

MIS 2024 REBASE

Couple Working Age

A: Food and Non-Alcoholic Beverages				£ 126.63
	A1: Food			£ 107.73
	A2: Catering			£ 18.90
B: Alcohol and Tobacco				£ 14.57
	B1: Alcohol			£ 14.57
		B1A: Alcohol at Home		£ 11.08
		B1B: Alcohol Away From Home		£ 3.49
	B2: Tobacco and Narcotics			£ -
C: Clothing and Footwear				£ 27.90
D: Housing Costs				£ 228.23
	D1: Rent			£ 152.62
	D2: Mortgage Interest			£ -
	D3: Water			£ 9.24
	D4: Council Tax			£ 28.51
	D5: Household Insurance			£ 2.07
	D6: Fuel			£ 33.87
	D7: Other Housing Costs			£ 1.92
E: Household Goods and Services				£ 20.07
	E1: Household Goods			£ 16.74
	E2: Household Services			£ 3.33
		E2A: Communication		£ 3.07
			E2A1: Postage	£ 0.08
			E2A2: Telephone	£ 2.99
		E2B: Child Care		£ -
		E2C: Other Household Services		£ -
F: Personal Goods and Services (inc Health)				£ 87.06
G: Transport				£ 82.96
	G1: Motoring Expenditure			£ -
	G2: Fares and Other Travel Costs			£ 82.96
H: Social and Cultural Participation				£ 92.01
	H1: Leisure Goods			£ 14.80
	H2: Pets			£ -
	H3: Entertainment and Recreation			£ 55.53
	H4: TV Licence and Rental			£ 3.25
	H5: Foreign Holidays			£ -
	H6: UK Holidays			£ 18.43

Food	£ 126.63
Alcohol	£ 14.57
Tobacco	£ -
Clothing and Footwear	£ 27.90
Water Rates	£ 9.24
Council Tax	£ 28.51
Household Insurances	£ 2.07
Fuel	£ 33.87
Other Household Costs	£ 1.92
Household Goods	£ 16.7444
Household Services	£ 3.33
Childcare	£ -
Personal Goods and Services	£ 87.06
Motoring	£ -
Other Travel Costs	£ 82.96
Social and Cultural Participation	£ 92.01
Total	£ 526.80
Rent/Mortgage Interest	£ 152.62

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Couple working age, 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	CWA		Almonds, flaked		Tesco	1.80	1	1	5.0	0.36	20 g	Tesco Toasted Flaked Almonds 100G
A1	1.1	CWA		Apples, eating, weight with core		Tesco	1.70	5	2	1.0	3.40	10 apples (1740 g)	Tesco Braeburn Apple 5 Pack
A1	1.1	CWA		Apricots, dried		Tesco	2.00	1	1	1.3	1.60	200 g	Tesco Ready to Eat Apricots 250G
A1	1.1	CWA		Bacon rashers, back, reduced salt,		Tesco	3.00	8	1	4.0	0.75	2 rashers (60 g)	Tesco Reduces Fat & Salt 8 Bacon Unsmoked Medallions 240G
A1	1.1	CWA		Baked beans, canned in tomato sauce, reduced sugar, reduced salt		Tesco	0.45	1	2	1.3	0.68	2 large tins (820 g)	Tesco Reduced Sugar and Salt Baked Beans in Tomato Sauce 420G
A1	1.1	CWA		Bananas, weighed with skin		Tesco	0.65	6	3	1.1	1.73	16 bananas (2530 g)	Tesco Small Bananas 6 pack
A1	1.1	CWA		Beans, green, frozen or fresh		Tesco	1.30	1	1	1.5	0.87	600 g	Tesco Very Fine Whole Green Beans 900G (frozen)
A1	1.1	CWA		Beef, lean, average, raw		Tesco	4.60	1	1	1.3	3.63	395 g	Tesco Casserole Beef 500g
A1	1.1	CWA		Beef, mince, raw		Tesco	3.49	1	1	1.8	1.92	275 g	Tesco Beef Lean Steak Mince 500G 5% Fat
A1	1.1	CWA		Biscuits, digestive, with oats, plain		Tesco	0.85	1	1	1.4	0.60	15 biscuits (210 g)	Tesco Chocolate Oaties Biscuits 300G
A1	1.1	CWA		Bisto Reduced Salt Gravy Granules 190g		Tesco	0.73	1	1	4.0	0.18	10 g	Tesco Beef Gravy Granules 200G
A1	1.1	CWA		Black pudding, raw		Tesco	1.20	4	1	2.0	0.60	1/2 packet (120 g)	Bury Black Pudding 4 Slices 230G
A1	1.1	CWA		Bread rolls, wholemeal		Tesco	0.90	6	1	3.0	0.30	2 rolls out of a packet of 4 (136 g)	Tesco Soft Wholemeal Roll 6 Pack
A1	1.1	CWA		Bread, white, 'with added fibre' g 50/50 or best of both		Tesco	1.30	1	1	1.3	0.99	17 slices (612 g)	Kingsmill 50/50 Medium Bread 800G
A1	1.1	CWA		Breakfast cereal, wheat biscuits, Weetabix type, fortified		Tesco	2.75	48	1	9.6	0.29	5 biscuits (100 g)	Tesco Wheat Biscuits Cereal 48 Pack
A1	1.1	CWA		Broccoli, green, fresh or frozen		Tesco	0.96	1	2	1.3	1.50	779 g fresh (560 g frozen; wastage conversion = 560 x 1.39 = 779 g)	Tesco Large Broccoli Pack 500g (loose)
A1	1.1	CWA		Carrots, old, raw, fresh or frozen		Tesco	0.52	1	3	1.3	1.18	1810 g fresh (1395 g frozen; wastage conversion = 1394 x 1.30 = 1812 g)	Tesco Carrots 800G
A1	1.1	CWA		Cashew Nuts, Dry Roasted, Without Salt		Tesco	1.00	1	2	1.0	2.00	2 snack packets (120 g)	Tesco Cashew Nuts Snack Pack 60G
A1	1.1	CWA		Cashew nuts, kernel only, plain		Tesco	2.45	4	4	3.0	3.27	2 x 25 g packet or 1/8 200 g pack (50 g)	Tesco Honey Roasted Cashews 150G
A1	1.1	CWA		Cauliflower,		Tesco	1.20	1	1	6.0	0.20	197 g fresh (150 g frozen; wastage conversion = 151 x 1.30 = 196 g)	Tesco Cauliflower Florets 900G (frozen)
A1	1.1	CWA		Celery, fresh		Tesco	0.60	1	1	2.0	0.30	1 1/2 sticks (75 g fresh)	Tesco Celery
A1	1.1	CWA		Cheese, Cheddar type, '30% less fat'		Tesco	2.75	1	1	8.8	0.31	40 g	Pilgrims Choice Lighter Mature Cheddar Cheese 350G

