

**MIS 2024 REBASE**

**PARTNERED PENSIONERS**

<b>A: Food and Non-Alcoholic Beverages</b>				<b>£ 124.66</b>
	A1: Food			£ 108.87
	A2: Catering			£ 15.79
<b>B: Alcohol and Tobacco</b>				<b>£ 12.03</b>
	B1: Alcohol			£ 12.03
		B1A: Alcohol at Home		£ 10.29
		B1B: Alcohol Away From Home		£ 1.74
	B2: Tobacco and Narcotics			£ -
<b>C: Clothing and Footwear</b>				<b>£ 16.53</b>
<b>D: Housing Costs</b>				<b>£ 186.16</b>
	D1: Rent			£ 110.81
	D2: Mortgage Interest			£ -
	D3: Water			£ 10.91
	D4: Council Tax			£ 28.51
	D5: Household Insurance			£ 1.10
	D6: Fuel			£ 31.00
	D7: Other Housing Costs			£ 3.84
<b>E: Household Goods and Services</b>				<b>£ 30.43</b>
	E1: Household Goods			£ 22.95
	E2: Household Services			£ 7.48
		E2A: Communication		£ 7.48
			E2A1: Postage	£ 0.38
			E2A2: Telephone	£ 7.09
		E2B: Child Care		£ -
		E2C: Other Household Services		£ -
<b>F: Personal Goods and Services (inc Health)</b>				<b>£ 59.62</b>
<b>G: Transport</b>				<b>£ 13.81</b>
	G1: Motoring Expenditure			£ -
	G2: Fares and Other Travel Costs			£ 13.81
<b>H: Social and Cultural Participation</b>				<b>£ 82.38</b>
	H1: Leisure Goods			£ 13.62
	H2: Pets			£ -
	H3: Entertainment and Recreation			£ 47.52
	H4: TV Licence and Rental			£ 3.25
	H5: Foreign Holidays			£ -
	H6: UK Holidays			£ 17.99

Food	£ 124.66
Alcohol	£ 12.03
Tobacco	£ -
Clothing and Footwear	£ 16.53
Water Rates	£ 10.91
Council Tax	£ 28.51
Household Insurances	£ 1.10
Fuel	£ 31.00
Other Household Costs	£ 3.84
Household Goods	£ 22.95
Household Services	£ 7.48
Childcare	£ -
Personal Goods and Services	£ 59.62
Motoring	£ -
Other Travel Costs	£ 13.81
Social and Cultural Participation	£ 82.38
<b>Total</b>	<b>£ 414.80</b>
Rent/Mortgage Interest	£ 110.81

MIS 2024 REBASE

A: Food and non-alcoholic beverages

Partnered pensioners

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly Shopping list cost £	Comments
A1	1.1	Ppens		Apples, cooking, raw, weighed with skin and core		Tesco	0.63	1	6	1.0	3.78	6 apples (904 g) Tesco Bramley Cooking Apples Loose
A1	1.1	Ppens		Apples, eating, raw, weighed with skin and core		Tesco	1.70	5	3	1.2	4.42	13 apples (2262 g) Tesco Braeburn Apple 5 Pack
A1	1.1	Ppens		Bacon rashers, back, reduced salt		Tesco	3.00	8	1	2.7	1.13	3 rashers (105 g) Tesco Reduces Fat & Salt 8 Bacon Unsmoked Medallions 240G
A1	1.1	Ppens		Baked beans, canned in tomato sauce, reduced sugar, reduced salt		Tesco	0.45	1	2	1.3	0.68	1/2 tin or 1 small tin (200 g) Tesco Reduced Sugar and Salt Baked Beans in Tomato Sauce 420G
A1	1.1	Ppens		Bananas, raw, weighed with skin		Tesco	0.65	6	3	1.3	1.52	14 bananas (2212 g) Tesco Small Bananas 6 pack
A1	1.1	Ppens		Beef, mince, raw		Tesco	3.49	1	1	2.0	1.75	265 g Tesco Beef Lean Steak Mince 500G 5% Fat
A1	1.1	Ppens		Beetroot, pickled		Tesco	0.95	1	1	4.7	0.20	2 pickled beets (72 g) Tesco Pickled Sliced Beetroot 340G
A1	1.1	Ppens		Biscuits, digestive, plain		Tesco	0.85	1	1	1.4	0.60	15 digestives (210 g) Tesco Milk Chocolate Digestive Biscuits 300G
A1	1.1	Ppens		Black pudding		Tesco	1.20	4	1	2.0	0.60	120 g Bury Black Pudding 4 Slices 230G
A1	1.1	Ppens		Bread rolls, wholemeal		Tesco	0.90	6	1	3.0	0.30	2 medium (135g) Tesco Soft Wholemeal Roll 6 Pack
A1	1.1	Ppens		Bread, naan, retail		Tesco	1.00	4	1	2.0	0.50	2 small naan breads (160 g) Tesco Mini Plain Naan 4 pack 188G
A1	1.1	Ppens		Bread, 50/50 or best of both		Tesco	1.30	1	2	1.6	1.58	27 slices (972 g) Kingsmill 50/50 Medium Bread 800G
A1	1.1	Ppens		Breakfast cereal, wheat biscuits, Weetabix type, fortified		Tesco	2.75	48	1	4.8	0.57	10 weetabix (200 g) Tesco Wheat Biscuits Cereal 48 Pack
A1	1.1	Ppens		Broccoli, green, frozen or fresh		Tesco	0.96	1	2	1.1	1.82	950 g fresh (680 g frozen) Tesco Large Broccoli Pack 500g (loose)
A1	1.1	Ppens		Cake, fruit, retail		Tesco	2.15	1	1	3.1	0.69	110 g Genoa Cake
A1	1.1	Ppens		Carrots, old, raw, fresh or frozen		Tesco	0.52	1	2	1.2	0.88	1350 g fresh (1040 g frozen) Tesco Carrots 800G
A1	1.1	Ppens		Celery, raw		Tesco	0.90	1	1	1.0	0.88	4 sticks (244 g) Tesco Celery Sticks 250G
A1	1.1	Ppens		Cheese, Cheddar type, reduced fat		Tesco	2.75	1	1	5.3	0.52	66 g Pilgrims Choice Lighter Mature Cheddar Cheese 350G
A1	1.1	Ppens		Chicken, deli cooked, white meat only		Tesco	3.00	1	1	1.4	2.12	100 g Tesco Flamegrilled Cooked Chicken Breast Mini Fillets 170G
A1	1.1	Ppens		Chicken, light meat, raw, no skin		Tesco	4.70	1	1	1.0	4.70	600 g Tesco British Chicken Breast Portions 650G
A1	1.1	Ppens		Chutney, mixed fruit		Tesco	1.35	1	1	5.5	0.25	54 g Tesco Ploughmans Plum Chutney 295G
A1	1.1	Ppens		Citrus orange fruit, soft/easy peelers, weighed with skin		Tesco	0.89	1	2	1.5	1.19	8 satsumas (880 g; (whole weight 120 x 1.29 = 155 g)) Suntrail Farms Soft Citrus Pack 600G
A1	1.1	Ppens		Coffee, instant granules or powder		Tesco	1.99	1	2	1.9	2.09	210 g Tesco Classic Instant Coffee 200G
A1	1.1	Ppens		Coleslaw, not low calorie, retail		Tesco	0.85	1	1	2.0	0.43	90 g Tesco Coleslaw 180g
A1	1.1	Ppens		Cornflour		Tesco	2.50	1	1	50.0	0.05	10 g Tesco Cornflour 500g
A1	1.1	Ppens		Cucumber, raw, flesh and skin		Tesco	0.89	1	2	1.2	1.50	2 cucumbers (588 g) Tesco Whole Cucumber Each
A1	1.1	Ppens		Curry powder		Tesco	1.30	1	1	13.3	0.10	6 g Tesco Medium Curry Power 80g
A1	1.1	Ppens		Custard powder		Tesco	0.70	1	1	1.2	0.58	63 g Tesco Instant Custard Mix 76g
A1	1.1	Ppens		Demi Baguette		Tesco	1.10	2	1	1.0	1.10	2 demi baguettes (110 g) Tesco Homebake Baguettes 2 Pack
A1	1.1	Ppens		Eggs, chicken, large		Tesco	2.90	10	2	1.7	3.48	12 large eggs (732 g) Big & Free Large White Free Range Eggs 10 Pack

