

**MIS 2024 REBASE**

**Single Working Age Male**

<b>A: Food and Non-Alcoholic Beverages</b>				<b>£</b>	<b>84.75</b>
	A1: Food			£	73.99
	A2: Catering			£	10.76
<b>B: Alcohol and Tobacco</b>				<b>£</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>£</b>	<b>10.66</b>
<b>D: Housing Costs</b>				<b>£</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>£</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>£</b>	<b>36.68</b>
<b>G: Transport</b>				<b>£</b>	<b>43.78</b>
	G1: Motoring Expenditure			£	-
	G2: Fares and Other Travel Costs			£	43.78
<b>H: Social and Cultural Participation</b>				<b>£</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	£ 84.75
Alcohol	£ 7.97
Tobacco	£ -
Clothing and Footwear	£ 10.66
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	£ 36.68
Motoring	£ -
Other Travel Costs	£ 43.78
Social and Cultural Participation	£ 58.41
<b>Total</b>	<b>£ 324.30</b>
Rent/Mortgage Interest	£ 137.31

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Single working age male, no children

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	Pack no.	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
A1	1.1	SWAM		Apples, eating, raw, weighed with core and skin		Tesco	1.70	5	2	1.4	2.38	7 medium apples (1218 g)	Tesco Braeburn Apple 5 Pack
A1	1.1	SWAM		Bacon rashers, back, reduced salt, raw weight		Tesco	3.00	8	1	8.0	0.38	1 rasher (35 g)	Tesco Reduces Fat & Salt 8 Bacon Unsmoked Medallions 240G
A1	1.1	SWAM		Baked beans, canned in tomato sauce, reduced sugar, reduced salt		Tesco	0.23	1	1	1.0	0.23	1 small tin (205g)	Tesco Reduced Sugar & Salt Baked Beans 220G
A1	1.1	SWAM		Bananas, raw, weighed with skin		Tesco	0.16	1	8	1.0	1.28	8 bananas (1264 g)	Tesco Bananas Loose
A1	1.1	SWAM		Beans, green/French, fresh or frozen		Tesco	1.30	1	1	5.6	0.23	160 g frozen (160g; 190 g fresh)	Tesco Very Fine Whole Green Beans 900G (frozen)
A1	1.1	SWAM		Beans, red kidney, canned in water,		Tesco	0.45	1	2	1.3	0.68	1/2 x 400 g tin (200 g; 1 x 200 g tin)	Tesco Reduced Sugar and Salt Baked Beans in Tomato Sauce 420G
A1	1.1	SWAM		Beef, lean, average, raw		Tesco	4.60	1	1	1.3	3.68	400g	Tesco Casserole Beef 500g
A1	1.1	SWAM		Beef, mince, raw		Tesco	2.19	1	1	2.0	1.10	125g	Tesco Lean Beef Steak Mince 5% Fat 250G
A1	1.1	SWAM		Biscuits, digestive, plain		Tesco	0.85	1	1	1.5	0.56	14 biscuits (196g)	Tesco Milk Chocolate Digestive Biscuits 300G
A1	1.1	SWAM		Bread rolls, wholemeal		Tesco	0.90	6	1	6.0	0.15	1 roll (80g)	Tesco Soft Wholemeal Roll 6 Pack
A1	1.1	SWAM		Bread, white, with added fibre eg 50/50 or Best of Both		Tesco	1.30	1	1	1.9	0.70	12 slices of bread (432g)	Kingsmill 50/50 Medium Bread 800G
A1	1.1	SWAM		Broccoli, green		Tesco	0.96	1	1	1.1	1.00	340 g frozen (340g; 475 g fresh)	Tesco Large Broccoli Pack 500g (loose)
A1	1.1	SWAM		Carrots, old, raw		Tesco	0.10	1	2	1.3	0.15	180 g frozen (180g; 1 1/2 large carrots)	Tesco Carrots Loose
A1	1.1	SWAM		Celery, raw weight, fresh		Tesco	0.90	1	1	1.4	0.65	3 sticks (180g)	Tesco Celery Sticks 250G
A1	1.1	SWAM		Cheese, Cheddar, English		Tesco	2.75	1	1	17.5	0.16	20g	Pilgrims Choice Extra Mature Cheddar Cheese 350G
A1	1.1	SWAM		Chicken pieces, white meat, deli style		Tesco	3.00	1	1	3.8	0.79	45g	Tesco Flamegrilled Cooked Chicken Breast Mini Fillets 170G
A1	1.1	SWAM		Chicken, light meat, raw, no skin		Tesco	4.70	1	1	1.3	3.76	520g	Tesco British Chicken Breast Portions 650G
A1	1.1	SWAM		Coffee, instant ground or granules		Tesco	1.99	1	1	1.9	1.04	105 g	Tesco Classic Instant Coffee 200G