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	CWA		Cheese, Ricotta		Tesco	1.40	1	1	1.7	0.84	150 g	Tesco Ricotta Cheese 250G
A1	1.1	CWA		Chicken, dark meat, raw		Tesco	5.00	1	1	2.2	2.25	270 g	Tesco British Chicken Thigh Fillets 600G
A1	1.1	CWA		Chicken, for roast, weight with bones and skin		Tesco	4.10	1	1	1.3	3.21	940 g (cooking and wastage conversion = 290 x 1.49 = 432 g x 1.26 = 545 g)	Tesco British Medium Chicken 1.2Kg-1.5Kg
A1	1.1	CWA		Chicken fillet, no skin		Tesco	2.35	1	1	1.0	2.35	(300 g)	Tesco 2 British Chicken Breast Fillets 300G
A1	1.1	CWA		Chocolate, dark, 70-84% Cocoa		Tesco	1.30	1	1	7.1	0.18	8 squares (28 g)	Tesco Dark Chocolate Bar 200G
A1	1.1	CWA		Coffee, instant granules or powder		Tesco	1.99	1	2	1.4	2.79	280 g	Tesco Classic Instant Coffee 200G
A1	1.1	CWA		Garibaldi 100g pack		Tesco	1.25	1	1	2.5	0.50	8 biscuits (80 g)	Tesco Garibaldi Biscuits 200G
A1	1.1	CWA		Croissants		Tesco	1.10	1	2	1.0	2.20	2 plain croissants (150 g)	Tesco All Butter Croissant
A1	1.1	CWA		Cucumber, raw, weight with skin		Tesco	0.89	1	1	1.4	0.64	1 cucumber (300 g)	Tesco Whole Cucumber Each
A1	1.1	CWA		Dumplings, homemade		Tesco	2.65	1	1	3.3	0.82	1 large and 1 medium (120 g)	Aunt Bessie's Dumplings 390G
A1	1.1	CWA		Eggs, chicken, whole, raw		Tesco	2.90	10	1	1.4	2.03	7 large eggs (427 g)	Big & Free Large White Free Range Eggs 10 Pack
A1	1.1	CWA		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.50	1	1	1.0	1.43	429 g	I Can't Believe It's Not Butter Light Spread 450G
A1	1.1	CWA		Flour, wheat, white, plain, soft		Tesco	0.79	1	1	11.1	0.07	135 g	Tesco Plain Flour 1.5Kg
A1	1.1	CWA		Fromage frais, virtually fat free, natural		Tesco	1.50	1	1	3.7	0.41	135 g	Fage Total 0% Fat Greek Recipe Yogurt 150G
A1	1.1	CWA		Garlic, raw		Tesco	0.55	1	1	3.0	0.18	4 cloves (13 g)	Tesco Garlic Large
A1	1.1	CWA		Grapes, average		Tesco	1.80	1	1	1.2	1.51	420 g (wastage conversion = 200 x 1.05 = 210 g)	Tesco Green Seedless Grapes Pack 500G
A1	1.1	CWA		Ham		Tesco	1.20	1	1	1.6	0.77	4 slices (80 g)	Tesco Wafer Thin Smoked Ham 125G
A1	1.1	CWA		Hellmanns, Light Mayonnaise		Tesco	0.89	1	1	4.1	0.22	110 g	Tesco Light Mayonnaise 450MI
A1	1.1	CWA		Jam, reduced sugar		Tesco	1.70	1	1	3.8	0.45	90 g	Streamline Reduced Sugar Strawberry Jam 340G
A1	1.1	CWA		Kaffir Lime Leaves, dried		Tesco	1.00	1	2	1.3	1.50	1.5 g	Tesco Makrut Lime Leaves 1G
A1	1.1	CWA		Kiwi fruit, flesh only, raw, weighed with skin		Tesco	2.40	4	1	1.0	2.40	4 large (300 g)	Tesco Perfectly Ripe Gold Kiwi 4 Pack
A1	1.1	CWA		Lamb, mince, raw		Tesco	5.70	1	1	1.8	3.14	275 g	Tesco British Lamb Mince 20% Fat 500G
A1	1.1	CWA		Milk, semi-skimmed, pasteurised, average		Tesco	1.45	1	3	1.4	3.15	4930 mls	Tesco British Semi Skimmed Milk 2.272L, 4 Pints
A1	1.1	CWA		Mixed Salad Leaves		Tesco	1.35	1	1	1.1	1.27	150 g	Tesco Beetroot Salad 160g
A1	1.1	CWA		Mixed berries, frozen		Tesco	2.25	1	1	4.2	0.54	120 g	Tesco Black Forest Fruits Mix 500G
A1	1.1	CWA		Mixed herbs, dried		Tesco	1.00	1	1	10.6	0.09	1.7 g	Tesco Mixed Herbs 18G
A1	1.1	CWA		Muesli, Swiss style, no added sugar or salt, unfortified		Tesco	2.00	1	1	11.0	0.18	50 g	Alpen No Added Sugar Swiss Style Muesli 550G
A1	1.1	CWA		Mushrooms, white, raw, fresh or frozen		Tesco	1.15	1	1	1.4	0.83	145 g fresh (140 g frozen; wastage conversion = 70 x 1.03 = 72 g)	Tesco Baby Button Mushrooms 200G
A1	1.1	CWA		Nuts, mixed		Tesco	2.65	1	1	1.5	1.79	135 g	Tesco Mixed Nuts 200G

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A1	1.1	CWA		Oil, olive		Tesco	3.30	1	1	1.1	3.06	201 g (232 mls; conversion for specific gravity)	Tesco Olive Oil 250ml
A1	1.1	CWA		Onions, raw weight		Tesco	0.99	1	1	2.3	0.43	7 small onions (430 g; wastage conversion = 215 g x 1.09 = 235 g)	Tesco Brown Onions 1Kg
A1	1.1	CWA		Orange juice, from concentrate		Tesco	1.40	1	3	1.4	2.94	2100 mls	Tesco Orange Juice Smooth 1L
A1	1.1	CWA		Passata, plain		Tesco	0.60	1	2	1.6	0.75	625 g	Tesco Italian Tomato Passata 500G
A1	1.1	CWA		Pasta, white, dried		Tesco	0.69	1	1	1.5	0.45	325 g	Tesco Penne Pasta Quills 500G
A1	1.1	CWA		Pasta, white, spaghetti, dried,		Tesco	0.75	1	1	3.1	0.24	160 g	Tesco Quick Cook Spaghetti 500G
A1	1.1	CWA		Peanut butter, smooth		Tesco	1.09	1	1	4.0	0.27	50 g	Tesco Smooth Peanut Butter 340G
A1	1.1	CWA		Pears, average, weighed with core and stalk		Tesco	1.70	1	4	1.1	6.24	14 pears (2240 g)	Tesco Conference Pears Pack 610G
A1	1.1	CWA		Peas, frozen,		Tesco	1.45	1	1	1.1	1.31	900 g	Tesco Garden Peas 1Kg
A1	1.1	CWA		Pepper, black		Tesco	1.15	1	1	25.0	0.05	1.0 g	Tesco Ground Black Pepper 25G
A1	1.1	CWA		Pepper, capsicum, red, raw		Tesco	0.59	1	3	1.2	1.48	2 1/2 red peppers (400 g)	Tesco Red Peppers Each
A1	1.1	CWA		Peppers, capsicum, green, raw		Tesco	0.59	1	3	1.1	1.62	2 3/4 green peppers (455 g)	Tesco Green Peppers Each
A1	1.1	CWA		Porridge oats, unfortified		Tesco	1.25	1	1	11.1	0.11	90 g	Tesco Scottish Oats Porridge 1Kg
A1	1.1	CWA		Potato chips, oven ready, no batter, baked		Tesco	1.99	1	1	4.5	0.44	335 g	Tesco Steak Oven Cut Chips 1.5Kg
A1	1.1	CWA		Potatoes, old, baked,		Tesco	0.23	1	2	1.0	0.46	2 large potatoes (225 + 275) (500g)	Tesco Large Baking Potatoes Loose (0.6Kg)
A1	1.1	CWA		Potatoes, old, weight with skin (for mash and roast)		Tesco	1.39	1	2	1.7	1.63	2340 g	Tesco All Rounder Potatoes 2Kg
A1	1.1	CWA		Prunes, canned in juice, whole contents		Tesco	1.10	1	1	2.0	0.55	40 g	Tesco Prunes in Juice 410G
A1	1.1	CWA		Raisins, dried		Tesco	1.85	1	1	6.3	0.30	80 g	Tesco Seedless Raisins 500G
A1	1.1	CWA		Sausages, thick		Tesco	2.00	8	1	6.0	0.33	2 thick (110 g)	Tesco British Pork Sausages 8 Pack 454G
A1	1.1	CWA		Spinach, frozen, boiled in unsalted water		Tesco	1.85	1	1	3.5	0.53	312 g fresh (260 g frozen)	Tesco Leaf Spinach 900G (frozen)
A1	1.1	CWA		Spring onions, bulbs and tops, raw		Tesco	0.39	1	1	3.3	0.12	1/2 bunch (30 g)	Tesco Bunches Spring Onions 100G
A1	1.1	CWA		Sugar, white		Tesco	1.09	1	1	20.0	0.05	50 g	Granulated Sugar 1Kg
A1	1.1	CWA		Sweetcorn, kernels, frozen		Tesco	1.75	1	1	7.7	0.23	130 g	Tesco Supersweet Sweetcorn 1Kg
A1	1.1	CWA		Tea, black, bags		Tesco	1.25	80	1	1.9	0.66	42 tea bags	Tesco 80 Teabags 250G
A1	1.1	CWA		Tesco 12 Yorkshire Puddings 230G		Tesco	1.30	12	1	6.0	0.22	2 yorkshire puddings (60 g)	Tesco 12 Yorkshire Puddings 220G
A1	1.1	CWA		Tesco Fruit And Nut Mix 250G		Tesco	2.65	1	1	2.5	1.06	3 snack bags (80 g)	Tesco Fruit And Nut Mix 200G
A1	1.1	CWA		Tesco Hash Browns 750G		Tesco	1.90	1	1	4.7	0.41	4 Hash browns (160 g)	Tesco Hash Browns 750G
A1	1.1	CWA		Tesco No Added Sugar Cloudy Lemonade		Tesco	0.80	1	3	1.3	1.85	4620 mls	Tesco No Added Sugar Cloudy Lemonade 2 Litre Bottle