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A1	1.1	Ppens		Fat spread, low fat (26-39%), polyunsaturated		Tesco	1.50	1	1	1.2	1.23	370 g I Can't Believe It's Not Butter Light Spread 450G
A1	1.1	Ppens		Flour, wheat, white, plain,		Tesco	0.79	1	1	13.9	0.06	108 g Tesco Plain Flour 1.5Kg
A1	1.1	Ppens		Fruit drink/squash, concentrated, no added sugar Robinsons		Tesco	1.00	1	4	1.3	3.08	3080 ml Robinsons Orange No Added Sugar Squash 1L
A1	1.1	Ppens		Garlic, raw		Tesco	0.55	1	1	2.0	0.28	6 cloves (18 g) Tesco Garlic Large
A1	1.1	Ppens		Gherkins, pickled, drained		Tesco	2.00	1	1	9.6	0.21	50 g Tesco Sliced Gherkins 480G
A1	1.1	Ppens		Ginger, fresh		Tesco	0.55	1	1	10.0	0.06	10 g Tesco Root Ginger Loose (100g)
A1	1.1	Ppens		Ginger, ground		Tesco	1.00	1	1	38.0	0.03	1.0 g Tesco Ground Ginger 38G
A1	1.1	Ppens		Grapefruit, raw, weighed with peel and pips		Tesco	0.55	1	2	1.0	1.10	2 grapefruits (680 g) Tesco Red Grapefruit Each
A1	1.1	Ppens		Haddock, flesh only, no skin		Tesco	4.75	2	1	1.0	4.75	240 g Tesco Boneless Smoked Haddock 280G
A1	1.1	Ppens		Ham, sliced / luncheon		Tesco	1.20	1	2	1.4	1.73	180 g Tesco Wafer Thin Smoked Ham 125G
A1	1.1	Ppens		Hellmanns, Light Mayonnaise		Tesco	0.89	1	1	3.4	0.26	132 g Tesco Light Mayonnaise 450MI
A1	1.1	Ppens		Ice cream, dairy, vanilla		Tesco	2.65	1	1	6.0	0.44	150 g Tesco Vanilla Ice Cream 900MI
A1	1.1	Ppens		Jam, no added sugar		Tesco	1.70	1	1	8.0	0.21	18 g Streamline Reduced Sugar Strawberry Jam 340G
A1	1.1	Ppens		Jelly, sugar free, made with water		Tesco	1.00	1	3	1.3	2.35	54 g jelly cube or powder Hartleys Sugar Free Jelly Strawberry 23G
A1	1.1	Ppens		Kit Kat 2 Finger		Tesco	2.00	9	1	4.5	0.44	2 kitkats (42 g) Kit Kat 2 Finger Milk Chocolate Biscuit Bars Multipack, 9 Pack
A1	1.1	Ppens		Gravy Granules		Tesco	0.73	1	1	20.0	0.04	10 g Tesco Beef Gravy Granules 200G
A1	1.1	Ppens		Kallo Very Low Salt Chicken Stock Cubes		Tesco	1.00	1	1	9.6	0.10	5 g Kallo Very Low Salt Organic Chicken Stock Cubes 60G
A1	1.1	Ppens		Leeks, raw		Tesco	1.29	2	1	2.2	0.59	228 g (80 x 1.43 = 126 g) Tesco Leeks 500G
A1	1.1	Ppens		Milk, semi-skimmed, pasteurised, average		Tesco	1.45	1	3	1.1	3.93	6161 ml Tesco British Semi Skimmed Milk 2.272L, 4 Pints
A1	1.1	Ppens		Mixed Salad Leaves		Tesco	1.35	1	3	1.4	2.84	336 g Tesco Beetroot Salad 160g
A1	1.1	Ppens		Mixed herbs, dried		Tesco	1.00	1	1	25.7	0.04	0.70 g Tesco Mixed Herbs 18G
A1	1.1	Ppens		Mushrooms, fried in olive oil		Tesco	1.15	1	1	1.7	0.69	120 g (44 x 1.03 = 45) Tesco Baby Button Mushrooms 200G
A1	1.1	Ppens		Mustard, wholegrain		Tesco	0.70	1	1	9.0	0.08	20 g Tesco Wholegrain Mustard 180G
A1	1.1	Ppens		Oat flakes, rolled		Tesco	1.25	1	1	5.6	0.23	180 g Tesco Scottish Oats Porridge 1Kg
A1	1.1	Ppens		Oil, olive		Tesco	3.30	1	1	1.9	1.78	135 ml (specific gravity 1 tbsp = 15 ml or 12.6 g) Tesco Olive Oil 250ml
A1	1.1	Ppens		Onions, pickled, drained		Tesco	1.00	1	1	5.5	0.18	80 g Tesco Traditional Pickled Onions 440G
A1	1.1	Ppens		Onions, raw		Tesco	0.12	1	2	1.3	0.18	180 g (Fried onions are 60 x 1.09 = 65 x 1.16 = 76) Tesco Brown Onions Loose (240g)
A1	1.1	Ppens		Orange juice, from concentrate		Tesco	1.40	1	3	1.4	2.94	2100 ml Tesco Orange Juice Smooth 1L
A1	1.1	Ppens		Oranges, weighed with peel and pips		Tesco	0.30	1	2	1.0	0.60	2 oranges (400 g) Tesco Oranges Each
A1	1.1	Ppens		Pasta, white, spaghetti, dried,		Tesco	0.75	1	1	3.2	0.24	158 g (boiled, medium portion (53 g dried weight x 2.48 )) Tesco Quick Cook Spaghetti 500G
A1	1.1	Ppens		Pastry, shortcrust, retail		Tesco	1.60	1	1	2.0	0.80	224 g Jus-Rol Shortcrust Block 500G
A1	1.1	Ppens		Pears, average, raw, weighed with core and stalk		Tesco	1.70	1	3	1.0	4.90	11 medium pears (1760 g) Tesco Conference Pears Pack 610G
A1	1.1	Ppens		Peas, frozen		Tesco	1.45	1	1	2.1	0.70	480 g Tesco Garden Peas 1Kg
A1	1.1	Ppens		Peas, mange-tout, fresh		Tesco	1.20	1	1	1.8	0.67	100 g Tesco Mangetout 180g
A1	1.1	Ppens		Pepper, black		Tesco	1.15	1	1	35.7	0.03	0.70 g Tesco Ground Black Pepper 25G

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A1	1.1	Ppens		Peppers, chilli, red, raw		Tesco	0.86	1	1	8.3	0.10	3 g Tesco Bird Eye Chillies 25G
A1	1.1	Ppens		Peppers, capsicum, green, raw		Tesco	0.59	1	2	1.0	1.18	2 whole green pepper (320 g) Tesco Green Peppers Each
A1	1.1	Ppens		Peppers, capsicum, red, raw		Tesco	0.59	1	1	1.0	0.59	1 red pepper (160 g) Tesco Red Peppers Each
A1	1.1	Ppens		Pork, loin chops, raw weight with bone		Tesco	3.75	2	1	1.0	3.75	330 g (86 x 1.28 = 110 x 128 g) Tesco British Pork Chops 350g
A1	1.1	Ppens		Potato chips, oven ready,		Tesco	1.99	1	1	5.0	0.40	300 g Tesco Steak Oven Cut Chips 1.5Kg
A1	1.1	Ppens		Potatoes, old, raw weight		Tesco	1.39	1	1	3.2	0.44	1330 g (260 x 1.20 = 312 g) Tesco All Rounder Potatoes 2Kg
A1	1.1	Ppens		Rice, white, long grain, easy cook, raw weight		Tesco	2.35	1	1	3.4	0.70	597 g (480 g cooked / 2.31 = 207 g raw weight) Tesco Easy Cook Long Grain Rice 2kg
A1	1.1	Ppens		Fish Pie Mix: Salmon, Haddock & Smoked Pollock		Tesco	3.75	1	1	1.0	3.75	340 g Tesco Fish Pie Mix 340G
A1	1.1	Ppens		Salmon, raw weight		Tesco	4.85	2	1	1.0	4.85	240 g Tesco 2 Boneless Salmon Fillets 260G
A1	1.1	Ppens		Salt		Tesco	2.70	1	1	31.3	0.09	3.2 g Tesco Rock Salt Rinder 100G
A1	1.1	Ppens		Pasta Sauce tomato based, for		Tesco	0.65	1	1	1.8	0.37	285 g Tesco Bolognese Pasta Sauce Jar 500G
A1	1.1	Ppens		Sausages, pork, chilled, grilled		Tesco	2.00	8	1	3.0	0.67	2 sausages (120 g) Tesco British Pork Sausages 8 Pack 454G
A1	1.1	Ppens		Scones, fruit, retail		Tesco	1.65	6	1	3.0	0.55	2 scones (180 g) Tesco Saltana Scone 6 Pack
A1	1.1	Ppens		Soy sauce, reduced salt/sodium		Tesco	0.75	1	1	8.3	0.09	18 g Tesco Light Soy Sauce 150ml
A1	1.1	Ppens		Spinach, frozen		Tesco	1.85	1	1	5.0	0.37	215 g fresh (180 g frozen) Tesco Leaf Spinach 900G
A1	1.1	Ppens		Spring onions, bulbs and tops, fresh		Tesco	0.39	1	1	1.2	0.32	7 spring onions, 1 brunch (82 g) Tesco Bunches Spring Onions 100G
A1	1.1	Ppens		Sugar, white		Tesco	1.09	1	1	11.1	0.10	90 g Granulated Sugar 1Kg
A1	1.1	Ppens		Tea, black, bags		Tesco	1.25	80	1	2.9	0.44	28 tea bags Tesco 80 Teabags 250G
A1	1.1	Ppens		Tomato puree		Tesco	1.20	1	1	11.3	0.11	12 g Tesco Tomato Puree With Herbs 135G
A1	1.1	Ppens		Tomatoes, canned, whole contents		Tesco	0.49	1	2	1.6	0.59	485 g Tesco Italian Chopped Tomatoes 400G
A1	1.1	Ppens		Tomatoes, medium, raw weight		Tesco	0.89	1	2	1.0	1.78	2 medium tomatoes (260 g) Tesco Beef Tomatoes Each
A1	1.1	Ppens		Tomatoes, small, raw weight		Tesco	0.95	6	4	1.2	3.20	19 small tomatoes (1615 g) Tesco Classic Round Tomatoes 6 Pack
A1	1.1	Ppens		Tortilla, wheat flour, soft		Tesco	1.40	8	1	4.0	0.35	2 tortilla (120 g) Tesco Plain Tortillas x8 320G
A1	1.1	Ppens		Tuna, canned in spring water		Tesco	1.20	1	2	1.0	2.40	2 x 110 g cans (220 g) Tesco Drained Tuna Steak In Spring Water 110G
A1	1.1	Ppens		Walkers Less Salt Lightly Salted Multipack Crisps 6 x 25g		Tesco	1.95	6	1	3.0	0.65	2 packets (50 g ) Walkers Lightly Salted Less Salt Multipack Chrrips 6x25g
A1	1.1	Ppens		Yogurt, Greek, plain, low fat		Tesco	1.50	1	1	1.3	1.20	120 g Fage Total 0% Fat Greek Yogurt 150G
A1	8.1	Ppens		Delivery		Tesco	29.94	6	2	52.1	1.15	Off-peak Tesco delivery. (£29.94 for 6 months or 4.99 monthly, £50 minimum basket value)
A1	1.1	Ppens		Xmas food			50.00		1	52.1	0.96	£50 for household for extra food and drink at Xmas. E.g. a bottle of wine to share, a turkey, some cake or Christmas pudding.