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A1	1.1	SWAM		Colman's Prawn Cocktail Sauce		Tesco	1.00	1	1	5.2	0.19	30g	Colman's Seafood Sauce 155G
A1	1.1	SWAM		Cornish pasty, retail		Tesco	1.25	1	1	1.0	1.25	155g	Ginsters Original Cornish Pasty 227G
A1	1.1	SWAM		Cucumber, raw, flesh and skin		Tesco	0.89	1	1	1.3	0.71	1 large (280g)	Tesco Whole Cucumber Each
A1	1.1	SWAM		Eggs, chicken, whole, raw		Tesco	2.30	6	1	3.0	0.77	2 eggs (122g)	Happy Egg Free Range Eggs Large 6 Pack
A1	1.1	SWAM		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.50	1	1	3.3	0.45	136 g	I Can't Believe It's Not Butter Light Spread 450G
A1	1.1	SWAM		Flour, wheat, white, plain,		Tesco	0.79	1	1	100.0	0.01	15g	Tesco Plain Flour 1.5Kg
A1	1.1	SWAM		Fruit drink/squash, concentrated, no added sugar		Tesco	1.00	1	2	1.0	1.93	1925 ml	Robinsons Orange No Added Sugar Squash 1L
A1	1.1	SWAM		Grapefruit, raw, weighed with peel and pips		Tesco	0.55	1	1	1.0	0.55	1 grapefruit (340g)	Tesco Red Grapefruit Each
A1	1.1	SWAM		Ham, sliced / lunchon		Tesco	1.20	1	1	6.3	0.19	20g	Tesco Wafer Thin Smoked Ham 125G
A1	1.1	SWAM		Heinz, Light Mayonnaise		Tesco	0.89	1	1	20.5	0.04	22g	Tesco Light Mayonnaise 450ML
A1	1.1	SWAM		Jam, fruit with edible seeds		Tesco	1.70	1	1	8.0	0.21	16g	Hartleys Best Strawberry Jam 340G
A1	1.1	SWAM		Milk, semi-skimmed, pasteurised,		Tesco	1.45	1	1	1.1	1.30	2030 ml	Tesco British Semi Skimmed Milk 2.272L, 4 pints
A1	1.1	SWAM		Mixed Salad Leaves		Tesco	1.00	1	1	1.0	1.00	120g	Tesco Mixed Leaf Salad 120G
A1	1.1	SWAM		Muesli, Swiss style, no added sugar or salt, unfortified		Tesco	2.00	1	1	2.2	0.91	250g	Alpen No Added Sugar Swiss Style Museli 550G
A1	1.1	SWAM		Mushrooms, white, raw weight		Tesco	1.15	1	1	2.0	0.58	60g	Tesco Baby Button Mushrooms 200g
A1	1.1	SWAM		Nestle, Kit Kat wafer bar		Tesco	1.55	4	1	1.3	1.16	3 x 4 finger kitkats (126g)	Kit Kat 4 Finger Milk Chocolate Bar Multipack 41.5g 4 Pack
A1	1.1	SWAM		Nuts, mixed		Tesco	3.40	1	2	1.2	5.71	420g	Tesco Mixed Nuts 250G
A1	1.1	SWAM		Oat flakes, rolled		Tesco	1.25	1	1	16.7	0.08	60g	Tesco Scottish Oats Porridge 1Kg
A1	1.1	SWAM		Oil, olive		Tesco	3.30	1	1	2.1	1.58	120 ml	Tesco Olive Oil 250ml
A1	1.1	SWAM		Onions, raw		Tesco	0.12	1	2	1.0	0.24	4 onions (240 g)	Tesco Brown Onions Loose (240g)
A1	1.1	SWAM		Orange juice, Carton made from concentrate		Tesco	1.40	1	2	1.9	1.47	1050 ml	Tesco Orange Juice Smooth 1L
A1	1.1	SWAM		Oranges, flesh only, weighed with peel and pips		Tesco	0.30	1	2	1.0	0.60	2 medium oranges (400g)	Tesco Oranges Each
A1	1.1	SWAM		Pasta, white, dried, Spaghetti, dried weight		Tesco	0.75	1	1	2.4	0.32	210 g	Tesco Quick Cook Spaghetti 500G

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	Pack no.	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
A1	1.1	SWAM		Pears, average, raw, weighed with core and stalk		Tesco	1.70	1	2	1.3	2.68	6 medium Pears (960 g; * can use tinned in water)	Tesco Conference Pears Pack 610G
A1	1.1	SWAM		Peas, frozen,		Tesco	1.45	1	1	6.3	0.23	160g	Tesco Garden Peas 1Kg
A1	1.1	SWAM		Peas, sugar-snap or mange tout, fresh, raw weight		Tesco	1.20	1	1	1.2	1.00	fresh (150g)	Tesco Mangetout 180g
A1	1.1	SWAM		Pepper, black		Tesco	1.15	1	1	125.0	0.01	0.2g	Tesco Ground Black Pepper 25G
A1	1.1	SWAM		Peppers, capsicum, green, fresh, raw weight		Tesco	0.59	1	2	1.3	0.89	11/2 whole (240g)	Tesco Green Peppers Each
A1	1.1	SWAM		Peppers, capsicum, red, fresh raw weight		Tesco	0.59	1	1	1.3	0.44	1 whole (160g)	Tesco Red Peppers Each
A1	1.1	SWAM		Potato crisps, fried in sunflower oil		Tesco	1.65	6	1	6.0	0.28	1 packet from 6 pack (25g)	Walkers Ready Salted Multipack Crisps 6x25g
A1	1.1	SWAM		Potatoes, old		Tesco	1.39	1	1	3.8	0.37	530 g	Tesco All Rounder Potatoes 2Kg
A1	1.1	SWAM		Rice, white, long grain, easy cook, raw weight		Tesco	1.25	1	1	2.8	0.44	355 g	Tesco Easy Cook Long Grain Rice 1Kg
A1	1.1	SWAM		Raspberry Trifle 135g		Tesco	1.35	1	1	1.0	1.35	could be any brand (135g)	Tesco Chocolate Brownie Sundae 136G
A1	1.1	SWAM		Satsumas, raw weight with skin		Tesco	1.35	1	1	2.7	0.50	4 satsumas (480g)	Tesco Clementine Or Sweet Easy Peeler Pack 600G
A1	1.1	SWAM		Salt		Tesco	2.70	1	1	200.0	0.01	0.5g	Tesco Rock Salt Rinder 100G
A1	1.1	SWAM		Sausage roll, flaky pastry, ready-to-eat, retail		Tesco	1.30	1	1	1.0	1.30	1 roll (75g)	Wall's Large Pork Sausage Roll 100g
A1	1.1	SWAM		Sausages, pork, chilled, fresh		Tesco	2.00	8	1	6.0	0.33	1 sausage (57g)	Tesco British Pork Sausages 8 Pack 454G
A1	1.1	SWAM		Soup, minestrone, canned		Tesco	1.25	1	1	1.0	1.25	1 can (400g)	Baxters Favourites Minestrone Soup 400G
A1	1.1	SWAM		Spinach, mature, fresh or frozen		Tesco	1.15	1	1	1.3	0.87	160 g frozen (160 g; 190 g fresh)	Tesco Baby Spinach 250G
A1	1.1	SWAM		Strawberries, or mixed or raspberries, frozen		Tesco	2.25	1	1	5.0	0.45	100g	Tesco Frozen Summer Fruits Mix 500G
A1	1.1	SWAM		Sugar Free Sparkling soft drink 330ml		Tesco	7.90	15	1	1.4	5.79	11 x 330 ml cans	Diet Coke 15x330ml
A1	1.1	SWAM		Tea, black, bags		Tesco	1.25	80	1	3.8	0.33	21 tea bags	Tesco 80 Teabags 250G
A1	1.1	SWAM		Tesco 2 Apple Crumble 270G		Tesco	2.50	2	1	2.0	1.25	1 pot (135g)	Tesco 2 Apple Crumbles 270G
A1	1.1	SWAM		Tesco Balti Sauce 500G		Tesco	0.99	1	1	1.0	0.99	1 jar (500g)	Tesco Balti Sauce 500G
A1	1.1	SWAM		Tesco Chargrilled Mediterranean Vegetable Sauce 350G		Tesco	0.65	1	1	1.4	0.46	1 small jar (350g)	Tesco Chunky Vegetable Pasta Sauce 500G