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	CWA		Tesco Peanut Munch Bar 6 Pack 192 G		Tesco	1.10	5	1	1.3	0.88	4 peanut bars (128 g)	Tesco 5 Peanut Munch Bars 160G
A1	1.1	CWA		Tesco Reduced Salt Beef Stock Cubes 10 Pack 100G		Tesco	1.00	6	1	6.0	0.17	1 cube (10 g)	Kallo Organic Low Salt Vegetable Stock Cube 60G
A1	1.1	CWA		Tomato puree		Tesco	1.20	1	1	9.6	0.12	14 g	Tesco Tomato Puree With Herbs 135G
A1	1.1	CWA		Tomatoes, canned, whole contents		Tesco	0.49	1	1	0.6	0.89	220 g	Tesco Italian Chopped Tomatoes 400G
A1	1.1	CWA		Tomatoes, standard,		Tesco	1.50	1	1	1.1	1.37	7 small tomatoes (595 g)	Tesco Salad Tomatoes 650G
A1	1.1	CWA		Tortilla, wholemeal flour, soft		Tesco	1.20	8	1	8.0	0.15	1 medium size (120 g)	Tesco 8 Wholemeal Tortilla Wraps
A1	1.1	CWA		Tuna, canned in spring water		Tesco	0.72	1	2	1.0	1.44	2 145 g tin + 3 110 g tins (345 g)	Tesco Tuna Chunks in Spring Water 145G
A1	1.1	CWA		Frozen 2 British Cod Fillet Portions		Tesco	4.00	1	1	1.0	4.00	350 g	Tesco Cod Fillets 360G
A1	1.1	CWA		Tesco Fish Pie Mix		Tesco	3.75	1	1	1.0	3.75	340 g	Tesco Fish Pie Mix 340G
A1	1.1	CWA		Yogurt, low fat, fruit 125 g pots		Tesco	0.89	6	1	1.0	0.89	8 x 125 g pots (1000 g)	Creamfields Berry Medley Low Fat Yogurt 6x125g
A1	1.1	CWA		Christmas food			100.00		1	52.1	1.92	£100 for Christmas period. Food and celebrating	
A1	8.1	CWA		Delivery			29.94		1	26.1		Off-peak Tesco delivery	Delivery = £29.94 for 6 months or 4.99 monthly, £50 minimum basket value
A2	11.1	CWA		Takeaway			30.00		1	4.3	6.90	£30 per couple for takeaway once per month	£30 for the couple minus the cost of 1 meal chicken & veg-chicken(300g)=£2.35, olive oil(30ml)=£0.40, potatoes (335g)=£0.23, milk(35ml)=£0.02, butter (25g)=£0.08, carrot(180g)=£0.12, broccoli(195g)=£0.36, peas(120g)=£0.17=£3.73 £30.00-3.73=£26.27
A2	11.1	CWA		Eating out			52.11		1	4.3	11.99	£30 each for a meal out once per month. Main course, plus dessert and 2 drinks. Pub/McDonald's/Bill's/Chinese	£30 each=£60 minus the cost of 1 full meal (including wine & dessert) Roast chicken(544g)-£1.86, olive oil(30ml)-£0.40, potato(490g)-£0.34, carrot(157g)-£0.10, peas(120g)-£0.17, broccoli(170g)-£0.33, cauliflower(151g)-£0.20, yorkshire pudding(60g)-£0.22, milk(35ml)-£0.02, butter(25g)-£0.08, gravy(5g)-£0.02 Apple crumble(340g)-£0.66, butter(10g)-£0.07, flour(50g)-£0.03, sugar(50g)-£0.05, greek yogurt(135g)=£1.35 Wine(250ml*2)-£4.00 £60.00-£7.89=£52.11
												A: Food and Non-Alcoholic Beverages	£ 126.63
												A1: Food	£ 107.73
												A2: Catering	£ 18.90

MIS 2024 REBASE

B: Alcohol

Couple working age, 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	CWA		Wine		Tesco	6.00	1	2	1	11.08	2 bottle of wine (white, medium, 750ml) per week, shared by couple. Minus 500ml once per month 500/4.34=115ml per week 750-115=635 6.00/750=0.008 0.008x635=5.08 1 bottle at £6.00+ 1 bottle at £5.08=11.08	Marques De Los Zancos Rioja 75Cl
B1B	11.1	CWA		Wine		Greene King (Heathley Park - Pub & Grill)	3.79	1	4	1.0	3.49	2 glasses of wine each with meal out once a month each to replace 125ml servings with dinner 125ml glass=£3.79 3.79*4=£15.16 £15.16/4.34=3.49	125ml glass of wine £3.79 (EL PICO SAUVIGNON BLANC, CHILE 12%) priced at Greene King pub
B: Alcohol and Tobacco												£ 14.57	
B1: Alcohol												£ 14.57	
B1A: Alcohol at Home												£ 11.08	
B1B: Alcohol Away From Home												£ 3.49	

MIS 2024 REBASE

C: Clothing and footwear

Couple working age, 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 pairs needed, opaque. 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)

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	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
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)

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, 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)

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, 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	3.1	SWAM	Male, underwear	Pants		Primark	5.00	3	4	52.1	0.38	20 pairs. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years. IG4 said 10 pairs needed, replaced every 6 months. 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. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 2 years	Grey long sleeve hoodie (zip up or pull on, 8 colours)

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.1	SWAM	Male, main clothing	Sweaters		Asda	12.00	1	3	104.3	0.35	3 needed. 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)
C	3.1	SWAM	Male, main clothing	Jeans		Asda	17.00	1	4	104.3	0.65	4 pairs, mix of colours. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	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). 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). Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 5 years	Grained leather belt (available in black and brown)

