capsules
F	6.1	SWAF	Health care	Ibuprofen	Tesco	Tesco	1.80	16	1	8.7	0.21	16-pack. 2 months	Tesco Ibuprofen 200Mg Liquid Caps 16S
F	6.1	SWAF	Health care	Cold remedy	Lemsip	Tesco	5.25	10	1	52.1	0.10	One box of Lemsip. 1 year	Lemsip Max Cold & Flu Lemon Sachets Paracetamol 10 Pack
F	6.1	SWAF	Health care	Cough mixture for dry coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	Two cough medicines needed. One for tickly coughs and one for chesty coughs. 1 year.	Tesco Health+ Dry Tickly Cough 300ML
F	6.1	SWAF	Health care	Cough mixture for chesty coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	Two cough medicines needed. One for tickly coughs and one for chesty coughs. 1 year.	Tesco Health+ Chesty Cough Relief 300ML
F	6.1	SWAF	Health care	Antihistamine tablets	Tesco	Tesco	2.95	30	6	52.1	0.34	1 per day for six months of the year	Tesco Hayfever Cetirizine 30S Tablets
F	6.1	SWAF	Health care	Antihistamine eye drops	Optrex	Tesco	6.00	1	1	52.1	0.12	Eye drops for hayfever. Used six months of the year	Optrex Hayfever Relief Eye Drops Itchy Eyes 2% w/v 10ml
F	6.1	SWAF	Health care	Imodium	Imodium	Tesco	3.80	1	1	26.1	0.15	Imodium. 6 months.	IMODIUM Instants For On-The-Go Diarrhoea Relief 6 pack
F	6.1	SWAF	Health care	Indigestion tablets	Rennie	Asda	4.00	36	1	52.1	0.08	32-pack. 1 year.	Rennie Spearmint Heartburn & Indigestion Relief Tablets (36pk)
F	6.1	SWAF	Health care	Antiseptic	Germolene	Tesco	2.45	1	1	52.1	0.05	E.g., Germolene. 1 year.	Germolene Antiseptic Cream 55G
F	6.1	SWAF	Health care	Sudocrem	Sudocrem	Tesco	3.25	1	1	52.1	0.06	Small tub. 1 year.	Sudocrem Antiseptic Healing Cream 60G

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	SWAF	Health care	Heat rub	Deep Heat	Tesco	3.00	1	1	156.4	0.02	Replaced in line with shelf-life (3 years).	Deep Heat Rub 67G	
F	6.1	SWAF	Health care	Burn spray	Dr. Burn	Tesco	9.00	1	1	52.1	0.17	1 year	Dr. Burn Hydrogel Burn Spray 125ml	
F	6.1	SWAF	Health care	Plasters	Asda	Asda	1.50	50	1	52.1	0.03	Plasters. 1 year	ASDA 50 Waterproof Clear Plasters	
F	6.1	SWAF	Health care	Bandages	Safe + Sound	Asda	3.85	1	1	52.1	0.07	1 year	Safe + Sound Elastic adhesive bandage	
F	6.1	SWAF	Health care	Sterile wipes	Asda	Asda	1.15	10	1	52.1	0.02	1 year	ASDA 10 Plastic Free Wound Cleansing Wipes	
F	6.1	SWAF	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	SWAF	Health care	Cod liver oil	Tesco	Tesco	6.50	90	1	12.9	0.51	1 per day	Tesco Cod Liver Oil 1000Mg 90S	
F	6.1	SWAF	Health care	Contraception	Durex	Tesco	11.00	12	1	52.1	0.21	12-pack box of condoms. 1 year.	Durex Originals Extra Safe Condoms Regular Fit 12 Pack	
F	6.1	SWAF	Health care	Hot water bottle	Cassandra	Tesco	7.50	1	1	104.3	0.07	1 needed per household. Hot water bottle with cover. B+M/Argos/IKEA/supermarket/Dunelm. 2 years.	Cassandra Plain Fleece Hot Water Bottle Cover Set	
												<b>F: Personal Goods and Services</b>	<b>£</b>	<b>10.24</b>