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A1	1.1	SWAM		Tesco Reduced Salt Beef Stock Cubes 10 Pack 100G		Tesco	1.00	6	1	6.0	0.17	1/1 cube (5g)	Kallo Organic Low Salt Vegetable Stock Cube 60G
A1	1.1	SWAM		Tesco Tuna And Sweetcorn Pasta 300G		Tesco	2.85	1	1	1.0	2.85	1 pot (300g)	Tesco Tuna & Sweetcorn Pasta 300G
A1	1.1	SWAM		Tomato puree		Tesco	1.20	1	1	16.9	0.07	8g	Tesco Tomato Puree With Herbs 135G
A1	1.1	SWAM		Tomatoes, canned, whole contents		Tesco	0.49	1	1	1.0	0.49	1 can (400g)	Tesco Italian Chopped Tomatoes 400G
A1	1.1	SWAM		Tomatoes, medium, raw		Tesco	0.89	1	1	1.0	1.00	1 medium (130g)	Tesco Beef Tomatoes Each
A1	2.1	SWAM		Tomatoes, small, raw		Tesco	0.95	6	1	1.2	0.79	5 small (425g)	Tesco Classic Round Tomatoes 6 Pack
A1	1.1	SWAM		Tuna, canned in spring water		Tesco	1.20	1	2	1.0	2.40	1 small tin (110g)	Tesco Drained Tuna Steak In Spring Water 110G
A1	1.1	SWAM		Frozen or Fresh Cooked & Peeled Prawns		Tesco	4.50	1	1	5.0	0.90	60g	Tesco Cooked & Peeled Prawns 300G
A1	1.1	SWAM		Yogurt, low fat, fruit		Tesco	0.89	6	1	1.0	0.89	6 pots (750g)	Creamfields Berry Medley Low Fat Yogurt 6x125g
A1	7.4	SWAM		Food delivery		Tesco	4.99	1	1	4.3	1.15	Annual off-peak Tesco delivery pass	£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	SWAM		Xmas food and 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	SWAM		Take away			12.00	1	2	4.3	5.52	1 takeaway twice per month, £15 per time. Chinese/pizza/kebab/Indian.	£15 minus the cost of 1 meal twice per month Chicken curry- chicken(130g)-£0.94, balti sauce (250g)-£0.50, rice (63g)=£0.08, onion(75g)-£0.04, olive oil(13g)=£0.17, green pepper(40g)=£0.15, red pepper(40g)=£0.15, spinach(80g)=£0.37, sugar snap peas(75g)=£0.60=£3.00 <b>£15.00-3.00=£12.00</b>

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A2	11.1	SWAM		Eating out			22.75	1	1	4.3	5.24	Eating out once per month. £30 a time for 2 courses and 2 drinks. Indian/Nandos/Italian/Pizza Express/McDonalds's	£30 minus the cost of 1 full meal (including wine & dessert) Chicken curry- chicken(130g)-£0.94, balti sauce (250g)-£0.50, rice (63g)=£0.08, onion(75g)-£0.04, olive oil(13g)=£0.17, green pepper(40g)=£0.15, red pepper(40g)=£0.15, spinach(80g)=£0.37, sugar snap peas(75g)=£0.60=£3.00 Apple crumble-£1.25 Wine(375ml)-£3.00 £3.00+£1.25+£3.00=£7.25 £30.00-£7.25=£22.75
												<b>A: Food and Non-Alcoholic Beverages</b>	<b>£84.75</b>
												A1: Food	£73.99
												A2: Catering	£10.76

MIS 2024 REBASE

B: Alcohol

Single working age male, 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	SWAM		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
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												£ 2.67	

MIS 2024 REBASE

C: Clothing and footwear

Single working age male, 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	SWAM	Male, underwear	Pants		Primark	5.00	3	4	52.1	0.38	10 pairs. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Essentials Boxer briefs 3 pack Black (or mixed colours)
C	3.1	SWAM	Male, underwear	Socks (trainer)		George, ASDA	3.50	5	2	52.1	0.13	10 pairs. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	5pk Cotton rick trainer liner Socks
C	3.1	SWAM	Male, underwear	Socks (ankle)		George, ASDA	7.00	5	2	52.1	0.27	10 pairs. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	5 pack ankle socks (various colours)
C	3.1	SWAM	Male, main clothing	Polo shirts		George, ASDA	8.00	1	3	104.3	0.23	3 needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Burgundy Polo Shirt (multiple colours available)
C	3.1	SWAM	Male, main clothing	T shirts (long sleeved)		Asda	7.00	1	4	52.1	0.54	4 needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Crew neck Long Sleeve Top (6 colours available)
C	3.1	SWAM	Male, main clothing	T shirts (short sleeved)		Primark	2.50	1	10	52.1	0.48	10 needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year	Crew neck regular fit T shirt (8 colours)
C	3.1	SWAM	Male, main clothing	Training tops		Sports Direct	7.00	1	3	104.3	0.20	3 sports t-shirts from Sports Direct. 2 years.	Karrimor Run Tech SS men's running top
C	3.1	SWAM	Male, main clothing	Hoodies		Primark	9.00	1	3	104.3	0.26	3 needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Grey long sleeve hoodie (zip up or pull on, 8 colours)
C	3.1	SWAM	Male, main clothing	Sweaters		Asda	12.00	1	3	104.3	0.35	3 needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Navy Fine Knit Knitted Jumper (4 colours)
C	3.1	SWAM	Male, main clothing	Shirts (casual)		Asda	14.00	1	5	104.3	0.67	5 casual shirts. From Primark/supermarket/MatalanASOS. Mix of long and short. 2 years	Black long sleeve oxford shirt (regular, slim fit in different styles at this price point)
C	3.1	SWAM	Male, main clothing	Shirts (smart)		Asda	10.00	1	2	104.3	0.19	2 formal shirts from Primark/supermarket/MatalanASOS. 2 years	Light blue Long Sleeve Formal Shirt (regular/slim fit)