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	Hat (winter)	Peter Storm	Go Outdoors	5.00	1	1	104.3	0.05	1 beanie. 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. 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. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 years.	Peter Storm thinsulate fleece gloves
C	3.1	SWAM	Male, accessories	Scarf (winter)		Sports Direct	8.00	1	2	260.7	0.06	2 needed. 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. 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). 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. 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. 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. 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. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Blue checked long sleevePyjamas

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, main clothing	Pyjamas (short)		George, ASDA	12.00	1	1	52.1	0.23	1 set needed. Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Black striped short sleeve pyjamas	
												C: Clothing and footwear	£	22.57

MIS 2024 REBASE

C: Clothing and footwear

Couple working age, 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	CWA	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	CWA	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	CWA	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	CWA	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	CWA	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	CWA	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	CWA	Female, footwear	Trainers (everyday)		Primark	16.00	1	1	104.3	0.15	1 pair needed. From Primark/supermarket/Deichmann/New Look. Lasting 2 years.	Skater low top trainers
C	3.2	CWA	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	CWA	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	CWA	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	CWA	Female, footwear	Walking boots		Sports Direct	30.00	1	1	260.7	0.12	1 pair needed. Cheapest. From Decathlon or Sports Direct. 5 years.	Karrimor Aspen mid ladies walking boots
C	3.2	CWA	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	CWA	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	CWA	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)

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	CWA	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
C	3.2	CWA	Male, footwear	Slippers		Primark	6.00	1	1	52.1	0.12	FG3 added 1 pair of slippers. Cheapest okay from the supermarket or Primark. 1 year.	Knit slippers
C	3.2	CWA	Male, footwear	Shoes (smart)		Matalan	25.00	1	2	104.3	0.48	2 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	CWA	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	CWA	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	CWA	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	CWA	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
												C: Clothing and Footwear	£ 5.33

MIS 2024 REBASE

D: Housing costs

Couple working age, 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	CWA	Rent	Rent			152.62		1	1.0	152.62	Private rent one bedroom - median	To be updated mid-June when new private rent stats are released. Average for England excluding London.
D3	4.4	CWA	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	CWA	Council tax	Council tax			1486.46		1	52.1	28.51		
D5	12.1	CWA	Contents insurance	Contents insurance		RIAS (via MoneySuperMarket.com)	107.85		1	52.1	2.07	Contents insurance including accidental damage cover, with £50 excess.	Contents insurance for working-age couple in 1-bedroom flat. £50,000 cover level. Paid with £12.26 deposit and then 11 months x £8.69 = £107.85 total annual cost.
D6	4.5	CWA	Electricity, gas and other fuels	Fuel			1766.292133		1	52.1	33.87		
D7	4.3	CWA	Home maintenance	Decorating and other home maintenance			100.00		1	52.1	1.92		£100 per year for decorating and maintenance.
												D: Housing Costs	£ 228.23
												D1: Rent	152.62
												D3: Water	9.24
												D4: Council Tax	28.51
												D5: Household insurance	2.07
												D6: Fuel	33.87
												D7: Other housing costs	1.92

MIS 2024 REBASE

E: Household goods and services

Couple working age, 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	CWA	Hall	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric from Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	White Linen Textured Shade
E1	5.5	CWA	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	CWA	Hall	Door mat		The Range	6.49	1	1	52.1	0.12	Door mat for inside. Machine washable fabric with rubber edge. From Wilko/Dunelm/supermarket/B+M/The Range/Amazon/H&M. 1 years.	Mud Master Barrier Mat
E1	5.1	CWA	Hall	Hooks		The Range	7.99	1	1	521.4	0.02	4 hooks on wooden or metal plate. 1 up. From Wilko/Dunelm/supermarket/B+M/The Range/Amazon/H&M.10 years.	4 Hook Pine Rail - Natural Wood
E1	5.1	CWA	Living area	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric from Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	White Linen Textured Shade
E1	5.5	CWA	Living area	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	CWA	Living area	Curtains		George, ASDA	52.00		1	521.4	0.10	Cheapest lined curtains from Wilko/Dunelm/supermarket/B+M/The Range. 10 years.	Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	CWA	Living area	Curtain pole			0.00		0	0.0	0.00	Groups said curtain pole would be supplied by landlord.	
E1	5.2	CWA	Living area	Voile		Dunelm	12.00	1	2	1303.6	0.02	1 up nets. From Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Sheer Elegance White Slot Top Single Voile Panel
E1	5.5	CWA	Living area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	Cheapest wire from Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Net curtain wire
E1	5.1	CWA	Living area	Sofa (3-seater)		DFS	649.00	1	1	521.4	1.24	3-seater sofa. Mid-mid fabric from SCS/B+M/Argos/IKEA. 10 years	Sanctuary 3 seater sofa
E1	5.1	CWA	Living area	Armchair		DFS	449.00	1	1	521.4	0.86	Armchair. Mid-mid fabric from SCS/B+M/Argos/IKEA. 10 years	Sanctuary Armchair
E1	5.2	CWA	Living area	Cushions		The Range	4.99	1	4	104.3	0.19	4 needed. Cheapest from supermarket/Wilko/Dunelm/B+M/The Range. 2 years.	Taylor Cushion - various colours
E1	5.1	CWA	Living area	Side tables		IKEA	17.00	2	1	521.4	0.03	Cheapest nested tables from supermarket/Wilko/Dunelm/B+M/The Range. 10 years.	Lack nest of tables, set of 2, white

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E1	5.1	CWA	Living area	Storage unit		IKEA	110.00	1	1	521.4	0.21	For TV. Cheapest with doors from supermarket/Wilko/Dunelm/B+M/The Range. 10 years.	Besta TV bench with drawers - white
E1	5.1	CWA	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	CWA	Living area	Rug		Argos	35.00	1	1	417.1	0.08	For warmth. 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	CWA	Living area	Personalisation			50.00		1	52.1	0.96	£50 per year for personalisation. Including rugs, lamps, plants, pictures.	
E1	5.1	CWA	Living area	Blanket		George, ASDA	5.00	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	CWA	Dining area	Lampshade for central light		The Range	4.00	1	1	156.4	0.03	Cheapest fabric from Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	White Linen Textured Shade
E1	5.5	CWA	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	CWA	Dining area	Curtains		George, ASDA	52.00	2	1	521.4	0.10	Cheapest lined curtains from Wilko/Dunelm/supermarket/B+M/The Range. 10 years.	Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	CWA	Dining area	Curtain pole							0.00	Groups said curtain pole would be supplied by landlord.	
E1	5.2	CWA	Dining area	Voile		Dunelm	12.00	1	2	1303.6	0.02	1 up, nets. From Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Sheer Elegance White Slot Top Single Voile Panel. W300cm x D 228cm
E1	5.5	CWA	Dining area	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	Cheapest wire. From Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Net curtain wire
E1	5.1	CWA	Dining area	Table and chairs		Dunelm	199.00	5	1	417.1	0.48	Table and 4 chairs. Compact or folding. 1 up from bottom from Wilko/Dunelm/supermarket/B+M/The Range. 8 years	Panama Square Dining Table with 4 Chairs, Pine
E1	5.1	CWA	Dining area	Tablemats and coasters		B&M	6.00	4	2	104.3	0.12	6 place settings with coasters. Cheapest cork. From Ikea/Wilko/supermarket. 2 years.	Modern Cork Placemat & Coaster Set 8pc
E1	5.5	CWA	Kitchen	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 for main light.	Tesco LED Classic 60W Bayonet Cap
E1	5.5	CWA	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