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A2	11.1	Ppens		Eating out			50.33	1	1	4.3	11.58	Eating out once a month in a restaurant/pub, two courses and a drink. £30 per person each time.  £30 each=£60 minus cost of a full meal (including drink & dessert) baked salmon, salmon (240G)=£4.85, Rice (200G)=£0.24, Peas (120g)=£0.17, carrot (180g)=£0.12, broccoli=£0.33=£5.71 apple crumble- Apples(340g)=£1.43, butter(20g)=£0.07, Flour(50g)-£0.03, sugar(30g)=£0.03, custard powder(21g)=£0.19, milk(375ml)=£0.24=£1.96 Wine(250ml)=£2.00 £5.71+£1.96-£2.00=£9.67 £60-£9.67=£50.33
A2	11.1	Ppens		Take away			18.29	1	1	4.3	4.21	Takeaway once a month. £12 per person, per time.  £12 each=£24 for the couple minus the cost of 1 meal baked salmon, salmon (240G)=£4.85, Rice (200G)=£0.24, Peas (120g)=£0.17, carrot (180g)=£0.12, broccoli=£0.33=£5.71 £24.00-5.71=£18.29
											<b>A: Food and Non-Alcoholic Beverages</b>	<b>£ 124.66</b>
											A1: Food	£ 108.87
											A2: Catering	£ 15.79

MIS 2024 REBASE

B: Alcohol

Partnered pensioners

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	Ppens		Beer		Tesco	4.75	6	1	1	4.75	6 cans of lager (6 x 330 ml) per week, shared throughout the week	Heineken 0.0% Alcohol Free Lager Beer Can 6x330ml
B1A	2.1	Ppens		Wine		Tesco	6.00	1	1	1	5.54	1 bottle wine per week, shared over a weekend. 1 bottle (750 ml), white, medium. Minus one serving of 125ml per month each out. 12582=250 250/4.3=58ml per week 750-58=692 £6.00/750=0.008 0.008*692=£5.54	Marques De Los Zancos Rioja 75Cl
B1B	11.1	PPens		Wine		Greene King (Heathley Park - Pub & Grill)	3.79	1	2	1.00	1.74	125ml glass of wine with meal out once a month each £3.79/4.34=£0.87 0.87 x 2=£1.74	125ml glass of wine £3.79 (EL PICO SAUVIGNON BLANC, CHILE 12%) priced at Greene King pub
												<b>B: Alcohol and Tobacco</b>	<b>£ 12.03</b>
												B1: Alcohol	£ 12.03
												B1A: Alcohol at Home	£ 10.29
												B1B: Alcohol Away From Home	£ 1.74

MIS 2024 Rebase

C: Clothing and footwear

Partnered pensioners

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	Ppens	Female, underwear	Pants		M&S	7.00	5	2	52.1	0.27	10 pairs needed. From M&S/Next. 1 year.	5pk Cotton Lycra High Leg Knickers (available in different styles and colours)
C	3.1	Ppens	Female, underwear	Bras		M&S	14.00	1	1	52.1	0.27	4 bras from M&S. From M&S/Next. 1 year.	Cleo Lace Wired Balcony Bra (F-H)
C	3.1	Ppens	Female, underwear	Bras		M&S	32.00	3	1	52.1	0.61	4 bras from M&S. From M&S/Next.1 year.	3 Pack Wired Full Cup Bras F-H
C	3.1	Ppens	Female, underwear	Socks (ankle)		Matalan	3.00	5	1	156.4	0.02	5 pairs of ankle socks lasting 3 years. From the supermarket/Primark/Matalan/New Look	5 Pack Black Ankle Socks - One Size
C	3.1	Ppens	Female, underwear	Socks (trainer)		Matalan	4.50	5	1	156.4	0.03	5 pairs of trainer socks lasting 3 years. From the supermarket/Primark/Matalan/New Look	5 Pack soft touch bamboo Trainer Socks
C	3.1	Ppens	Female, underwear	Tights (opaque)		M&S	5.00	3	2	52.1	0.19	5 pairs of opaque tights from the supermarket/Primark/Matalan/New Look . 1 year.	3 Pack 60 Denier supersoft opaqueTights black
C	3.1	Ppens	Female, underwear	Tights (sheer)		Asda	4.00	5	1	26.1	0.15	5 pairs of sheer tights from the supermarket/Primark/Matalan/New Look. 6 months.	5 Pack 15 Denier sheer Tights (black or hazelnut)
C	3.1	Ppens	Female, main clothing	Vest tops/camisoles		Asda	3.00	1	7	104.3	0.20	7 vest tops from supermarket/Primark/Matalan/New Look. 2 years.	Basic Jersey Vest Top (range of styles and colours available at this price, including 'spaghetti strap' style)
C	3.1	Ppens	Female, main clothing	Thermal top		Sports Direct	10.00	1	3	156.4	0.19	3 thermal tops. From supermarket/Primark/Matalan/New Look. 3 years.	Campri Thermal Top Ladies - Black (available in black or white)
C	3.1	Ppens	Female, main clothing	T-shirts (short sleeved)		Primark	3.00	1	5	104.3	0.14	5 short sleeved t-shirts needed. From supermarket/Primark/Matalan/New Look. 2 years.	Stretch Crew T-shirt (range of styles and colours)
C	3.1	Ppens	Female, main clothing	T-shirts (long sleeved)		Asda	5.00	1	5	104.3	0.24	5 long sleeved t-shirts needed. From supermarket/Primark/Matalan/New Look. 2 years.	Crew Neck Long Sleeve Top (5 colours available)
C	3.1	Ppens	Female, main clothing	Blouse (smart)		New Look	17.99	1	1	104.3	0.17	1 smart blouse with buttons or shirt. From supermarket/Primark/Matalan/New Look/Next/M&S. 2 years.	Pale grey Long Sleeve Shirt (in 5 colours)
C	3.1	Ppens	Female, main clothing	Blouse (casual)		Asda	12.00	1	1	104.3	0.12	1 casual blouse or shirt. From supermarket/Primark/Matalan/New Look/Next/M&S. 2 years.	Black floral Popover Blouse (various colours / patterns)
C	3.1	Ppens	Female, main clothing	Trousers (smart)		Asda	16.00	1	2	104.3	0.31	2 pairs of smart trousers, 1 light, 1 dark from supermarket/Primark/Matalan/New Look/Next/M&S. 2 years.	Twill tapered trousers (3 colours incl cream and black and wide leg option)
C	3.1	Ppens	Female, main clothing	Leggings		Primark	5.00	1	3	104.3	0.14	3 pairs of leggings from supermarket/Primark/Matalan/New Look. 2 years.	High waist Leggings (black, navy, grey)
C	3.1	Ppens	Female, main clothing	Jogging bottoms		Primark	7.00	1	2	104.3	0.13	2 pairs of jogging bottoms from supermarket/Primark/Matalan/New Look. 2 years .	Drawstring joggers (5 colours)
C	3.1	Ppens	Female, main clothing	Jeans		Asda	17.00	1	3	104.3	0.49	3 pairs of jeans or jeggings from supermarket/Primark/Matalan/New Look. 2 years .	Dark wash skye straight leg jeans (3 colours and different styles at this price)
C	3.1	Ppens	Female, main clothing	Dress (summer)		Asda	18.00	1	1	156.4	0.12	1 summer dress from supermarket/Primark/Matalan/New Look. 3 years.	Green floral shirred midi dress short sleeves
C	3.1	Ppens	Female, main clothing	Dress (winter)		Asda	22.00	1	1	260.7	0.08	1 winter dress from supermarket/Primark/Matalan/New Look. 5 years.	Balck floral textured midi dress long sleeves
C	3.1	Ppens	Female, main clothing	Dresses (occasion)	Apricot	Next	35.00	1	2	521.4	0.13	2 occasion dresses from Next./supermarket/Primark/Matalan/New Look. 10 years.	Apricot blue miniature rose fuffie midi Dress (range of styles at price point)