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C	3.1	SWAM	Male, main clothing	Jeans		Asda	17.00	1	4	104.3	0.65	4 pairs (1 black, 1 blue). Mix of colours. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Straight fit jeans with stretch (available in black + 3 shades of blue)
C	3.1	SWAM	Male, main clothing	Trousers (smart)		ASOS	25.00	1	2	104.3	0.48	2 pairs needed. From ASOS. 2 years	ASOS DESIGN slim smart trousers in black (also navy, charcoal, stone)
C	3.1	SWAM	Male, main clothing	Trousers (casual)		ASOS	25.00	1	2	104.3	0.48	2 pairs needed. From ASOS. 2 years	ASOS DESIGN tapered cargo trousers black (5 colours)
C	3.1	SWAM	Male, main clothing	Shorts		Asda	9.00	1	3	104.3	0.26	3 pairs needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years.	Black Jersey Shorts (5 colours)
C	3.1	SWAM	Male, main clothing	Sports shorts		Sports Direct	10.00	1	2	104.3	0.19	2 sports shorts from Sports Direct. 2 years	Under Armour tech vent shorts
C	3.1	SWAM	Male, main clothing	Tracksuit		Sports Direct	19.99	1	1	104.3	0.19	1 tracksuit from Sports Direct. 2 years	Slazenger men's performance tracksuit Black/Charcoal/White
C	3.1	SWAM	Male, main clothing	Tracksuit bottoms		Sports Direct	9.50	1	1	104.3	0.09	1 tracksuit bottoms from Sports Direct. 2 years	Lonsdale 2S OH Woven Pants Mens
C	3.1	SWAM	male	Suits		Next	95.00	1	2	260.7	0.73	2x 2-piece suits (jacket and trousers). From ASOS/M+S. 5 years	2 piece suit Regular/ slim fit (9 colours)
C	3.1	SWAM	Male, accessories	Tie		Matalan	5.00	1	2	1303.6	0.01	2 needed, 1 colourful, 1 black. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 25 years.	Taylor & Wright navy floral tie(other patterns available) and black
C	3.1	SWAM	Male, accessories	Belt		Primark	8.00	1	2	260.7	0.06	2 leather belts (black/brown). From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 5 years	Grained leather belt (available in black and brown)
C	3.1	SWAM	Male, accessories	Hat (winter)	Peter Storm	Go Outdoors	5.00	1	1	104.3	0.05	1 beanie. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years.	Peter Storm thinsulate knit beanie hat
C	3.1	SWAM	Male, accessories	Hat (summer)		Primark	3.00	1	1	104.3	0.03	1 cap. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years.	Essentials Baseball Cap (8 colours)
C	3.1	SWAM	Male, accessories	Gloves	Peter Storm	Go Outdoors	5.00	1	2	52.1	0.19	2 pairs needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Peter Storm thinsulate fleece gloves

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	SWAM	Male, accessories	Scarf (winter)		Sports Direct	8.00	1	2	260.7	0.06	2 needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 5 years	Regatta multi scarf
C	3.1	SWAM	Male, main clothing	Coat (winter)		Sports Direct	50.00	1	1	156.4	0.32	1 winter coat. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 3 years.	Regatta Fakner Jacket, insulated with hood (2 colours)
C	3.1	SWAM	Male, main clothing	Coat (light)		Sports Direct	24.50	1	1	104.3	0.23	1 light coat (e.g., Parka). From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years.	Jack and Jones Loop Hooded Parka Jacket
C	3.1	SWAM	Male, main clothing	Jacket (light)		Primark	20.00	1	1	104.3	0.19	1 zip-up jacket. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years.	The Stronghold Twill Jacket
C	3.1	SWAM	Male, main clothing	Waterproof jacket		Mountain Warehouse	54.99	1	1	208.6	0.26	1 waterproof jacket (long or short) needed. From Mountain Warehouse/Go Outdoors. 4 years	Westport mens long waterproof jacket
C	3.1	SWAM	Male, sportswear	Swimming shorts		George, ASDA	6.00	1	2	104.3	0.12	2 pair needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Cobalt Blue Swim Shorts (5 colours)
C	3.1	SWAM	Male, main clothing	Dressing gown		George, ASDA	18.00	1	1	260.7	0.07	1 winter dressing gown. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 5 years.	Grey Fleece Dressing Gown
C	3.1	SWAM	Male, main clothing	Pyjamas (long)		Asda	16.00	1	1	52.1	0.31	1 set needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Blue checked long sleevePyjamas
C	3.1	SWAM	Male, main clothing	Pyjamas (short)		George, ASDA	12.00	1	1	52.1	0.23	1 set needed. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Black striped short sleeve pyjamas
<b>C: Clothing and footwear</b>												<b>£8.90</b>	

**C: Clothing and footwear**

Single working age male, 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	SWAM	Male, footwear	Slippers		Primark	6.00	1	1	52.1	0.12	1 pair of slippers. Cheapest okay. From supermarket/Primark. 1 year.	Knit slippers
C	3.2	SWAM	Male, footwear	Shoes (smart)		Matalan	25.00	1	2	104.3	0.48	1 pair of smart shoes. From ASOS/JD/Sports Direct/Foot Locker. 2 years.	Chisel Brogue Shoes, leather look (in black or tan)
C	3.2	SWAM	Male, footwear	Trainers (everyday)		Sports Direct	22.99	1	1	52.1	0.44	1 pair of everyday branded trainers. From ASOS/JD/Sports Direct/Foot Locker. 1 year.	Slazenger Force mesh Mens Trainers
C	3.2	SWAM	Male, footwear	Trainers (sport)		Sports Direct	26.00	1	1	52.1	0.50	1 pair of branded trainers for sports. From ASOS/JD/Sports Direct/Foot Locker. 1 year.	Karrimor Excel 4 Men's Running Shoes
C	3.2	SWAM	Male, footwear	Sliders		Sports Direct	19.99	1	1	260.7	0.08	Sliders , approx. £20. From ASOS/JD/Sports Direct/Foot Locker. 5 years	Adidas Adilette Aqua Slide Mens
C	3.2	SWAM	Male, footwear	Walking boots		Sports Direct	39.00	1	1	260.7	0.15	1 pair of walking boots from Go Outdoors. 5 years	Hi Tec Caha II Wp Walking Boot mens, waterproof
												<b>C: Clothing and Footwear</b>	<b>£1.76</b>

MIS 2024 REBASE

D: Housing costs

Single working age male, 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	SWAM	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	SWAM	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 unmetered households was 14.7%
D4	NA	SWAM	Council tax	Council tax			1114.84		1	52.1	21.38		
D5	12.1	SWAM	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	SWAM	Electricity, gas and other fuels	Fuel			1474.65		1	52.1	28.28		
D7	4.3	SWAM	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 male, 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	SWAM	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	SWAM	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	SWAM	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
E2	5.5	SWAM	Hall	Coat hooks		The Range	7.99	1	1	521.4	0.02	4 hooks on wood. From Dunelm/supermarket/B+Q. 1 up from bottom. 10 years.	4 Hook Pine Rail - Natural Wood
E1	5.1	SWAM	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	SWAM	Living area	Light bulb		Tesco	2.00	1	2	521.4	0.01	LED, 1 needed for main light and 1 for lamp	Tesco LED Classic 60W Bayonet Cap
E1	5.2	SWAM	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	SWAM	Living area	Curtain pole			0.00		0	0.0	0.00	Groups said curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	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	SWAM	Living area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net Curtain Wire 300cm
E1	5.1	SWAM	Living area	Sofa (2 seater)		DFS	629.00	1	1	521.4	1.21	2-seater sofa. mid-mid quality. IKEA/Dunelm/DFS/Next/SCS/Oak Furniture Land. 10 years.	Sanctuary 2 seater sofa
E1	5.1	SWAM	Living area	Armchair		DFS	449.00	1	1	521.4	0.86	Solid armchair, mid-mid quality. From IKEA/Dunelm/DFS/Next/SCS/Oak Furniture Land. 10 years.	Sanctuary Armchair
E1	5.2	SWAM	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	SWAM	Living area	Side tables		IKEA	17.00	1	1	521.4	0.03	Nest of 2 side tables, cheapest from IKEA lasting 10 years.	Lack nest of tables, set of 2, white