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E1	5.4	CWA	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	CWA	Kitchen, tableware	Mugs		George, ASDA	10.00	4	1	156.4	0.06	4 needed. 1 up from bottom. Thick. Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	White Embossed Greenwich Mug - Set of 4
E1	5.4	CWA	Kitchen, tableware	Cutlery		Argos	15.00	16	1	260.7	0.06	4 place settings. Cheapest stainless steel. Wilko/Dunelm/supermarket/B+M/The Range. 5 years.	Cutlery for 6 place settings. Cheapest set or separate okay. Home Bargains. 20 years.
E1	5.4	CWA	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	CWA	Kitchen, tableware	Tumblers		IKEA	5.00	6	1	104.3	0.05	4 needed, 1 up. IKEA. 2 years.	VARDAGEN Clear Glass
E1	5.4	CWA	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	CWA	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	CWA	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	CWA	Kitchen, appliances	Cooker								Included in private rental property.	
E1	5.3	CWA	Kitchen, appliances	Washing machine		Currys	219.00	1	1	260.7	0.84	Cheapest 7KG washing machine. Energy rating not important. From Currys. 5 years.	LOGIK L712WM23 7 kg 1200 Spin Washing Machine - White
E1	5.3	CWA	Kitchen, appliances	Toaster		George, ASDA	13.00	1	1	104.3	0.12	Cheapest, matching kettle. From supermarket/B+M/Wilko. 2 years.	White EPT201W4-20 4 Slice Toaster
E1	5.3	CWA	Kitchen, appliances	Kettle		George, ASDA	13.00	1	1	104.3	0.12	Cheapest, Matching toaster. From supermarket/B+M/Wilko. 2 years.	White Kettle 1.7L
E1	5.3	CWA	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	CWA	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	CWA	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	CWA	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	CWA	Kitchen, cookware	Knives		Argos	13.00	4	1	365.0	0.04	2 up from cheapest. From Argos. 7 years.	Viners 4 Peice Stainless Steel Knife Set-Black

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E1	5.4	CWA	Kitchen, cookware	Roasting tin		George, ASDA	5.50	1	1	156.4	0.04	2 up from supermarket. Argos. 3 years	Excellence Black Roaster 33cm
E1	5.4	CWA	Kitchen, cookware	Baking sheet		George, ASDA	3.00	1	1	156.4	0.02	2 up from supermarket. Argos. 3 years	Grey Oven Tray 46cm
E1	5.4	CWA	Kitchen, cookware	Colander		Asda	3.00	1	1	260.7	0.01	Cheapest metal. 5 years.	George Home Stainless Steel Colander
E1	5.4	CWA	Kitchen, cookware	Sieve		Asda	2.50	1	1	260.7	0.01	Cheapest metal lasting 5 years.	George Home Stainless Steel Sieve
E1	5.4	CWA	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	CWA	Kitchen, accessories	Scissors		Asda	2.00	1	1	104.3	0.02	1 up from cheapest. From supermarket. 2 years.	George Home Kitchen Soft Grip Handle Scissors
E1	5.4	CWA	Kitchen, accessories	Plate cover		Ikea	1.00	1	1	260.7	0.00	Cheapest. 5 years.	PRICKIG Microwave lid, 26cm
E1	5.4	CWA	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	CWA	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	CWA	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	CWA	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	CWA	Kitchen, cookware	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	CWA	Kitchen, cookware	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	CWA	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	CWA	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	CWA	Kitchen, accessories	Mixing bowl		ASDA	2.50	1	2	521.4	0.01	2 glass bowls. From the supermarket. 10 years	George Home Glass Mixing Bowl
E1	5.4	CWA	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	CWA	Kitchen, accessories	Chopping board		Argos	18.00	4	1	208.6	0.09	3 plastic chopping boards. 2 up, Colour coded for food hygiene. 4 years	Argos Home Plastic Chopping Board Set - Pack of 4
E1	5.4	CWA	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	5.5	CWA	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	CWA	Kitchen, accessories	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

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E1	5.5	CWA	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	CWA	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	CWA	Kitchen, consumables	Bin bags		Tesco	5.35	50	1	50.0	0.11	1 a week	Tesco 50 Refuse Sacks 50L
E1	5.4	CWA	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	CWA	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	CWA	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	CWA	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	CWA	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	5.6	CWA	Kitchen, consumables	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	CWA	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	CWA	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	5.4	CWA	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	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	CWA	Kitchen, cleaning	Mop head		B&M	3.00	2	1	52.1	0.06	Cheapest mop head changed. 6 months	Cotton Mop Heads 2pk
E1	5.6	CWA	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	CWA	Kitchen, cleaning	Vacuum cleaner		Currys	39.99	1	1	521.4	0.08	2 up bagless. 10 years	BELDRAY BELO1731TT Upright Bagless Vacuum Cleaner-Titanium
E1	5.6	CWA	Kitchen, cleaning	Dustpan & brush		ASDA	2.00	1	1	521.4	0.00	Cheapest dustpan and brush from Wilko/B+M/supermarket. 10 years	George Home Dustpan & Brush Set
E1	5.6	CWA	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	CWA	Kitchen, cleaning	Scouring/sponge pads		Tesco	0.43	8	1	34.8	0.01	1 sponge per month. From Wilkos/B&M/Supermarket.	Springforce Sponge Scourers 8 Pack
E1	5.6	CWA	Kitchen, cleaning	Dish cloths		ADSA	1.55	4	1	8.7	0.18	4pk woven dish cloths. 2 months	ASDA Soft & Long Lasting Dish Cloths

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E1	5.6	CWA	Kitchen, consumables	Kitchen towel		Tesco	4.00	4	1	4.0	1.00	1 roll replaced weekly.	Tesco Kitchen Towel 4 Roll
E1	5.6	CWA	Kitchen, cleaning	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	CWA	Kitchen, consumables	Washing up liquid		ASDA	1.00	1	1	4.3	0.23	Large replaced monthly.	Elbow Grease Washing Up Liquid Lemon Fresh 600ml
E1	5.6	CWA	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	CWA	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	CWA	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	CWA	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	CWA	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	CWA	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	CWA	Kitchen, consumables	Bleach		Tesco	0.70	1	1	4.3	0.16	1 month.	Tesco Thick Bleach Fresh 750MI
E1	5.6	CWA	Kitchen, consumables	Glass cleaner		ASDA	0.85	1	1	8.7	0.10	2 months.	ASDA Window & Glass Cleaning Spray
E1	5.6	CWA	Kitchen, consumables	Drain unblocker		Tesco	2.00	1	1	52.1	0.04	1 year.	Tesco Sink & Drain Unblocker 500MI
E1	5.6	CWA		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	CWA	Kitchen, miscellaneous	Tool kit		Argos	24.00	45	1	260.7	0.09	1 up basic, from IKEA, B&Q, Argos, 5 years.	Guild 45 Piece Handtool Kit
E1	5.2	CWA	Bathroom	Blind		Dunelm	48.00	1	1	260.7	0.18	Mid-mid range roller blind (approx. £35) from Blinds Direct/Blinds2go/Wilko/Dunelm/supermarket /B+M/The Range. 5 years	Chevron Grey Blackout Roller Blind 210x140cm

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E1	5.5	CWA	Bathroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	LED, 1 for main light.	Tesco LED Classic 60W Bayonet Cap
E1	5.2	CWA	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	5.2	CWA	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	CWA	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	CWA	Bathroom	Bath sheet		The Range	14.99	1	4	156.4	0.38	2 of each per person, can come in set. 2 up from bottom to get thicker quality. Can come in set. From Wilko/B+M. 3 years.	Bath Sheet
E1	5.2	CWA	Bathroom	Hand towels		The Range	4.99	1	4	156.4	0.13	2 of each per person, can come in set. 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	CWA	Bathroom	Flannels		B&M	3.00	3	2	156.4	0.04	2 of each per person, can come in set. 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	CWA	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	CWA	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	5.1	CWA	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	CWA	Bathroom	Linen basket		George, ASDA	8.00	1	1	260.7	0.03	Cheapest. From Wilko. 5 years.	Wham Laundry Hamper
E1	5.2	CWA	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	5.2	CWA	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	CWA	Bathroom	Bleach		Tesco	0.70	1	1	4.3	0.16	1 month.	Tesco Thick Bleach Fresh 750ml
E1	5.6	CWA	Bathroom	Shower spray		ASDA	0.85	1	1	8.7	0.10	2 months.	ASDA Daily Shower Cleaning Spray
E1	5.6	CWA	Bathroom	Toilet cleaner		Tesco	0.49	1	1	8.7	0.06	2 months.	Tesco Active Toilet Gel Citrus 750ml
E1	5.6	CWA	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