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	Ppens	Female, main clothing	Skirt (summer)		Matalan	20.00	1	1	260.7	0.08	1 long summer skirt from supermarket/Primark/Matalan/New Look. 5 years .	Blue and white leaf print Midi Skirt
C	3.1	Ppens	Female, main clothing	Skirt (winter)		Matalan	26.00	1	1	260.7	0.10	1 long winter skirt from supermarket/Primark/Matalan/New Look. 5 years .	Roman black foral print midi stretch skirt
C	3.1	Ppens	Female, main clothing	Jumpers (light)		Asda	14.00	1	1	104.3	0.13	1 lightweight jumper. From supermarket/Primark/Matalan/New Look. 2 years	Ochre stripe lightweight knitted Jumper
C	3.1	Ppens	Female, main clothing	Jumpers (thick)		Sainsbury's	14.00	1	3	107.4	0.39	3 thick jumpers. From supermarket/Primark/Matalan/New Look. 2 years	Cream Cropped Roll Neck Cable Knit Jumper (choice of colours and styles at price point)
C	3.1	Ppens	Female, main clothing	Hoody		Asda	10.00	1	2	107.4	0.19	2 zip-up hoodies from supermarket/Primark/Matalan/New Look. 2 years.	Grey Zip through Hoodie
C	3.1	Ppens	Female, main clothing	Cardigans (light)		Asda	12.00	1	1	107.4	0.11	2 cardigans, 1 light, 1 thick. From supermarket/Primark/Matalan/New Look. 2 years	Black long sleeve button up Cardigan
C	3.1	Ppens	Female, main clothing	Cardigans (thick)		Asda	14.00	1	1	107.4	0.13	2 cardigans, 1 light, 1 thick. From supermarket/Primark/Matalan/New Look. 2 years	Navy knitted midi cardigan (4 colours)
C	3.1	Ppens	Female, accessories	Winter hat		Asda	8.00	1	2	1074.3	0.01	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 20 years	Rib knitted beanie (4 colours)
C	3.1	Ppens	Female, accessories	Winter gloves		Asda	6.00	2	2	107.4	0.11	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 2 years.	Pink striped cuff knitted gloves
C	3.1	Ppens	Female, accessories	Winter scarves		Asda	12.00	1	2	1074.3	0.02	2 sets of hats, gloves, scarves from supermarket/Primark/Matalan/New Look. 20 years	Striped Pink knitted scarf (2 colours)
C	3.1	Ppens	Female, accessories	Sun hat		Asda	10.00	1	1	268.6	0.04	1 sun hat from supermarket/Primark/Matalan/New Look. 5 years	Ribbon trim straw hat
C	3.1	Ppens	Female, accessories	Scarves (light)		Sainsbury's	9.00	1	2	537.1	0.03	4 accessory scarves, 2 dark, 2 light, from supermarket/Primark/Matalan/New Look. 10 years	Cream butterfly / orange print Scarf
C	3.1	Ppens	Female, accessories	Scarves (dark)		New look	10.99	1	2	537.1	0.04	4 accessory scarves, 2 dark, 2 light, from supermarket/Primark/Matalan/New Look. 10 years	Black Leopard Print / black fray trim Scarf
C	3.1	Ppens	Female, outer clothing	Coat (winter)		Sports Direct	75.00	1	1	537.1	0.14	1 everyday waterproof coat, length past knee. From supermarket/Primark/Matalan/New Look. 10 years	Craghoppers Cairness Jacket (4 colours)
C	3.1	Ppens	Female, outer clothing	Coat (smart)		Primark	35.00	1	1	521.4	0.07	1 smart mac from Primark or Matalan. 10 years.	Double-Breasted trench coat
C	3.1	Ppens	Female, outer clothing	Anorak		Sports Direct	16.00	1	1	537.1	0.03	Short anorak from supermarket/Primark/Matalan/New Look. 10 years	Regatta Lalita Jckt Ld99 (4 colours)
C	3.1	Ppens	Female, outer clothing	Waterproof		Sports Direct	19.99	1	1	537.1	0.04	Packamac from supermarket/Primark/Matalan/New Look. 10 years	Gelert Packaway Waterproof Jacket Ladie
C	3.1	Ppens	Female, outer clothing	Jacket (summer)		Primark	17.00	1	1	537.1	0.03	1 lightweight or denim jacket. From supermarket/Primark/Matalan/New Look. 10 years	Denim Jacket (in 2 colours)
C	3.1	Ppens	Female, outer clothing	Jacket (smart)		Asda	25.00	1	1	537.1	0.05	1 blazer. From supermarket/Primark/Matalan/New Look. 10 years	Button up blazer (3 colours)
C	3.1	Ppens	Female, swimwear	Swimming costume		Asda	18.00	1	2	537.1	0.07	2 swimsuits from supermarket/Primark/Matalan/New Look. 10 years	Pink Wrap Swimsuit (range of styles/patterns at price point)
C	3.1	Ppens	Female, nightwear	Nighties		Peacocks	12.00	1	3	268.6	0.13	3 nighties from supermarket/Primark/Matalan/New Look. 5 years	White broderie long nightdress (other styles / patterns at this price)

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	Ppens	Female, nightwear	Pyjamas		Asda	18.00	1	3	268.6	0.20	3 sets of pyjamas. from supermarket/Primark/Matalan/New Look. 5 years	Blue checked shirt pyjamas
C	3.1	Ppens	Female, nightwear	Dressing gown (winter)		Asda	18.00	1	1	537.1	0.03	1 thick dressing gown. From supermarket/Primark/Matalan/New Look. 10 years	Rust borg hooded dressing gown
C	3.1	Ppens	Female, nightwear	Dressing gown (summer)		Asda	16.00	1	1	537.1	0.03	1 lightweight dressing gown. From supermarket/Primark/Matalan/New Look. 10 years	Black Satin lace trim Dressing Gown
C	3.1	Ppens	Female, accessories	Belts		Asda	6.00	1	2	104.3	0.02	2x belts, 1 black, 1 brown. From supermarket/Primark/Matalan/New Look. 2 years	Tan circular gold buckle belt (also available in black)
C	3.1	Ppens	Male, underwear	Pants		Primark	5.00	3	5	52.1	0.48	14 pairs of pants needed,. From Primark/supermarket. 1 year	3pk Essential Boxer Briefs
C	3.1	Ppens	Male, underwear	Socks (trainer)		George, ASDA	3.50	5	2	52.1	0.13	7 pairs needed. From Primark/supermarket. 1 year.	5 pack cotton rich trainer liner socks (in black or white)
C	3.1	Ppens	Male, underwear	Socks (ankle)		George, ASDA	4.00	7	1	52.1	0.08	Ankle socks. 7 pairs needed from Primark/supermarket. 1 year..	Black Ankle Socks 7pk
C	3.1	Ppens	Male, underwear	Socks (thermal)		Primark	7.00	3	1	156.4	0.04	2 pairs of thermal socks. From primark/supermarket. 3 years.	3pk Thermal Crew Socks
C	3.1	Ppens	Male, main clothing	Vests		Asda	10.00	3	5	52.1	0.96	14 needed. Primark/supermarket. 1 year	3pk Sleeveless Vests (in white or black)
C	3.1	Ppens	Male, main clothing	Thermal tops		George, ASDA	10.00	1	2	156.4	0.13	2 thermal sets (long sleeve tops and bottoms). From Primark/supermarket. 3 years	Grey Long Sleeve Ribbed Thermal Top
C	3.1	Ppens	Male, main clothing	Thermal bottoms		George, ASDA	10.00	1	2	156.4	0.13	2 thermal sets (long sleeve tops and bottoms). From Primark/supermarket. 3 years	Grey Ribbed Thermal Long Johns
C	3.1	Ppens	Male, main clothing	Shirts (smart)		Asda	10.00	1	2	156.4	0.13	2 needed. From Primark/supermarket. 3 years.	Light blue Long Sleeve Formal Shirt (regular/slim fit, other cols available)
C	3.1	Ppens	Male, main clothing	Shirts (casual)		Asda	14.00	1	3	156.4	0.27	3 needed. From Primark/supermarket. 3 years	Stone long sleeve oxford shirt (price point includes long and short sleeved and different designs)
C	3.1	Ppens	Male, main clothing	T shirts (short sleeved)		Primark	2.50	1	3	52.1	0.14	3 needed. From Primark/supermarket. 1 year	Crew neck regular fit T shirt (8 colours)
C	3.1	Ppens	Male, main clothing	T shirts (long sleeved)		Asda	7.00	1	3	52.1	0.40	3 needed. From Primark/supermarket. 1 year	Crew neck Long Sleeve Top (6 colours available)
C	3.1	Ppens	Male, main clothing	Jumpers	Tu	Sainsbury's	12.00	1	2	260.7	0.09	2 v-neck jumpers needed. From Primark/supermarket. 5 years.	Pale Grey Marl V-Neck Jumper
C	3.1	Ppens	Male, main clothing	Cardigan		Sports Direct	18.00	1	2	260.7	0.14	2 cardigans needed, Primark/supermarket. 5 years.	Studio Cable Knit Shawl Cardigan Navy
C	3.1	Ppens	Male, main clothing	Sweaters		Asda	15.00	1	2	260.7	0.12	2 crew-neck sweaters needed. From Primark/supermarket. 5 years.	Charcoal textured knitted crew neck jumper (8 colours)
C	3.1	Ppens	Male, main clothing	Jeans		Asda	17.00	1	4	208.6	0.33	4 pairs needed. From Primark/supermarket.4 years.	Loose fit Jeans with stretch (choice of 4 colours)
C	3.1	Ppens	Male, main clothing	Trousers		George, ASDA	16.00	1	4	260.7	0.25	4 pairs of everyday, casual trousers. From Next. 5 years.	Navy Straight Fit Stretch Chino Trousers (7 colours and 2 types of fit at same price point)
C	3.1	Ppens	Male, main clothing	Jogging bottoms		Primark	6.00	1	2	156.4	0.08	2 pairs needed. From Primark/supermarket. 3 years	Drawstring jogging bottoms (3 colours + different styles at same price)
C	3.1	Ppens	Male, main clothing	Track suit		Sports Direct	19.99	1	1	52.1	0.38	1 needed. From Primark/supermarket. 1 year	Slazenger men's performance tracksuit Black/Charcoal/White
C	3.1	Ppens	Male, main clothing	Shorts		George, ASDA	12.00	1	3	208.6	0.17	3 pairs of shorts. From Primark/supermarket. 4 years.	Chino Shorts (9 colours)
C	3.1	Ppens	Male, main clothing	Suit		Next	95.00	1	2	156.4	1.21	2 suits. 1 black, 1 blue or grey. From Next. 3 years.	2 piece suit Regular/ slim fit (9 colours)
C	3.1	Ppens	Male, main clothing	Jacket (light)		George, ASDA	24.00	1	1	156.4	0.15	1 summer lightweight jacket. From supermarket/Primark. 3 years	Khaki Lightweight Zip Through Hooded Jacket (in 4 colours)
C	3.1	Ppens	Male, main clothing	Coat (winter)		Next	75.00	1	1	521.4	0.14	1 heavy winter coat needed. E.g. Parka. From Next. 10 years.	Threadbare fur trim hooded Longline Padded Coat
C	3.1	Ppens	Male, main clothing	Coat (smart)		Next	95.00	1	1	1303.6	0.07	1 smart coat, longer length. From Next. 25 years.	Black Epsom overcoat
C	3.1	Ppens	Male, main clothing	Waterproof		Sports Direct	32.99	1	1	156.4	0.21	1 waterproof jacket. From supermarket/Primark. 3 years	Gelert Horizon Ultimate Waterproof Jacket