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.1	SWAM	Living area	Storage unit		IKEA	110.00	1	1	521.4	0.21	Cheapest with storage from IKEA. Wood or glass. From B+M/IKEA/Argos/supermarket/The Range. Flat pack okay. 10 years.	Besta TV bench with drawers - white
E1	5.1	SWAM	Living area	Floor lamp		B&Q	16.99	1	1	365.0	0.05	Floor lamp 1 up from bottom, metal or glass from Dunelm/supermarket/B+Q. 7 years.	Dalby Gloss Black Single Uplighter Modern Floor Lamp With White Shade
E1	5.1	SWAM	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	SWAM	Living area	Personalisation			50.00	1	1	52.1	0.96	£50 per year for personalisation. Pictures/plants/paintings.	
E1	5.1	SWAM	Living area	Blanket		George, ASDA	4.50	1	1	260.7	0.02	CB3 added in line with SWAF: 2 needed for comfort and warmth. Cheapest fleecy from B+M/IKEA/Argos/supermarket/The Range. 2 years. IG4 said 1 needed, 5 years.	Natural Super Soft Throw
E1	5.1	SWAM	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	SWAM	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	SWAM	Dining 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	SWAM	Dining area	Curtain pole								Groups said curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	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	SWAM	Dining area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net curtain wire
E1	5.1	SWAM	Dining area	Table and chairs		Dunelm	199.00	5	1	521.4	0.38	Solid table and 4 chairs. 1 up from bottom or £200-250. From Dunelm/IKEA/supermarket/Amazon/B+Q. 10 years	Panama Square Dining Table with 4 Chairs, Pine
E1	5.1	SWAM	Dining area	Tablemats & coasters		B&M	6.00	4	2	104.3	0.12	6 tablemats & coasters, Cheapest wipe-clean mats. From Wilko/supermarket/Dunelm/supermarket/Amazon. 2 years.	Modern Cork Placemat & Coaster Set 8pc
E1	5.5	SWAM	Kitchen	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	SWAM	Kitchen	Blind		Dunelm	32.00	1	1	260.7	0.12	2 up from bottom. From Hilary's/Dunelm/IKEA/supermarket/Amazon. 5 years.	Silver Blackout Moisture Resistant Roller Blind

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	SWAM	Kitchen, tableware	Crockery		Dunelm	25.00	12	1	156.4	0.16	4 place settings. 1 up from bottom. Thick. Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	Purity Rim 12 Piece Dinner Set
E1	5.4	SWAM	Kitchen, tableware	Mugs		George, ASDA	10.00	4	1	156.4	0.06	4 place settings. 1 up from bottom. From Wilko/supermarket/Dunelm/supermarket/Amazon. 3 years.	White Embossed Greenwich Mug - Set of 4
E1	5.4	SWAM	Kitchen, tableware	Cutlery		Argos	15.00	16	1	260.7	0.06	4 place settings. 1 up from the bottom metal. From Wilko/supermarket/Dunelm/supermarket/Amazon. 5 years	Argos Home 16 Piece Stainless Steel Square Cutlery Set
E1	5.4	SWAM	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	SWAM	Kitchen, tableware	Tumblers		IKEA	5.00	6	1	104.3	0.05	4 tall glasses, 1 up IKEA. 2 years.	VARDAGEN Clear Glass
E1	5.4	SWAM	Kitchen, tableware	Wine glasses		IKEA	10.00	6	1	104.3	0.10	4 needed, 1 up IKEA. 2 years.	STORSINT White wine glass
E1	5.3	SWAM	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	SWAM	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	SWAM	Kitchen, appliances	Cooker								Included in private rental property	
E1	5.3	SWAM	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 L612WM23 6 kg 1200 Spin Washing Machine - White D rating
E1	5.3	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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

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	SWAM	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	SWAM	Kitchen, cookware	Roasting tin		George, ASDA	5.50	1	1	156.4	0.04	2 up from cheapest. From Wilko/B&M/Supermarket. 3 years.	Excellence Black Roaster 33cm
E1	5.4	SWAM	Kitchen, cookware	Baking trays		George, ASDA	3.00	1	1	156.4	0.02	2 up from cheapest. From Wilko/B&M/Supermarket. 3 years.	Grey Oven Tray 46cm
E1	5.4	SWAM	Kitchen, cookware	Colander		Asda	3.00	1	1	260.7	0.01	Cheapest metal. 5 years.	George Home Stainless Steel Colander
E1	5.4	SWAM	Kitchen, cookware	Sieve		Asda	2.50	1	1	260.7	0.01	Cheapest metal. 5 years.	George Home Stainless Steel Sieve
E1	5.4	SWAM	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 up. From supermarket. 2 years.	George Home Kitchen Soft Grip Handle Scissors
E1	5.4	SWAM	Kitchen, cookware	Plate cover		Ikea	1.00	1	1	260.7	0.00	Cheapest. 5 years.	PRICKIG Microwave lid, 26cm
E1	5.4	SWAM	Kitchen, accessories	Rolling pin		Tesco	1.75	1	1	521.4	0.00	Cheapest. From supermarket. 10 years.	Tesco Practic Fsc Wooden Rolling Pin
E1	5.4	SWAM	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	SWAM	Kitchen, cookware	Tongs		Ikea	2.50	2	1	521.4	0.00	Fom supermarket. 10 years.	TILLAMPAD Tongs, stainless steel £2.50
E1	5.4	SWAM	Kitchen, cookware	Pizza cutter		Asda	2.00	1	1	521.4	0.00	From supermarket. 10 years.	George Home Stainless Steel Pizza Wheel
E1	5.4	SWAM	Kitchen, accessories	Cheese grater		Asda	1.50	1	1	260.7	0.01	1 metal box grater, cheapest. From supermarket. 5 years.	George Home 4-Sided Grater
E1	5.4	SWAM	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	SWAM	Kitchen, accessories	Peeler		ASDA	0.70	1	1	312.9	0.00	Cheapest. From Wilko/B+M/supermarket. 6 years.	George Home Plastic Peeler
E1	5.4	SWAM	Kitchen, accessories	Mixing bowls		ASDA	2.50	1	2	521.4	0.01	Cheapest 2 glass mixing bowls. From Wilko/B+M/supermarket. 10 years.	George Home Glass Mixing Bowl
E1	5.4	SWAM	Kitchen, accessories	Scales		Asda	5.00	1	1	521.4	0.01	Set of scales. Cheapest digital. From the supermarket. 10 years.	George Home White Digital Scale