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	CWA	Bedroom	Lampshade for central light		The Range	3.00	1	1	156.4	0.02	Cheapest fabric. From Wilko/Dunelm/supermarket/B+M/The Range. 3 years.	White Linen Textured Shade-Medium
E1	5.5	CWA	Bedroom	Light bulb		Tesco	2.00	1	3	521.4	0.01	LED, 1 for main light and 2 for lamps	Tesco LED Classic 60W Bayonet Cap
E1	5.2	CWA	Bedroom	Curtains		George, ASDA	52.00	2	1	521.4	0.10	Cheapest lined curtains. From Wilko/Dunelm/supermarket/B+M/The Range. 10 years.	Sleepdown Textured Print Eyelet Curtains in Duck Egg 229x229cm
E1	5.5	CWA	Bedroom	Curtain pole								Groups said supplied by landlord.	
E1	5.2	CWA	Bedroom	Voile		Dunelm	7.00	1	2	1303.6	0.01	1 up from cheapest nets. From Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Sheer Elegance White Slot Top Single Voile Panel
E1	5.5	CWA	Bedroom	Wire for net curtains		Dunelm	2.50	1	1	1303.6	0.00	Cheapest wire. From Wilko/Dunelm/supermarket/B+M/The Range. 25 years.	Net curtain wire
E1	5.1	CWA	Bedroom	Bed, double		Dreams	299.00	1	1	521.4	0.57	Wooden bed frame. Mid-mid range from IKEA/Benson for Beds/Amazon/Ebay. 10 years.	Woodstock Wooden Low Rise Bed Frame
E1	5.1	CWA	Bedroom	Mattress, double		Dreams	329.00	1	1	417.1	0.79	Mid-mid range (approx. £300-400) from B+M/Argos/IKEA/Benson for Beds. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)
E1	5.1	CWA	Bedroom	Wardrobe		IKEA	115.00	1	1	521.4	0.22	Double wardrobe shared. 1 up from bottom. From B+M/Argos/IKEA/Benson for Beds. 10 years.	KLEPPSTAD, Wardrobe with 3 doors, 117x176cm
E1	5.1	CWA	Bedroom	Drawers		IKEA	99.00	1	1	521.4	0.19	1 needed. With 4 drawers. 1 up from bottom. From B+M/Argos/IKEA/Benson for Beds. 10 years.	KULLEN Chest of 6 drawers, 140x72cm
E1	5.1	CWA	Bedroom	Bedside table		IKEA	29.00	2	1	521.4	0.06	2 needed. 1 up from bottom, with a drawer. From B+M/Argos/IKEA/Benson for Beds. 10 years.	KULLEN, Chest of 2 drawers, 35x49cm
E1	5.1	CWA	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	CWA	Bedroom	Mirror		The Range	9.99	1	1	521.4	0.02	Cheapest half-length. Wall-mounted or free-standing. 10 years.	Metallic Over The Door Mirror
E1	5.1	CWA	Bedroom	Lamp		B&M	6.00	1	2	260.7	0.05	2 needed. Cheapest table lamps from B+M/Argos/IKEA. 5 years.	Boston Lamp-Cream
E1	5.2	CWA	Bedroom	Duvet		The Range	27.99	1	1	104.3	0.27	1 needed. From supermarket. Middle tog. Mid-mid quality. 2 years.	Night Comfort 10.5 Tog Feels Like Down All Seasons Duvet
E1	5.2	CWA	Bedroom	Pillows		Argos	18.00	2	2	104.3	0.35	4 needed. C. £10 per pillow. From B+M/Argos/IKEA/Benson for Beds. 2 years.	Silentnight Super Snuggly Medium Pillow-2 Pack
E1	5.2	CWA	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	CWA	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

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	CWA	Bedroom	Sheets		The Range	10.49	1	2	104.3	0.20	2 sheets needed. Cheapest cotton from supermarket/Dunelm. 2 years.	180Tc Cotton Fitted Sheet-White/Double
E1	5.2	CWA	Bedroom	Duvet covers		Dunelm	20.00	1	2	104.3	0.38	2 sets needed. Cheapest cotton from supermarket/Dunelm. 2 years.	Anti Allergy Duvet Cover and Pillowcase Set
E1	5.2	CWA	Bedroom	Pillow cases		George, ASDA	4.25	2	2	104.3	0.08	4 additional pillow cases (plus 4 with duvet sets) = 8 needed. Cheapest cotton from B+M/Argos/IKEA/Benson for Beds. 2 years.	100% Cotton Percale Plain Pillowcase Pair
E1	5.2	CWA	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	CWA	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
												E: Household Goods and Services	£ 16.74
												E1: Household Goods	£ 16.74

MIS 2024 REBASE

E: Household goods and services

Couple working age, 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	CWA	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	CWA	Telephone	Mobile telephone (handset)		Tesco Mobile	0.00	1	1	104.3	0.00	Tesco Mobile entry-level smart phone.	Motorola Moto E13. £0 upfront cost with 24-month contract.
E2A2	8.3	CWA	Telephone	Mobile telephone (bills)		Tesco Mobile	13.00	1	1	4.3	2.99	5GB data	Tesco Mobile: Motorola Moto E13 phone, 24-month contract, 6GB data per month, unlimited calls and texts, £13/month, no upfront cost.
E1	5.3	CWA	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	CWA	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.
												E: Household Goods and Services	£ 3.33
												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

Couple working age, 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	CWA	Personal care, female	Hairdressing			70.00	1	1	4.3	16.11	£70 per month to include hairdressing for a diversity of hair types.	
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	Hair straighteners	Remington	Currys	19.99	1	1	260.7	0.08	Cheapest recognisable brand. Currys/Argos/Superdrug. 5 years.	REMINGTON Ceramic Slim 220 Hair Straightener - Black
F	13.1	CWA	Personal care, female	Toilet roll	Tesco	Tesco	1.49	4	1	2.0	0.75	2 per week. 3 ply.	Tesco Luxury Soft Quilted Toilet Tissue 4 Rolls
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	Shower gel	Tesco	Tesco	1.20	1	1	4.3	0.28	Recognisable brand. Supermarket own okay. 1 month.	Tesco Extracts Coconut Shower Gel 500MI
F	13.1	CWA	Personal care, female	Shampoo	Tesco	Tesco	5.00	1	1	3.0	1.67	£5 per bottle for choice and different hair care needs. Supermarket own brand, 1 month. 3 weeks	Good Gracious Smooth Hydrateshea Butter Shampoo 400MI
F	13.1	CWA	Personal care, female	Conditioner	Tesco	Tesco	5.00	1	1	3.0	1.67	£5 per bottle for choice and different hair care needs. Supermarket own brand, 1 month. 3 weeks	Good Gracious Hydrate Shea Butter Conditioner 250MI
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	Toothpaste	Colgate	Tesco	0.99	1	1	8.7	0.11	Recognisable brand. 2 months.	Colgate Triple Action Toothpaste 75MI
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	Mouthwash	Colgate	Tesco	2.00	1	1	4.3	0.46	Recognisable brand. 1 month	Colgate Triple Action Mouthwash 500MI
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	Hair mousse	Shockwaves	Tesco	3.45	1	1	8.7	0.40	Cheapest recognisable brand. 2 months.	Shockwaves Volume Mousse Ultra Strong 200MI
F	13.1	CWA	Personal care, female	Hair spray	L'Oreal	Tesco	3.00	1	1	8.7	0.35	Cheapest recognisable brand. 2 months.	L'Oreal Paris Elnett Normal Hold Hairspray 75ml