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	Ppens	Male, sportswear	Swimming trunks		George, ASDA	6.00	1	2	156.4	0.08	2 pairs needed. 3 years	Cobalt Blue Swim Shorts
C	3.1	Ppens	Male, main clothing	Dressing gown (summer)		George, ASDA	18.00	1	1	260.7	0.07	2 dressing gowns (summer/winter. From Primark/supermarket. 5 years.	Navy Waffle Texture Lightweight Dressing Gown
C	3.1	Ppens	Male, main clothing	Dressing gown (winter)		George, ASDA	18.00	1	1	260.7	0.07	2 dressing gowns (summer/winter. From Primark/supermarket. 5 years.	Grey Fleece Dressing Gown
C	3.1	Ppens	Male, main clothing	Pyjamas		George, ASDA	12.00	1	2	260.7	0.09	2 pairs needed. From Primark/supermarket. 5 years	Striped Jersey Short Sleeve Pyjamas
C	3.1	Ppens	Male, accessories	Hat, winter		Go Outdoors	5.00	1	2	104.3	0.10	2 woolly hats. From Primark/supermarket. 2 years.	Peter Storm thinsulate knit beanie hat
C	3.1	Ppens	Male, accessories	Gloves		Go Outdoors	5.00	1	1	104.3	0.05	Winter gloves. From primark/supermarket. 2 years	Peter Storm thinsulate fleece gloves
C	3.1	Ppens	Male, accessories	Scarf (winter)		Sports Direct	8.00	1	1	260.7	0.03	Winter scarf from Primark/supermarket. 5 years	Regatta multi scarf
C	3.1	Ppens	Male, clothing accessories	Ties		Matalan	5.00	1	3	1042.9	0.01	3 ties needed, Primark/supermarket. 20 years.	Taylor & Wright navy floral tie(other patterns available) and black
C	3.1	Ppens	Male, clothing accessories	Belt (fabric)		Primark	4.00	1	1	156.4	0.03	2 belts (brown/black). 1 fabric, 1 leather. From supermarket/Primark. Leather 25 years and fabric 3 years	Webbing Metal Clasp Belt (black)
C	3.1	Ppens	Male, clothing accessories	Belt (leather)		Primark	8.00	1	1	1303.6	0.01	2 belts (brown/black). 1 fabric, 1 leather. From supermarket/Primark. Leather 25 years and fabric 3 years	Grained leather belt (available in black and brown)
C	3.1	Ppens	Male, clothing accessories	Braces		Matalan	7.00	1	1	521.4	0.01	1 set of braces (dark). From supermarket/Primark. 10 years	Black Braces
C	3.1	Ppens	Male clothing, accessories	Hat, summer		George, ASDA	3.00		1	104.3	0.03	1 cap needed. From Primark/supermarket. 2 years	Essentials Baseball Cap (8 colours)
												<b>C: Clothing and footwear</b>	<b>£ 13.05</b>

MIS 2024 REBASE

C: Clothing and footwear

Partnered pensioners

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	PPens	Female, footwear	Slippers (summer)		Asda	4.50	1	1	104.3	0.04	2 pairs, 1 summer, 1 winter. From supermarket/M+S/Matalan/Next/New Look. 2 years	Light grey marl open toe slippers
C	3.2	PPens	Female, footwear	Slippers (winter)		Asda	8.50	1	1	104.3	0.08	2 pairs, 1 summer, 1 winter. From supermarket/M+S/Matalan/Next/New Look. 2 years	Grey plait full back slippers
C	3.2	PPens	Female, footwear	Shoes (casual)		New Look	29.99	1	3	104.3	0.86	3 pairs of comfy, casual flat shoes, e.g. loafer or moccasins. 1 light, 1 dark, 1 tan. From supermarket/Primark/Matalan/New Look. 2 years	Black suedette tassel loafers (different colours and styles incl wide fit at price point)
C	3.2	SFP	Footwear	Sandals		Asda	12.50	1	1	52.1	0.24	1 pair of sandals. From supermarket/Primark/Matalan/New Look. Lasting 1 year.	Black Toe Post Footbed Sandals
C	3.2	PPens	Female, footwear	Trainers		Primark	14.00	1	2	104.3	0.27	2 pairs of trainers from supermarket/Primark/Matalan/New Look. 2 years	Constrast sole low top trainers (sport and slip on style available at price point)
C	3.2	PPens	Female, footwear	Wellington boots		Asda	17.00	1	1	1042.9	0.02	1 pair of wellington boots From supermarket/Primark/Matalan/New Look. 20 years	Navy stripe wellingtons
C	3.2	PPens	Female, footwear	Boots (knee)		Matalan	40.00	1	1	104.3	0.38	1 pair of knee-high boots. Sturdy, winter. From supermarket. from supermarket/Primark/Matalan/New Look. 2 years	Where's That From Parker Knee High Boots, Black faux leather
C	3.2	PPens	Female, footwear	Boots (ankle)		Deichmann	39.99	1	1	104.3	0.38	1 pair of ankle boots. Sturdy, winter. From supermarket. from supermarket/Primark/Matalan/New Look. 2 years	Landrover brock lace up / zip ankle boot
C	3.2	PPens	Female, footwear	Walking boots		Sports Direct	30.00	1	1	417.1	0.07	Walking boots, same as SMP: Sports Direct/JD. 8 years	Karrimor Aspen mid ladies walking boots
C	3.2	PPens	Male, footwear	Slippers		ASDA	8.00	1	1	104.3	0.08	1 pair needed. Supermarket/Primark. 2 years.	Navy Suede Effect Full Back Slippers
C	3.2	PPens	Male, footwear	Shoes (smart)		Next	35.00	1	3	208.6	0.50	3 pairs needed. From Next. 4 years.	Derby Shoes (choice of 3 colours, also available in brogue style)
C	3.2	PPens	Male, footwear	Trainers		Sports Direct	22.99	1	2	104.3	0.44	2 pairs needed. Sports Direct/JD. 2 years	Slazenger Force mesh Mens Trainers
C	3.2	PPens	Male, footwear	Wellington boots		George, ASDA	16.00	1	1	1042.9	0.02	From supermarket/Primark/Matalan/New Look. 20 years	Green Wellington Boots
C	3.2	PPens	Male, footwear	Walking boots		Sports Direct	39.00	1	1	417.1	0.09	1 pair of walking boots. Sports Direct/JD. 8 years	Hi Tec Caha II Wp Walking Boot mens, waterproof
												<b>C: Clothing and Footwear</b>	<b>£ 3.48</b>

MIS 2024 REBASE

D: Housing costs

Partnered pensioners

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	Ppens	Rent	Rent			110.81		1	1.0	110.81	Two bedroom social housing.	Taken from CORE data and uprated using rent inflation values. East Midlands.
D3	4.4	Ppens	Water supply	Water rates			568.77		1	52.1	10.91		2023 weekly cost was £9.51 Severn trent increase in total bill for typical unmetered households was 14.7%
D4	NA	Ppens	Council tax	Council tax			1486.46		1	52.1	28.51		
D5	12.1	Ppens	Contents insurance	Contents insurance		Saga (via MoneySuperMarket.com)	57.53		1	52.1	1.10	Contents insurance including accidental damage cover, with £50 excess.	Contents insurance for pensioner couple in 2-bedroom flat. £50,000 cover level. Paid with £4.84 deposit and then 11 months x £4.79 = £57.53 total annual cost.
D6	4.5	Ppens	Electricity, gas and other fuels	Fuel			1616.21		1	52.1	31.00		
D7	4.3	Ppens	Home maintenance	Decorating and other home maintenance			200.00		1	52.1	3.84	£200 every year. Hiring a decorator every 5 years	

<b>D: Housing Costs</b>	<b>£</b>	<b>186.16</b>
D1: Rent		110.81
D3: Water		10.91
D4: Council Tax		28.51
D5: Household insurance		1.10
D6: Fuel		31.00
D7: Other housing costs		3.84