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	SWAM	Kitchen, accessories	Chopping board		Argos	18.00	4	1	208.6	0.09	Set of 3 plastic chopping boards. 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	SWAM	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	SWAM	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	SWAM	Kitchen, accessories	Storage canisters		Dunelm	16.00	3	1	260.7	0.06	Set of 4 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	SWAM	Kitchen, accessories	Food storage tubs		ASDA	1.00	2	3	521.4	0.01	Set of 6 from Wilko/B&M/Supermarket. Lasting 10 years. CB4 added in line with SWAF.	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
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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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

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, laundry	Airer (freestanding)		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	SWAM	Kitchen, cleaning	Mop		B&M	3.50	1	1	521.4	0.01	Cheapest rope mop, 10 years.	Simple Everyday Cotton String Mop-Grey
E1	5.6	SWAM	Kitchen, cleaning	Mop head		B&M	3.00	1	1	52.1	0.06	Cheapest mop head. 6 months.	Cotton Mop Heads 2pk
E1	5.6	SWAM	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	SWAM	Kitchen, cleaning	Vacuum cleaner		Currys	39.99	1	1	521.4	0.08	2 up from cheapest, bagless. Corded okay. 10 years.	BELDRAY BELO1731TT Upright Bagless Vacuum Cleaner-Titanium
E1	5.6	SWAM	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	SWAM	Kitchen, cleaning	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	SWAM	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	SWAM	Kitchen, cleaning	Dish cloths		ASDA	1.55	4	1	8.7	0.18	4pk cloth lasting. 2 months.	ASDA Soft & Long Lasting Dish Cloths
E1	5.6	SWAM	Kitchen, consumables	Kitchen towel		Tesco	4.00	4	1	4.0	1.00	1 roll. 1 week.	Tesco Kitchen Towel 4 Roll
E1	5.6	SWAM	Kitchen, consumables	Tea towels		ASDA	4.00	5	1	52.1	0.08	3 needed. From Wilko/B+M/supermarket. Lasting 1 year.	George Home Tea Towels
E1	5.6	SWAM	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	SWAM	Kitchen, consumables	Anti bacterial spray		Tesco	0.85	1	1	8.7	0.10	Multi-surface spray. 2 months.	Tesco Antibacterial Multi Purpose Spray 750ml
E1	5.6	SWAM	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
E1	5.6	SWAM	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	SWAM	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	SWAM	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	SWAM	Kitchen, consumables	Disinfectant		ASDA	1.40	1	1	8.7	0.16	For cleaning floors. 2 months.	ASDA Disinfectant Liquid Pine 1 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	Bleach		Tesco	0.70	1	1	8.7	0.08	2 months.	Tesco Thick Bleach Fresh 750MI
E1	5.6	SWAM	Kitchen, consumables	Glass cleaner		ASDA	0.85	1	1	8.7	0.10	2 months.	ASDA Window & Glass Cleaning Spray
E1	5.6	SWAM	Kitchen, consumables	Drain unblocker		Tesco	2.00	1	1	52.1	0.04	1 year.	Tesco Sink & Drain Unblocker 500MI
E1	5.6	SWAM		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	SWAM	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	5.1	SWAM	Bathroom	Blind		Dunelm	48.00	1	1	260.7	0.18	2 up from bottom. From Hilary's/Dunelm/IKEA/supermarket/Amazon. 5 years.	Chevron Grey Blackout Roller Blind 210x140cm
E1	5.5	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	Bathroom	Bath sheets		The Range	14.99	1	2	156.4	0.19	2 bath sheets. 2 up from bottom to get thicker quality, Can come in set. From Wilko/B+M. 3 years.	Bath Sheet
E1	5.2	SWAM	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	SWAM	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	SWAM	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
E1	5.2	SWAM	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	SWAM	Bathroom	Bath mat (non-slip)		B&M	2.99	1	1	104.3	0.03	Non-slip bath mat. From Amazon or Home Bargains. 2 years.	Addis Shower Mat-White
E1	5.4	SWAM	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

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	SWAM	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	SWAM	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	SWAM	Bathroom	Bleach		Tesco	0.70	1	1	4.3	0.16	1 bottle of bleach. 1 month	Tesco Thick Bleach Fresh 750MI
E1	5.6	SWAM	Bathroom	Shower spray		ASDA	0.85	1	1	8.7	0.10	2 months.	ASDA Daily Shower Cleaning Spray
E1	5.6	SWAM	Bathroom	Toilet cleaner		Tesco	0.49	1	1	8.7	0.06	2 months.	Tesco Active Toilet Gel Citrus 750MI
E1	5.5	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	Bedroom	Curtain pole								Groups said curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	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	SWAM	Bedroom	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	25 years.	Net Curtain Wire 300cm
E1	5.1	SWAM	Bedroom	Bed, double		Dreams	299.00	1	1	521.4	0.57	Double bed. Wooden bedframe. 1 up from bottom from IKEA/Dreams/Furniture Land/Benson for Beds. 10 years.	Woodstock Wooden Low Rise Bed Frame
E1	5.1	SWAM	Bedroom	Mattress, double		Dreams	329.00	1	1	417.1	0.79	Pocket sprung mattress, plus memory foam top layer. From Emma/Simba/Dreams. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)
E1	5.1	SWAM	Bedroom	Wardrobe		IKEA	115.00	1	1	521.4	0.22	1 double wardrobe. From IKEA/supermarket/Argos/B+M/IKEA/The Range. 1 up, flat pack. Matching bedside table. 10 years.	KLEPPSTAD, Wardrobe with 3 doors, 117x176cm
E1	5.1	SWAM	Bedroom	Drawers		IKEA	99.00	1	1	521.4	0.19	3 drawers. From IKEA/supermarket/Argos/B+M/IKEA/The Range. 1 up from bottom, flat pack. Matching wardrobe. 10 years.	KULLEN Chest of 6 drawers, 140x72cm