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	CWA	Personal care, female	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 hair care products.	
F	13.1	CWA	Personal effects, female	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	CWA	Personal effects, female	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	CWA	Personal care, female	Cotton pads	Tesco	Tesco	1.50	100	1	4.3	0.35	100-pack. Supermarket own-brand. 1 month.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	CWA	Personal care, female	Cotton buds	Tesco	Tesco	0.50	200	1	13.0	0.04	Supermarket own-brand. 3 months.	Tesco 200 Cotton Buds
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	Soap (bar)	Tesco	Tesco	1.35	4	1	34.8	0.04	4 pk, supermarket own. 8 months.	Tesco Extracts Lemon & Mandarin Soap 4X125g
F	13.1	CWA	Personal care, female	Sponges	Tesco	Tesco	1.00	2	1	8.7	0.12	1 sponge every month.	Tesco Essentials Soft Sponges 2 Pack
F	13.1	CWA	Personal care, female	Sanitary protection			6.50	0	1	4.3	1.50	Budget of £6.50 per month for choice of branded sanitary products.	
F	13.1	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	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	CWA	Personal care, female	Exfoliator	Clean & Clear	Tesco	3.50	1	1	4.3	0.81	1 month.	Clean & Clear Exfoliating Daily Wash 150M

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	CWA	Personal care, female	Make-up remover	Simple	Tesco	5.30	1	1	4.3	1.22	1 month	Simple Kind To Skin Micellar Cleansing Water 400MI
F	13.1	CWA	Personal care, female	Nail polish remover	Tesco	Tesco	1.50	1		13.0	0.00	Supermarket own-brand. 3 months.	Tesco Nailpolish Remover 250MI
F	13.1	CWA	Personal care, female	Cosmetics			10.00	1	1	4.3	2.30	£10 per month for make up.	
F	13.1	CWA	Personal care, female	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	CWA	Accessories, female	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	CWA	Accessories, female	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	CWA	Accessories, female	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	CWA	Accessories, female	Back pack	Rockport	Sports Direct	7.99	1	1	52.1	0.15	Sports Direct. 1 year.	Rockport Zip Backpack (choice of colours)
F	13.2	CWA	Accessories, female	Purse	River Island	River Island	15.00	1	1	104.3	0.14	Approx. £15. From TKMaxx/River Island. 2 years	Black Embossed Purse
F	13.2	CWA	Accessories, female	Umbrella		Asda	9.00	1	1	26.1	0.35	From Supermarket or Timpson's. 6 months.	The Weather Station Mini Black Umbrella
F	13.2	CWA	Personal effects, female	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	CWA	Personal effects, female	Jewellery			50.00	1	1	52.1	0.96	£50 per year	
F	13.2	CWA	Accessories, female	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
F	13.1	CWA	Personal care, male	Hairdressing			30.00	1	1	4.3	6.90	£30 per month to include hairdressing for a diversity of hair types.	
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Baby wipes	Tesco	Tesco	0.65	1	1	4.3	0.15	64-pack of baby wipes. From supermarket own brand. 1 month.	Fred & Flo 60 Biodegradable Fragrance Free Wipes
F	13.1	CWA	Personal care, male	Shower gel	Tesco	Tesco	1.20	1	1	4.3	0.28	Supermarket own okay. 1 month.	Tesco Extracts Coconut Shower Gel 500MI

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	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Mouthwash	Colgate	Tesco	2.00	1	1	4.3	0.46	Recognisable brand, 1 month	Colgate Triple Action Mouthwash 500MI
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	Toothpaste	Colgate	Tesco	0.99	1	1	4.3	0.23	Colgate toothpaste. 1 month.	Colgate Triple Action Toothpaste 75MI
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	Cotton buds	Tesco	Tesco	0.50	200	1	13.0	0.04	Supermarket own-brand. 3 months.	Tesco 200 Cotton Buds
F	13.1	CWA	Personal care, male	Cotton pads	Tesco	Tesco	1.50	100	1	4.3	0.35	100-pack. Supermarket own-brand. 1 month.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Shampoo	Tesco	Tesco	5.00	1	1	3.0	1.67	£5 per bottle for choice and different hair care needs, recognisable brand. Supermarket. 3 weeks.	Head and Shoulders Men Anti-Hairfall Shampoo 330ml
F	13.1	CWA	Personal care, male	Conditioner	Tesco	Tesco	5.00	1	1	3.0	1.67	£5 per bottle for choice and different hair care needs, recognisable brand. Supermarket. 3 weeks.	Head & Shoulders Supreme Moisture Hair Conditioner 275ml
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Sponge	Tesco	Tesco	1.00	2	1	8.7	0.12	1 sponge every month.	Tesco Essentials Soft Sponges 2 Pack
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Hair product	Vo5	Tesco	4.25	1	1	17.4	0.24	Gel or wax. Supermarket, recognisable brand. 4 months.	Vo5 Styling Hair Wax 75MI

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	CWA	Personal care, male	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	CWA	Personal effects, male	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	CWA	Personal effects, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Make-up 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	CWA	Personal care, male	Nail polish remover	Tesco	Tesco	1.50	1		13.0	0.00	Supermarket own-brand. 3 months.	Tesco Nailpolish Remover 250MI
F	13.1	CWA	Personal care, male	Cosmetics			10.00	1	1	4.3	2.30	£10 per month for make up.	
F	13.1	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	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	CWA	Personal care, male	Exfoliator	Clean & Clear	Tesco	3.50	1	1	4.3	0.81	1 month.	Clean & Clear Exfoliating Daily Wash 150M
F	13.1	CWA	Personal care, male	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	CWA	Personal effects, male	Sunglasses	Matalan	Matalan	5.00	1	1	52.1	0.10	Cheapest with UV protection. From Supermarket/TKMaxx/Primark/J Swiss/Matalan/ASOS/Boohoo. 1 year.	Brown Aviator Sunglasses
F	13.2	CWA	Personal effects, male	Jewellery			100.00	1	1	260.7	0.38	£100 every 5 years to include, rings/watches and other jewellery.	
F	13.2	CWA	Accessories, male	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	CWA	Accessories, male	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	CWA	Accessories, male	Backpack	Rockport	Sports Direct	7.99	1	1	52.1	0.15	Sports Direct or Matalan 1 year.	Rockport Zip Backpack (choice of colours)
												F: Personal Goods and Services	£ 64.53