MIS 2024 REBASE

G: Transport

Single working age female, no children

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
G2	7.3	SWAF	Passenger transport by road	Bus pass		Go North East	118.00	1	1	4.0	29.50	Monthly bus pass, to include travel to the next city.	Go North East 'All Zones - 28 Day' bus pass for 1 adult, £118. "For unlimited travel on Go North East services within County Durham, Northumberland and Tyne & Wear [including Newcastle, Sunderland and Durham]. Not valid to travel to/from Tees Valley on X lines X10."
G2	7.3	SWAF	Passenger transport by road	Taxi fares			30.00	1	1	4.3	6.90	£30 per month - for emergencies/night travel/train strikes.	
G2	7.3	SWAF	Passenger transport by rail	Rail/coach fares			300.00	1	1	52.1	5.75	One train journey every two months. £50 return per time, booking in advance. Total = £300 per year.	
G2	7.3	SWAF	Passenger transport by rail	Holiday travel		Trainline	84.59	1	1	52.1	1.62	Return travel by train from Nottingham to Blackpool for holiday.	Nottingham to Blackpool, 8th June to 15th June 2024, off-peak return fare £84.59 per adult, booking in advance (April 2024) via theTrainline.com.
												<b>G: Transport</b>	<b>£ 43.78</b>
												G2: Fares and Other Travel Costs	£ 43.78

MIS 2024 REBASE

H: Social and cultural participation

Single working age female, no children

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
H1	8.1	SWAF	Leisure goods	TV		Currys	129.99	1	1	521.4	0.25	Cheapest 32" screen. From Supermarket/Currys/Argos/Wilko. 10 years.	JVC LT-32C490 32" HD Ready LED TV
H1	8.1	SWAF	Leisure goods	Tablet		Currys	199.00	1	1	208.6	0.95	Chromebook or tablet with keyboard. From Supermarket/Currys/Argos. 4 years.	ASUS CX1 15.6" Chromebook - Intel® Celeron®, 128 GB eMMC, Silver
H1	8.2	SWAF	Leisure goods	Software		Currys	119.00	1	1	260.7	0.46	MS Office.	MICROSOFT Office Home & Student 2021 - Lifetime for 1 user.
H1	8.1	SWAF	Leisure goods	Radio		Argos	19.99	1	1	521.4	0.04	DAB radio from Argos. 10 years.	Bush Portable DAB / FM Radio - Black
H1	9.2	SWAF	Gifts - birthdays	Gifts for others			20.00	1	12	52.1	4.60	12 presents at £20 each, including cost of card and wrap.	
H1	9.2	SWAF	Gifts - Xmas	Gifts for others			10.00	1	12	52.1	2.30	12 presents at £10 each, including cost of card and wrap.	
H1	9.2	SWAF	Gifts - other	Gifts for others			20.00	1	2	52.1	0.77	2 gifts per year for other occasions (e.g. wedding or christening). £20 per gift.	
H1	9.2	SWAF	Other items	Christmas decorations			150.00	1	1	260.7	0.58	£150 every 5 years, inclusive of an artificial tree.	
												<b>H: Social and Cultural Participation</b>	<b>£ 9.94</b>
												H1: Leisure Goods	£ 9.94

MIS 2024 REBASE

H: Social and cultural participation

Single working age female, no children

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	SWAF	TV licence	TV licence		UK government	169.50	1	1	52.1	3.25	TV licence needed.	TV licence costs £169.50 per year from 1 April 2024. If paying by monthly direct debits, the first year has to be paid over 6 months before being spread across 12 months for subsequent years.
H3	8.3	SWAF	Telephone and fax services	Internet		Virgin Media (via Money Saving Expert)	22.34	1	1	4.3	5.14	Broadband needed. Does not need to include landline.	£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	9.4	SWAF	Leisure	Activities			25.00	2	1	1.0	25.00	£25 per week. Could include: biking, gym, bowling, swimming, cinema, yoga, tennis, bingo, quiz night, pub.	
H6	11.2	SWAF	UK Holidays	Holiday			591.00		1	52.1	11.33	UK holiday. 1 week. Hotel, 3*, half-board. Seaside. Off-peak. double bed, cancellation included. From Airbnb, Booking.com.	7 nights, 8th - 15th June 2024. Booking.com, Blackpool, breakfast and dinner included. Double room from £591 for 7 nights. The President Hotel, 3 star, beachfront.
H6	9.4	SWAF	UK Holidays	Holiday spending money			185.00	1	1	52.1	3.55	£185 spending money for the week in addition to weekly food shop and weekly leisure budget.	
H3	13.9	SWAF	Leisure services	Passport		UK government	88.50	1	1	521.4	0.17	Passport ordered online. Needed for identification purposes.	Standard adult passport application/renewal fee for online applications is £88.50. 10-year adult validity.
H3	9.6	SWAF	Leisure services	Passport photos		Max Spielmann (Tesco)	12.99		1	521.4	0.02	Photos needed for passport.	Max Spielmann photo booths in selected Tesco supermarkets: standard passport photos start at £12.99.
												<b>H: Social and Cultural Participation</b>	<b>£ 48.47</b>
												H3: Entertainment and Recreation	£ 30.34
												H4: TV Licence and Rental	£ 3.25
												H6: UK Holiday	£ 14.88