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	SWAM	Bedroom	Bedside table		IKEA	29.00	2	1	521.4	0.06	1 needed. From IKEA/supermarket/Argos/B+M/IKEA/The Range. 1 up from bottom, flat pack. Matching wardrobe. 10 years.	KULLEN, Chest of 2 drawers, 35x49cm
E1	5.1	SWAM	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	SWAM	Bedroom	Mirror		The Range	9.99	1	1	521.4	0.02	Cheapest half length, free-standing mirror. From IKEA/Dunelm/Next/Oak Furniture Land. Or mirror on wardrobe if cheaper. 10 years.	Metallic Over The Door Mirror
E1	5.1	SWAM	Bedroom	Lamp		B&M	6.00	1	1	260.7	0.02	1 table lamp. Cheapest from IKEA/Dunelm/Next/Oak Furniture Land. 5 years.	Boston Lamp-Cream
E1	5.2	SWAM	Bedroom	Duvet		The Range	27.99	1	1	104.3	0.27	Mid-mid quality, 10.5 tog duvet. 2 years.	Night Comfort 10.5 Tog Feels Like Down All Seasons Duvet
E1	5.2	SWAM	Bedroom	Pillows		Argos	18.00	2	1	104.3	0.17	2 needed, £10 per pillow. From IKEA/Dunelm/Next. 2 years.	Silentnight Super Snuggly Medium Pillow-2 Pack
E1	5.2	SWAM	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	SWAM	Bedroom	Hangers		George, ASDA	12.50	20	1	521.4	0.02	20 cheapest wooden. 10 years	Natural Wooden Hangers 20 Pack
E1	5.2	SWAM	Bedroom	Sheets		The Range	10.49	1	2	104.3	0.20	2 needed, cheapest cotton, replaced every 2 years.	180Tc Cotton Fitted Sheet-White/Double
E1	5.2	SWAM	Bedroom	Duvet covers		Dunelm	20.00	1	2	104.3	0.38	2 sets of duvet covers, cheapest cotton needed. 2 years.	Anti Allergy Duvet Cover and Pillowcase Set
E1	5.2	SWAM	Bedroom	Pillow cases		George, ASDA	4.25	2	1	104.3	0.04	2 additional pillow cases (4 with duvet sets), 2 up. From IKEA/Dunelm/Next. 2 years.	100% Cotton Percale Plain Pillowcase Pair
E1	5.2	SWAM	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	SWAM	Bedroom	Floor fan		The Range	20.99	1	1	208.6	0.10	1 needed. 1 up from bottom from Amazon/The Range/supermarket. 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 male, 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	SWAM	Postage	Delivery		Ikea	40.00		1	521.4	0.08	A big IKEA delivery every 10 years.	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	SWAM	Telephone	Mobile telephone (handset)		Tesco Mobile	0.00	1	1	104.3	0.00	Contract smart phone. Up to £35 per month, although a cheaper one could also suffice.	Motorola Moto E13. £0 upfront cost with 24-month contract.
E2A2	8.3	SWAM	Telephone	Mobile telephone (bills)		Tesco Mobile	13.00	1	1	4.3	2.99	5GB of data.	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	SWAM	Kitchen, appliances	Fridge freezer disposal		Currys	25.00		1	521.4	0.05	From AO/Currys. Recycling of old fridge freezer.	£25 for recycling old fridge freezer.
E1	5.3	SWAM	Kitchen, appliances	Washing machine installation and disposal		Currys	55.00		1	260.7	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 male, 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	SWAM	Personal care	Hairdressing			30.00	1	1	4.3	6.90	£30 per month to include hairdressing for a diversity of hair types.	
F	13.1	SWAM	Personal care	Hair colour	Garnier	Tesco	4.40	1	1	6.0	0.73	Home colour every 6 weeks.	Garnier Belle Color 4 Natural Dark Brown Permanent Hair Dye (range of colours available for same price)
F	13.1	SWAM	Personal care	Hair dryer	Tresemmé	Tesco	16.00	1	1	260.7	0.06	1 up from bottom. 5 years.	Tresemme Fast Dry 2000 9142Tu
F	13.1	SWAM	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	SWAM	Personal care	Baby wipes	Tesco	Tesco	0.65	1	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	SWAM	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	SWAM	Personal care	Shaving gel	Gillette	Asda	1.70	1	1	4.3	0.39	Gel. Supermarket own-brand. 1 month.	Gillette Sensitive Shave Gel. No own-brand options currently available from Tesco or Asda.
F	13.1	SWAM	Personal care	Razor	Asda	Asda	4.50	1	1	260.7	0.02	Any triple-blade razor with replaceable heads. 5 years for handle.	ASDA Male 3 Blade Shaving System (1 handle with 5 refill blade cartridges)
F	13.1	SWAM	Personal care	Razor blades	Asda	Asda	4.50	5	1	5.0	0.90	1 razor head per week. Triple blades. Supermarket own-brand okay.	ASDA 5 Male 3 Blade Refill (5pk)
F	13.1	SWAM	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	SWAM	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	SWAM	Personal care	Toothpaste	Colgate	Tesco	0.99	1	1	4.3	0.23	Colgate toothpaste. 1 month	Colgate Triple Action Toothpaste 75ML
F	13.1	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	Personal care	Deodorant	Sure	Tesco	2.00	1	1	2.0	1.00	Recognisable brand. 2 weeks.	Sure Men Quantum Dry Antiperspirant Deodorant 200ml
F	13.1	SWAM	Personal care	Shampoo	Tesco	Tesco	5.00	1	1	3.0	1.67	Supermarket, recognisable brand, £5 per bottle for choice and different hair care needs. 3 weeks	Head and Shoulders Men Anti-Hairfall Shampoo 330ml