MIS 2024 REBASE

E: Household goods and services

Partnered pensioners

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	4.3	PPens	Security	Locking door chain		B&Q	10.24	1	1	1303.6	0.01	Cheapest recognisable brand and strong. Argos/Wilko/Homebase/B+Q/supermarket/Primark/B+M. 25 years.	Carlisle Brass Polished Chrome Heavy Door Chain (AA75CP)
E1	4.3	PPens	Security	Door viewer		B&Q	4.61	1	1	1303.6	0.00	Cheapest okay. Argos/Wilko/Homebase/B+Q/supermarket/Primark/B+M. 25 years.	Smith & Locke Chrome-plated Galvanised Zinc alloy 180° Door viewer, (Dia)25.9mm
E1	5.2	PPens	Hall	Door mat		Argos	5.50	1	1	260.7	0.02	For outside. Coir mat. From Dunelm/B+Q/The Range/Argos. 5 years.	Argos Home Coir Flatweave Doormat - 40 x 60cm - Natural
E1	5.1	PPens	Hall	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. From Dunelm/B+Q/The Range/Argos. Hallway lampshade to be clear (e.g. glass/plastic) so that it's brighter. 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	PPens	Hall	Light bulb		Tesco	2.00	1	1	521.4	0.01	LED, 1 needed for main light	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.5	PPens	Hall	Coat hooks		The Range	9.99	1	1	1042.9	0.01	Row of 4 coat hooks. From Dunelm/B+Q/The Range/Argos. 20 years	Four Chrome Half-Ribbed Hooks On Grey Hook Rail
E1	5.5	PPens	Hall	Mirror		Dunelm	10.00	1	1	1303.6	0.01	Half mirror, with or without frame okay. From Dunelm/B+Q/The Range/Argos. 25 years.	Essentials Square Wall Mirror
E1	5.1	PPens	Living area	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	Cheapest fabric lampshade. From Dunelm/B+Q/The Range/Argos. Hallway lampshade to be clear (e.g. glass/plastic) so that it's brighter. 10 years. IG2 said budget of £25 per lampshade, replaced every 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	PPens	Living area	Light bulb		Tesco	3.50	2	2	521.4	0.01	4 needed for main light, table lamp, and parent-child lamp	Tesco LED Classic 60W Bayonet Cap 2 pack
E1	5.2	PPens	Living area	Curtains		Argos	45.00	2	1	782.1	0.06	Curtains from Dunelm/B+Q/The Range/Argos. 15 years.	Habitat Plain Blackout Eyelet Curtains - Cream. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	PPens	Living area	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	PPens	Living area	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	For privacy, two up from the cheapest. Retailers: B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	PPens	Living area	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years	Net Curtain Wire
E1	5.1	PPens	Living area	Sofa (3 seater)		DFS	799.00	1	1	782.1	1.02	1x 3-seater sofa. From DFS/Sofa World/Houseing Unit. Comfy fabric. Mid-mid range. 15 years.	Mallow 3-seater sofa
E1	5.1	PPens	Living area	Armchair		DFS	699.00	1	1	782.1	0.89	From DFS/Sofa World/Houseing Unit. Comfy fabric. power recliner. Mid-mid range. 15 years.	Mallow Power Recliner Chair (4 colours)

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	PPens	Living area	Foot stool		DFS	299.00	1	1	782.1	0.38	From DFS/Sofa World/Houseing Unit. Comfy fabric matching sofa. Mid-mid range. 15 years.	Mallow Storage Foot Stool
E1	5.1	PPens	Living area	Extension lead		Argos	11.99	1	2	1564.3	0.02	2 x 4-plug extension lead needed for the electric recliner chair, as well as other items such as lamps. A longer cable (3-4 metres) would provide more choice and flexiblity with room lay-outs. 30 years.	Masterplug 4 Socket 5 Metre Extension Lead
E1	5.2	PPens	Living area	Cushions		Dunelm	8.00	1	4	260.7	0.12	4 cushions approx. £10 each (including covers), with a choice of sizes and colours, for comfort and homeliness. From Wilko / B&M / Home Bargains / Dunelm /supermarket / market. 5 years.	Global Slub Cushion (choice of 4 colours)
E1	5.1	PPens	Living area	Side tables		Oak Furnitureland	219.00	3	1	1303.6	0.17	Solid, not flat pack. From local furniture warehouse/House of Fraser/The Range/Home Bargains. 25 years.	Orrick Rustic Solid Oak Nest of Tables
E1	5.1	PPens	Living area	Storage unit		Dunelm	249.00	1	1	1303.6	0.19	Sideboard, fully assembled. 25 years.	Bromley Extra Wide TV Unit, Oak
E1	5.1	PPens	Living area	Personalisation			40.00	1	1	52.1	0.77	£40. 5 years.	
E1	5.1	PPens	Living area	Table lamp		George, ASDA	20.00	1	1	782.1	0.03	1x table lamps. Approx. £25 per lamp. From Dunelm/B+Q/The Range/Argos. 15 years.	Cream Fluted Linen Large Table Lamp
E1	5.1	PPens	Living area	Floor lamp		B&Q	25.00	1	1	782.1	0.03	1 floor lamp. 2 up from bottom, 15 years	175cm Bronze Metal E27&E14 Base Mother&child Floor Light Floor Lamp with Individual Switch
E1	5.1	PPens	Dining area	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	£25 per lampshade. From Dunelm/B+Q/The Range/Argos. Hallway lampshade to be clear (e.g. glass/plastic) so that it's brighter. 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	PPens	Dining area	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.2	PPens	Dining area	Curtains		Argos	45.00	2	1	782.1	0.06	Curtains. Dunelm/B+Q/The Range/Argos. 15 years.	Habitat Plain Blackout Eyelet Curtains - Cream. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	PPens	Dining area	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	PPens	Dining area	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	For privacy, two up from the cheapest. Retailers: B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	PPens	Dining area	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years.	Net Curtain Wire
E1	5.1	PPens	Dining area	Dining table		Argos	220.00	1	1	1042.9	0.21	Extendable table, seating 4-6. Not flat pack. Cheapest solid. From local furniture warehouse/House of Fraser/The Range/Home Bargains. 20 years	Habitat Miami Curve Extending Oak Effect Dining Table
E1	5.1	PPens	Dining area	Dining chairs (solid)		Argos	70.00	2	2	1042.9	0.13	4 solid dining chairs. Not flat pack. Cheapest solid. From local furniture warehouse/House of Fraser/The Range/Home Bargains. 20 years	Habitat Chicago Pair of Dining Chairs - White
E1	5.1	PPens	Dining area	Dining chairs (folding)		Argos	18.00	1	2	521.4	0.07	2 folding dining chairs, metal. From local furniture warehouse/House of Fraser/The Range/Home Bargains. 10 years	Habitat Macadam Metal Folding Chair - White

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E1	5.1	PPens	Dining area	Tablemats + coasters		B&M	6.00	4	2	521.4	0.02	8 large tablemats, cheapest. Home Bargains/supermarket. 10 years.	Modern Cork Placemat & Coaster Set 8pc
E1	5.5	PPens	Kitchen	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.1	PPens	Kitchen	Blind		Dunelm	32.00	1	1	521.4	0.06	Moisture resistant roller blind. Dunelm/B+Q/The Range/Argos. 10 years.	Silver Blackout Moisture Resistant Roller Blind. 187CM x 162cm drop
E1	5.4	PPens	Kitchen, tableware	Crockery		Argos	16.00	12	2	521.4	0.06	8 needed. Cheapest from supermarket/Home Bargains. 20 years. 10 years.	Argos Home 12 Piece Porcelain Dinner Set - White (8 place settings provided)
E1	5.4	PPens	Kitchen, tableware	Mugs		Argos	10.50	6	1	521.4	0.02	6 needed. In set with crockery or separate . Cheapest from supermarket/Home Bargains. 20 years. IG2 said 10 years.	Argos Home Set of 6 Porcelain Mugs – White
E1	5.4	PPens	Kitchen, tableware	Cutlery		Argos	15.00	16	2	1303.6	0.02	8 place settings. Cheapest set or separate okay. Home Bargains. 25 years.	Argos Home 16 Piece Stainless Steel Square Cutlery Set (8 place settings provided)
E1	5.4	PPens	Kitchen, tableware	Cutlery - teaspoons		B&M	2.00	8	1	1303.6	0.00	6 additional teaspoons in line with singles. Mid-mid/cheapest stainless steel. From supermarket/argos/dunelm/B+M. 25 years.	Stainless Steel Teaspoons 8pk
E1	5.4	PPens	Kitchen, cookware	Teapot		Amazon	11.25	1	1	1564.3	0.01	Stainless steel. From supermarket/argos/dunelm/B+M. 30 years.	1 Ltr Stainless Steel Tea Pot
E1	5.4	PPens	Kitchen, tableware	Sugar bowl		Amazon	3.80	1	1	1564.3	0.00	Stainless steel, matching teapot. From supermarket/argos/dunelm/B+M. 30 years.	Olympia J728 Concorde Sugar Bowl, 5 oz. Capacity, Silver
E1	5.4	PPens	Kitchen, tableware	Milk jug		Amazon	2.02	1	1	1564.3	0.00	Stainless steel, matching teapot. From supermarket/argos/dunelm/B+M. 30 years.	Olympia 10421 Milk Jug, 3 oz./85 mL
E1	5.4	PPens	Kitchen, tableware	Serving spoons		Dunelm	5.00	2	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	Alderley Pair of Serving Spoons
E1	5.4	PPens	Kitchen, tableware	Serving bowls		Dunelm	8.00	1	2	1303.6	0.01	2 pyrex dishes with lids (could be in set or separate). From Home Bargains/supermarket. 20 years. IG2 changed lifetime to 25 years.	Pyrex Essentials Casserole 1L
E1	5.4	PPens	Kitchen, tableware	Tumblers - tall		Dunelm	1.00	1	6	260.7	0.02	6 needed. Cheapest okay. From Homebargains/supermarket. 5 years.	Essentials Highball Glass
E1	5.4	PPens	Kitchen, tableware	Tumblers - short		Dunelm	1.25	1	6	260.7	0.03	6 needed. Cheapest okay. From Homebargains/supermarket. 5 years.	Artemis Tumbler Glass
E1	5.4	PPens	Kitchen, tableware	Wine glasses		Dunelm	1.00	1	6	260.7	0.02	6 needed. Cheapest okay. From Homebargains/supermarket. 5 years.	Essentials Wine Glass
E1	5.4	PPens	Kitchen, tableware	Cruet		Amazon	4.99	2	1	1303.6	0.00	Stainless steel to match teapot. From supermarket/argos/dunelm/B+M. 25 years.	2Pcs Salt and Pepper Shaker, Salt and Pepper Pots, Stainless Steel Salt
E1	5.3	PPens	Kitchen, appliances	Microwave		George, ASDA	49.00	1	1	521.4	0.09	Cheapest analogue from Home Bargains/supermarket. 10 years.	Silver Manual Microwave
E1	5.3	PPens	Kitchen, appliances	Fridge freezer		Currys	819.00	1	1	782.1	1.05	Cheapest B rating 60/40 (no less than a B rating), Currys/independent retailer/online. 15 years	BEKO CNG7603VPX 60/40 Fridge Freezer - Brushed Steel (B rating)
E1	5.3	PPens	Kitchen, appliances	Fridge freezer disposal		Currys	25.00		1	782.1	0.03	From AO/Currys. Recycling of old fridge freezer.	£25 for recycling old fridge freezer.
E1	5.3	PPens	Kitchen, appliances	Cooker		Currys	299.00	1	1	1042.9	0.29	Cheapest with gas hob and electric oven (no less than B rating), Currys/independent retailer/online. 20 years.	INDESIT IS5G4PHSS 50 cm Dual Fuel Cooker - Silver - A rating
E1	5.3	PPens	Kitchen, appliances	Cooker installation and disposal		Currys	125.00		1	1042.9	0.12	From AO/Currys. Installation of new cooker and disposal of the old one.	£100 installation + £25 recycling old one.