MIS 2024 REBASE

F: Personal goods and services, including health

Couple working age, 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	CWA	Health care	Prescriptions		NHS	9.65		6	52.1	1.11	3 per year (per adult)	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	CWA	Health care	Opticians - eye test		Specsavers	35.00		2	104.3	0.67	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	CWA	Health care	Opticians - glasses		Specsavers	90.00	1	2	104.3	1.73	£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	CWA	Health care	Dentists - check-up		NHS	26.80	1	2	26.1	2.06	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	CWA	Health care	Dentists - treatment		NHS	73.50	1	2	52.1	2.82	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	CWA	Health care	Other health treatments			200.00	1	2	52.1	7.67	£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	CWA	Health care	Paracetamol	Asda	Asda	0.65	16	2	8.7	0.15	16-pack. 2 months.	ASDA Paracetamol 500mg 16 Capsules
F	6.1	CWA	Health care	Ibuprofen	Tesco	Tesco	1.80	16	2	8.7	0.41	16-pack. 2 months.	Tesco Ibuprofen 200Mg Liquid Caps 16S
F	6.1	CWA	Health care	Cold remedy	Lemsip	Tesco	5.25	10	2	52.1	0.20	One box of Lemsip every year	Lemsip Max Cold & Flu Lemon Sachets Paracetamol 10 Pack
F	6.1	CWA	Health care	Cough mixture for dry coughs	Tesco	Tesco	2.90	1	2	52.1	0.11	Two cough medicines needed. One for tickly coughs and one for chesy coughs. 1 year.	Tesco Health+ Dry Tickly Cough 300ml
F	6.1	CWA	Health care	Cough mixture for chesty coughs	Tesco	Tesco	2.90	1	2	52.1	0.11	Two cough medicines needed. One for tickly coughs and one for chesy coughs. 1 year.	Tesco Health+ Chesty Cough Relief 300ml
F	6.1	CWA	Health care	Antihistamine tablets	Tesco	Tesco	2.95	30	12	52.1	0.68	1 per day for six months of the year (per person)	Tesco Hayfever Cetirizine 30S Tablets
F	6.1	CWA	Health care	Antihistamine eye drops	Optrex	Tesco	5.00	1	2	52.1	0.19	Eye drops for hayfever. Used six months of the year	Optrex Hayfever Relief Eye Drops Itchy Eyes 2% w/v 10ml
F	6.1	CWA	Health care	lmodium	lmodium	Tesco	3.80	6	2	26.1	0.29	lmodium. 6 months	IMODIUM Instants For On-The-Go Diarrhoea Relief 6 pack
F	6.1	CWA	Health care	Indigestion tablets	Rennie	Asda	4.00	36	2	52.1	0.15	32-pack. 1 year	Rennie Spearmint Heartburn & Indigestion Relief Tablets (36pk)
F	6.1	CWA	Health care	Antiseptic	Germolene	Tesco	2.45	1	2	52.1	0.09	E.g., Germolene. 1 year.	Germolene Antiseptic Cream 55G

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	CWA	Health care	Sudocrem	Sudocrem	Tesco	3.25	1	2	52.1	0.12	Small tub. 1 year.	Sudocrem Antiseptic Healing Cream 60G
F	6.1	CWA	Health care	Heat rub	Deep Heat	Tesco	3.00	1	2	156.4	0.04	Replacement rate in line with shelf-life (3 years).	Deep Heat Rub 67G
F	6.1	CWA	Health care	Burn spray	Dr. Burn	Tesco	9.00	1	2	52.1	0.35	1 year	Dr. Burn Hydrogel Burn Spray 125ML
F	6.1	CWA	Health care	Plasters	Asda	Asda	1.50	50	2	52.1	0.06	Plasters, 1 pack per year	ASDA 50 Waterproof Clear Plasters
F	6.1	CWA	Health care	Bandages	Safe + Sound	Asda	3.85	1	2	52.1	0.15	1 pack per year	Safe + Sound Elastic adhesive bandage
F	6.1	CWA	Health care	Sterile wipes	Asda	Asda	1.15	10	2	52.1	0.04	1 pack per year	ASDA 10 Plastic Free Wound Cleansing Wipes
F	6.1	CWA	Health care	Multivitamins	Tesco	Tesco	4.90	90	2	12.9	0.76	1 per day	Tesco A-Z Multivitamins & Minerals 90S
F	6.1	CWA	Health care	Cod liver oil	Tesco	Tesco	6.50	90	2	12.9	1.01	1 per day	Tesco Cod Liver Oil 1000Mg 90S
F	6.1	CWA	Health care	Contraception	Durex	Tesco	11.00	12	7	52.1	1.48	Combining SWAF and SWAM budgets: 1 + 6 = 7 boxes (7 x 12-packs) of condoms per year.	Durex Originals Extra Safe Condoms Regular Fit 12 Pack
F	6.1	CWA	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
												F: Personal Goods and Services	£ 22.53

MIS 2024 REBASE

G: Transport

Couple working age, 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	CWA	Passenger transport by road	Bus pass		Go North East	118.00	1	2	4	59.00	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	CWA	Passenger transport by road	Taxi fares			40.00	1	1	4.345238095	9.21	£40 per month for the couple. For late night travel, hospital, running late.	
G2	7.3	CWA	Passenger transport by rail	Rail/coach fares			300.00	1	2	52.14285714	11.51	£300 per person per year for rail travel, to be able to visit friends and relatives.	
G2	7.3	CWA	Passenger transport by rail	Holiday travel		Trainline	84.59	1	2	52.14285714	3.24	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.
G: Transport												£ 82.96	
G2: Fares and Other Travel Costs												£ 82.96	

MIS 2024 REBASE

H: Social and cultural participation

Couple working age, 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	CWA	Leisure goods	TV		Currys	129.99	1	1	521.4	0.25	One-up-from-cheapest 32" from supermarket/Currys/Amazon. 10 years.	JVC LT-32C490 32" HD Ready LED TV
H1	8.1	CWA	Leisure goods	Tablet		Currys	199.00	1	1	208.6	0.95	Tablet with keyboard or Chromebook. 1 per household. From Currys. 4 years.	ASUS CX1 15.6" Chromebook - Intel® Celeron®, 128 GB eMMC, Silver
H1	8.2	CWA	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	CWA	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	CWA	Gifts - birthdays	Gifts for others			280.00		1	52.1	5.37	12 presents a year per couple. £15 per gift. Plus £50 on each other. $(50 \times 2) + (12 \times 15) = £280$ per year inclusive of wrapping and cards.	
H1	9.2	CWA	Gifts - Xmas	Gifts for others			340.00		1	52.1	6.52	12 presents a year per couple. £20 per gift. Plus £50 on each other. $(50 \times 2) + (12 \times 20) = £340$ per year inclusive of wrapping and cards.	
H1	9.2	CWA	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	CWA	Other items	Christmas tree			30.00		1	521.4	0.06	£30 for Christmas tree, 10 years	
H1	9.2	CWA	Other items	Christmas decorations			20.00	1	1	52.1	0.38	£20 per year to top up decorations.	
												H: Social and Cultural Participation	£ 14.80
												H1: Leisure Goods	£ 14.80

MIS 2024 REBASE

H: Social and cultural participation

Couple working age, 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	CWA	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	CWA	Telephone and fax services	Internet		Virgin Media (via Money Saving Expert)	22.34	1	1	4.3	5.14	Broadband 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	CWA	Leisure	Activities			25.00	2	2	1.0	50.00	£25 per person, per week. Could include night out/cinema/gym/bowling/walking/cycling/book club.	
H6	11.2	CWA	UK Holidays	Holiday		Booking.com	591.00	2	1	52.1	11.33	One week in UK off-peak every year. Cotswolds/Lake District/Cornwall/Blackpool/Scotland. Bed and breakfast. Travel by train from Nottingham. Holiday booking should include free cancellation.	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	CWA	UK Holidays	Holiday spending money			370.00	1	1	52.1	7.10	£370 per couple spending money, plus weekly activity and food budget.	
H3	13.9	CWA	Leisure services	Passport		UK government	88.50	1	2	521.4	0.34	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	CWA	Leisure services	Passport photos		Max Spielmann (Tesco)	12.99		2	521.4	0.05	Photos needed for passport.	Max Spielmann photo booths in selected Tesco supermarkets: standard passport photos start at £12.99.
H: Social and Cultural Participation												£ 77.21	
H3: Entertainment and Recreation												£ 55.53	
H4: TV Licence and Rental												£ 3.25	
H6: UK Holiday												£ 18.43	