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	SWAM	Personal care	Conditioner	Tesco	Tesco	5.00	1	1	3.0	1.67	Supermarket, recognisable brand. £5 per bottle for choice and different hair care needs. 3 weeks	Head & Shoulders Supreme Moisture Hair Conditioner 275ml
F	13.1	SWAM	Personal care	Soap (liquid)	Tesco	Tesco	0.95	1	1	4.3	0.22	Supermarket own brand. month	Tesco Extracts Eucalyptus Antibacterial Handwash 500MI
F	13.1	SWAM	Personal care	Soap (bar)	Tesco	Tesco	1.35	4	1	34.8	0.04	4pk. Supermarket own. 8 months.	Tesco Extracts Lemon & Mandarin Soap 4X125g
F	13.1	SWAM	Personal care	Sponge	Tesco	Tesco	1.00	2	1	8.7	0.12	1 sponge every month.	Tesco Essentials Soft Sponges 2 Pack
F	13.1	SWAM	Personal care	Sun cream	Nivea	Tesco	7.00	1	1	52.1	0.13	Cheapest recognisable brand. 1 year.	Nivea Sun Moisturising Sun Lotion F50+ 200MI
F	13.1	SWAM	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	SWAM	Personal care	Hair product	Vo5	Tesco	4.25	1	1	17.4	0.24	Gel or wax. Supermarket. 4 months.	Vo5 Styling Hair Wax 75MI
F	13.1	SWAM	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	SWAM	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	13.1	SWAM	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)
F	13.1	SWAM	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	SWAM	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	SWAM	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	SWAM	Personal care	Cosmetics			10.00	1	1	4.3	2.30	£10 per month	
F	13.1	SWAM	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	SWAM	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	SWAM	Personal care	Lip salve	Nivea	Tesco	1.75	1	1	26.1	0.05	1 tube. 6 months.	NIVEA Original Care Lip Balm 4.8g
F	13.1	SWAM	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	SWAM	Personal care	Aftershave			70.00	1	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	SWAM	Personal effects	Sunglasses	Matalan	Matalan	5.00	1	1	52.1	0.10	Cheapest with UV protection. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Brown Aviator Sunglasses
F	13.2	SWAM	Personal effects	Jewellery			100.00	1	1	260.7	0.38	£100 every 5 years to include rings, watches and other jewellery.	

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	SWAM	Accessories	Wallet	George	Asda	14.00	1	1	260.7	0.05	1 leather wallet. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 5 years	Black Textured Wallet and Cufflink Set
F	13.2	SWAM	Accessories	Suitcase	IT Luggage	Matalan	35.00	1	1	312.9	0.11	1 cabin-size suitcase. Cheapest from TKMaxx/supermarket. 6 years.	IT Luggage Black Navigator Hard Shell Suitcase - Cabin
F	13.2	SWAM	Accessories	Backpack	Rockport	Sports Direct	7.99	1	1	52.1	0.15	Sports Direct. 1 year	Rockport Zip Backpack (choice of colours)
<b>F: Personal Goods and Services</b>												<b>£</b>	<b>24.83</b>

MIS 2024 REBASE

F: Personal goods and services, including health

Single working age male, 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	6.1	SWAM	Health care	Prescriptions		NHS	9.65		3	52.1	0.56	3 per year.	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	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	SWAM	Health care	Cold remedy	Lemsip	Tesco	5.25	10	1	52.1	0.10	One box of Lemsip every year	Lemsip Max Cold & Flu Lemon Sachets Paracetamol 10 Pack
F	6.1	SWAM	Health care	Cough mixture for dry coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	Two needed. One for tickly coughs and one for chesy coughs. 1 year.	Tesco Health+ Dry Tickly Cough 300ML

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	SWAM	Health care	Cough mixture for chesty coughs	Tesco	Tesco	2.90	1	1	52.1	0.06	Two needed. One for tickly coughs and one for chesy coughs. 1 year.	Tesco Health+ Chesty Cough Relief 300MI
F	6.1	SWAM	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	SWAM	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	SWAM	Health care	Imodium	Imoodium	Tesco	3.80	6	1	26.1	0.15	6 months	IMODIUM Instants For On-The-Go Diarrhoea Relief 6 pack
F	6.1	SWAM	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	SWAM	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	SWAM	Health care	Sudocrem	Sudocrem	Tesco	3.25	1	1	52.1	0.06	Small tub, replaced yearly.	Sudocrem Antiseptic Healing Cream 60G
F	6.1	SWAM	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	SWAM	Health care	Burn spray	Dr. Burn	Tesco	9.00	1	1	52.1	0.17	1 year.	Dr. Burn Hydrogel Burn Spray 125MI
F	6.1	SWAM	Health care	Plasters	Asda	Asda	1.50	50	1	52.1	0.03	1 pack per year.	ASDA 50 Waterproof Clear Plasters
F	6.1	SWAM	Health care	Bandages	Safe + Sound	Asda	3.85	1	1	52.1	0.07	1 pack per year.	Safe + Sound Elastic adhesive bandage
F	6.1	SWAM	Health care	Sterile wipes	Asda	Asda	1.15	10	1	52.1	0.02	1 pack per year.	ASDA 10 Plastic Free Wound Cleansing Wipes
F	6.1	SWAM	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	SWAM	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	SWAM	Health care	Contraception	Durex	Tesco	11.00	12	1	8.7	1.27	12-pack box. 2 months.	Durex Originals Extra Safe Condoms Regular Fit 12 Pack
F	6.1	SWAM	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>£ 11.85</b>

MIS 2024 REBASE

G: Transport

Single working age male, 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	SWAM	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	SWAM	Passenger transport by road	Taxi fares			30.00	1	1	4.3	6.90	£30 per week for ad-hoc journeys, late-night travel, etc.	
G2	7.3	SWAM	Passenger transport by rail	Rail/coach fares			300.00	1	1	52.1	5.75	Rail/coach travel for visiting friends/relatives or going on holiday. £300 per year for monthly rail travel.	
G2	7.3	SWAM	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 male, 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	SWAM	Leisure goods	TV		Currys	129.99	1	1	521.4	0.25	One-up-from-cheapest 32" screen. Currys/supermarket/Amazon/ John Lewis. 10 years.	JVC LT-32C490 32" HD Ready LED TV
H1	8.1	SWAM	Leisure goods	Tablet		Currys	199.00	1	1	208.6	0.95	Chromebook or tablet with keyboard. 4 years.	ASUS CX1 15.6" Chromebook - Intel® Celeron®, 128 GB eMMC, Silver
H1	8.2	SWAM	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	SWAM	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	SWAM	Gifts - birthdays	Gifts for others			20.00	1	12	52.1	4.60	12 gifts, £20 each. Inclusive of wrapping and cards.	
H1	9.2	SWAM	Gifts - Xmas	Gifts for others			10.00	1	12	52.1	2.30	12 gifts, £10 each. Inclusive of wrapping and cards.	
H1	9.2	SWAM	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	SWAM	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 male, 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	SWAM	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	SWAM	Telephone and fax services	Internet		Virgin Media (via Money Saving Expert)	22.34	1	1	4.3	5.14	Broadband (landline not needed)	£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	SWAM	Leisure	Activities			25.00	2	1	1.0	25.00	£25 per week for paid activities. Could include: Walking, gym, team sports, pub, bowling, cinema, watching sports, night out.	
H6	11.2	SWAM	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	SWAM	UK Holidays	Holiday spending money			185.00	1	1	52.1	3.55	£185 spending money plus usual leisure budget.	
H3	13.9	SWAM	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	SWAM	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