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E1	5.3	PPens	Kitchen, appliances	Washing machine		Currys	269.00	1	1	521.4	0.52	Cheapest 8KG (no less than B rating). Currys/independent retailer/online. 10 years.	CANDY Smart CS 148TW4/1-80 NFC 8 kg 1400 Spin Washing Machine - White
E1	5.3	PPens	Kitchen, appliances	Washing machine installation and disposal		Currys	55.00		1	521.4	0.11	Paid installation and disposal for the washing machine if unable to move around and install these heavy items by themselves.	£30 for installation + £25 for recycling the old washing machine.
E1	5.3	PPens	Kitchen, appliances	Toaster		George, Asda	13.00	1	1	260.7	0.05	Cheapest from Home Bargains/supermarket. 8 years. 5 years.	White EPT201W4-20 4 Slice Toaster
E1	5.3	PPens	Kitchen, appliances	Kettle		Argos	11.00	1	1	104.3	0.11	Cheapest from Home Bargains/supermarket. 2 years.	Cookworks WK8321 New Basic Kettle - White
E1	5.3	PPens	Kitchen, appliances	Air fryer		George, Asda	28.00	1	1	156.4	0.18	From supermarket. 3 years.	Black Compact Air Fryer 1.5 Litre
E1	5.4	PPens	Kitchen, cookware	Saucepans		George, Asda	18.00	3	1	521.4	0.03	Cheapest branded, non-stick from Home Bargains/supermarket. 10 years.	Non-stick Aluminium Saucepan Set -3-piece
E1	5.4	PPens	Kitchen, cookware	Frying pan		George, Asda	8.50	2	1	521.4	0.02	Cheapest branded, non-stick from Home Bargains/supermarket. 10 years.	2 Piece Frying Pan Set (non-stick)
E1	5.4	PPens	Kitchen, cookware	Steamer pans		Asda	12.00	3	1	1303.6	0.01	Steamer pans. 25 years.	George Home Stainless Steel 3 Tier Steamer
E1	5.4	PPens	Kitchen, cookware	Knives		Argos	25.00	5	1	1303.6	0.02	Cheapest stainless steel set (blade and handle) needed. Does not need to come with knife block. From Home Bargains/supermarket. 25 years	Argos Home 5 Piece Knife Block Set (stainless steel set)
E1	5.4	PPens	Kitchen, cookware	Knife sharpener		Argos	15.00	1	1	521.4	0.03	Cheapest knife sharpening rod from Home Bargains/supermarket. 10 years.	Richardson Essentials 3 Stage Knife Sharpener
E1	5.4	PPens	Kitchen, cookware	Baking sheets		Asda	1.25	1	2	156.4	0.02	Two needed. Cheapest non-stick from Home Bargains/supermarket. 3 years.	George Home Non-stick Oven Tray 32cm
E1	5.4	PPens	Kitchen, cookware	Scissors		Tesco	1.75	3	1	260.7	0.01	Cheapest set of 3 from supermarket/B+M/Home Bargains. 5 years.	Tesco Scissors 3 Pack
E1	5.4	PPens	Kitchen, cookware	Wooden spoons		The Range	1.99	3	1	260.7	0.01	3 wooden spoons from Home Bargains/supermarket. 5 years.	Pack of 3 Wooden Spoons
E1	5.4	PPens	Kitchen, cookware	Roasting tins		Asda	2.50	1	2	156.4	0.03	Two needed. Cheapest non-stick from Home Bargains/supermarket. 3 years.	George Home Non-Stick Roaster Grey 38cm
E1	5.4	PPens	Kitchen, cookware	Bun tins		Asda	2.00	1	2	156.4	0.03	Two needed. Cheapest non-stick from Home Bargains/supermarket. 3 years.	George Home Non-Stick 6 Cup Muffin Tray
E1	5.4	PPens	Kitchen, cookware	Cake tins		Asda	1.00	1	2	156.4	0.01	Two needed. Cheapest non-stick from Home Bargains/supermarket. 3 years.	George Home Non-stick Sandwich Tin 18cm
E1	5.4	PPens	Kitchen, cookware	Bread tin		The Range	1.99	1	1	156.4	0.01	1 needed. 3 years.	Loaf tin
E1	5.4	PPens	Kitchen, cookware	Cheese grater		Asda	1.50	1	1	1303.6	0.00	Cheapest. From supermarket/B+M/Home Bargains, 25 years.	George Home 4-Sided Grater
E1	5.4	PPens	Kitchen, accessories	Colander		Asda	3.00	1	1	1303.6	0.00	Cheapest. Stainless steel from supermarket/B+M/Home Bargains, 25 years.	George Home Stainless Steel Colander
E1	5.4	PPens	Kitchen, cookware	Sieve		Asda	2.50	1	1	1303.6	0.00	Cheapest. Stainless steel from supermarket/B+M/Home Bargains, 25 years.	George Home Stainless Steel Sieve
E1	5.4	PPens	Kitchen, cookware	Casserole dish		Asda	4.00	3	1	156.4	0.03	Cheapest. From supermarket/B+M/Home Bargains. 3 years.	George Home Ceramic Roasting Dish 26cm
E1	5.4	PPens	Kitchen, accessories	Utensils		George, Asda	14.00	5	1	782.1	0.02	Cheapest utensil set, metal with plastic handle. From Home Bargains/supermarket. 15 years.	Excellence Utensils Set - Set of 5. Nylon and stainless steel. 1 x solid spoon, 1 x slotted spoon, 1 x turner, 1 x masher & 1 x ladle

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E1	5.4	PPens	Kitchen, accessories	Whisk		George, Asda	2.00	1	1	782.1	0.00	Cheapest okay, 15 years.	Silver Large Stainless Steel Whisk
E1	5.4	PPens	Kitchen, accessories	Bread bin		The Range	12.99	1	1	521.4	0.02	Bread tin and biscuit tin (can be in set). Cheapest from Home Bargains/supermarket. 10 years.	Ribbed Oval Bread Bin
E1	5.4	PPens	Kitchen, accessories	Biscuit tin (storage)		The Range	5.99	1	1	521.4	0.01	Bread tin and biscuit tin (can be in set). Cheapest from Home Bargains/supermarket. 10 years.	Round Rib Biscuit Canister
E1	5.4	PPens	Kitchen, accessories	Cutlery tray		B&M	3.50	1	1	521.4	0.01	In-drawer cutlery organiser. From supermarket/B+M/Home Bargains. 10 years	Addis Non-Slip Cutlery Tray - White
E1	5.4	PPens	Kitchen, accessories	Mixing bowls		Asda	3.75	1	2	1303.6	0.01	2 Pyrex. From supermarket/B+M/Home Bargains, 25 years.	Pyrex Glass Mixing Bowl
E1	5.4	PPens	Kitchen, accessories	Tin opener		Asda	0.60	1	1	521.4	0.00	Cheapest. From supermarket/B+M/Home Bargains. 10 years	George Home Metal Butterfly Can Opener
E1	5.4	PPens	Kitchen, accessories	Jar opener		Argos	10.00	1	1	1303.6	0.01	From supermarket/B+M/Home Bargains. 25 years.	Aidapt Living Aids Opening Bundle
E1	5.4	PPens	Kitchen, accessories	Peeler		Asda	0.70	1	1	1303.6	0.00	Cheapest. From supermarket/B+M/Home Bargains, 25 years.	George Home Plastic Peeler
E1	5.4	PPens	Kitchen, accessories	Measuring jug		Asda	0.50	1	1	208.6	0.00	Plastic jug lasting 4 years.	George Home Plastic Measuring Jug
E1	5.4	PPens	Kitchen, accessories	Microwave plate covers		Asda	1.00	1	2	156.4	0.01	2 microwavable plate covers. Cheapest. 3 years.	George Home Microwaveable Plate Cover
E1	5.4	PPens	Kitchen, accessories	Bottle opener		Asda	4.00	1	1	1303.6	0.00	Cheapest. From supermarket/B+M/Home Bargains. 25 years.	George Home Excellence Corkscrew
E1	5.4	PPens	Kitchen, accessories	Chopping boards		Asda	2.00	1	4	260.7	0.03	4 white plastic chopping boards, cheapest ok. From Home Bargains/supermarket. 2 years. 5 years.	George Home Basic White Chopping Board
E1	5.4	PPens	Kitchen, accessories	Oven gloves		Asda	3.50	1	2	104.3	0.07	2x oven gloves. Cheapest from Home Bargains/supermarket. 2 years.	George Home Grey Double Oven Glove
E1	5.4	PPens	Kitchen, accessories	Bin		George, ASDA	10.00	1	1	260.7	0.04	50L swing bin, 5 years.	Black Swing Bin 50L
E1	5.6	PPens	Kitchen, consumables	Bin bags		Tesco	5.35	50	1	50.0	0.11	1 per week	Tesco 50 Refuse Sacks 50L
E1	5.4	PPens	Kitchen, accessories	Compost bin		Dunelm	3.50	1	1	260.7	0.01	Cheapest countertop compost bin. 5 years.	Addis Recycled Plastic Food Waste Caddy
E1	5.4	PPens	Kitchen, accessories	Washing up bowl		Asda	2.00	1	1	104.3	0.02	From supermarket/B+M/Home Bargains. 2 years.	George Home Recycled Plastic Washing Up Bowl Grey
E1	5.4	PPens	Kitchen, accessories	Drainer		Asda	2.00	1	1	104.3	0.02	From supermarket/B+M/Home Bargains. 2 years.	Wham Grey Everyday Dish Drainer
E1	5.4	PPens	Kitchen, accessories	Cake tin (storage)		Dunelm	10.00	3	1	521.4	0.02	No other info given. 10 years.	Dunelm Set of 3 Life Is Cake Tins
E1	5.4	PPens	Kitchen, accessories	Storage containers		Asda	6.00	4	1	156.4	0.04	Cheapest. From supermarket/B+M/Home Bargains. 3 years.	George Home Premium Rectangular Food Storers
E1	5.4	PPens	Kitchen, accessories	Storage canisters		Dunelm	16.00	3	1	521.4	0.03	For tea, coffee, sugar. Ceramic with wooden lid. From supermarket/B+M/Home Bargains. 10 years.	Set of 3 Cream Hang Tag Stacking Canisters
E1	5.4	PPens	Kitchen, accessories	Kitchen roll holder		Dunelm	2.50	1	1	1303.6	0.00	From supermarket/B+M/Home Bargains. 25 years.	White Wire Kitchen Roll Holder
E1	5.6	PPens	Kitchen, laundry	Washing liquid		Tesco	2.19	1	1	10.0	0.22	3 loads per week	Tesco Non Biological Liquid Detergent Super Concentrated 900MI (30 washes)

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E1	5.6	PPens	Kitchen, laundry	Fabric conditioner		Tesco	2.15	1	1	14.0	0.15	3 loads per week	Tesco Fabric Conditioner Pure 42 Washes 1.26L
E1	5.4	PPens	Kitchen, laundry	Airer		Argos	15.00	1	1	1042.9	0.01	Concertina airer from Home Bargains/supermarket. 20 years.	Argos Home 12m 3 Tier Indoor Clothes Airer
E1	5.4	PPens	Kitchen, laundry	Over radiator airer		Tesco	5.00	3	1	1042.9	0.00	Over-radiator airers. From supermarket/B+M/Home Bargains. 20 years.	Tesco Radiator Clothes Airer Pack Of 3
E1	5.3	PPens	Kitchen, laundry	Iron		Tesco	21.00	1	1	260.7	0.08	From supermarket/B+M/Home Bargains. 5 years.	Russell Hobbs 23062 Supreme Steam Iron
E1	5.4	PPens	Kitchen, laundry	Ironing board		Argos	18.00	1	1	521.4	0.03	From supermarket/B+M/Home Bargains. 10 years.	Habitat Medium 110 x 34cm Ironing Board - Skandi Spot
E1	5.4	PPens	Kitchen, laundry	Ironing board cover		Argos	7.00	1	1	52.1	0.13	Ironing board cover. 1 year.	Argos Home 120 x 45cm Ironing Board Cover - Skandi Spot
E1	5.6	PPens	Kitchen, cleaning	Mop & bucket		George, ASDA	25.00	1	1	260.7	0.10	1 needed from Home Bargains/supermarket. 5 years.	Vileda Turbo Smart Mop and Bucket Set
E1	5.6	PPens	Kitchen, cleaning	Mop head		Argos	15.00	2	1	26.1	0.58	1 mop head. 6 months	Vileda 2 in 1 Microfibre Turbo Mop Head Pack of 2
E1	5.3	PPens	Kitchen, cleaning	Vacuum cleaner		Argos	80.00	1	1	521.4	0.15	Cheapest cordless from Currys 10 years	Vax Mach Air Revive Corded Bagless Upright Vacuum Cleaner
E1	5.6	PPens	Kitchen, cleaning	Dustpan & brush		The Range	1.99	1	1	260.7	0.01	From supermarket/B+M/Home Bargains. 5 years.	Value Grey Dustpan And Brush
E1	5.6	PPens	Kitchen, cleaning	Kitchen roll		Tesco	4.10	4	1	4.0	1.03	From supermarket/B+M/Home Bargains. 1 roll per week.	Tesco Kitchen Towel 4 Roll
E1	5.6	PPens	Kitchen, cleaning	Dish cloths		Tesco	1.70	4	1	13.0	0.13	4 pack woven cloths. From Home Bargains/Supermarket. 3 months.	Tesco Dish Cloth 4 Pack
E1	5.6	PPens	Kitchen, cleaning	Tea towels		Asda	4.00	5	1	104.3	0.04	5x cheapest tea towels from Home Bargains/supermarket. 2 years	George Home Green Terry Tea Towels
E1	5.6	PPens	Kitchen, cleaning	Hand towels		George, Asda	1.75	1	3	104.3	0.05	3x cheapest hand towels from Home Bargains/supermarket. 2 years	White 100% Cotton Towel Range
E1	5.6	PPens	Kitchen, consumables	Washing up liquid		Tesco	2.00	1	1	4.3	0.46	From Home Bargains/Supermarket. 1 month	Fairy Original Washing Up Liquid 654ML
E1	5.6	PPens	Kitchen, consumables	Multi-surface spray		Tesco	0.85	1	1	4.3	0.20	From Home Bargains/Supermarket. 1 month	Tesco Antibacterial Multi Purpose Spray 750ML
E1	5.6	PPens	Kitchen, consumables	Bleach		Tesco	0.70	1	1	2.0	0.35	From Home Bargains/Supermarket. 2 weeks	Tesco Thick Bleach Fresh 750ML
E1	5.6	PPens	Kitchen, consumables	Air freshener		Tesco	1.85	1	1	4.3	0.43	From supermarket/B+M/Home Bargains. 1 month.	Tesco Air Freshener Orange & Pomegranate
E1	5.6	PPens	Kitchen, consumables	Sponge scourers		Tesco	0.43	8	1	8.0	0.05	From Home Bargains/Supermarket. 1 per week.	Springforce Sponge Scourers 8 Pack
E1	5.6	PPens	Kitchen, consumables	Scourers		Tesco	1.55	5	1	5.0	0.31	From Home Bargains/Supermarket. 1 per week.	Tesco Pan Scourers 5 Pack
E1	5.6	PPens	Kitchen, consumables	Clingfilm		Tesco	2.15	1	1	6.0	0.36	From supermarket/B+M/Home Bargains. 6 weeks.	Tesco PVC-Free Cling Film 40m x 350mm

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E1	5.6	PPens	Kitchen, consumables	Foil		Tesco	1.40	1	1	6.0	0.23	From supermarket/B+M/Home Bargains. 6 weeks.	Tesco Kitchen Foil 10M X 290Mm
E1	5.6	PPens	Kitchen, consumables	Greaseproof paper		Tesco	2.00	1	1	6.0	0.33	From supermarket/B+M/Home Bargains. 6 weeks.	Tesco Non Stick Baking Paper 370Mm X 15M
E1	5.5	PPens	Tools& equipment	Step stool		Dunelm	6.00	1	1	521.4	0.01	1 folding step stool. Cheapest. 10 years.	Small Grey Step Stool
E1	5.5	PPens	Tools	Tool kit		B&Q	25.99	53	1	1303.6	0.02	Basic tool kit from B+Q, containing screwdrivers, pliers, hammers, saws, screws, plugs. 25 years.	VonHaus Household Tool Kit - 53pc Tool Kit for Beginners - Includes Precision Screwdrivers, Hammer, Pliers, Hex Keys, Bits & More
E1	5.5	PPens	Household maintenance	Fuses		Tesco	1.50	9	1	156.4	0.01	Fuses. 3 years.	Keep It Handy Fuses 9Pk
E1	5.6	PPens	Household maintenance	Sewing kit		Asda	2.50	1	1	1303.6	0.00	1 sewing kit. Cheapest basic from supermarket. 25 years.	Haber Compact Sewing Kit 30 Pieces. Includes: - Compact case - Scissors - Mini Needles Compact with 3 needles - Thimble - Threader - Tape Measure - 2 Buttons - 8 Polyester Threads - 2 Poppets - 2 Hook and Eyes - 2 Safety Pins - 5 Berry Pins
E1	5.5	PPens	Bathroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.2	PPens	Bathroom	Blinds		Dunelm	32.00	1	1	521.4	0.06	Moisture resistant roller blind. Dunelm/B+Q/The Range/Argos. 10 years.	Silver Blackout Moisture Resistant Roller Blind. 182CM x 162cm drop
E1	5.1	PPens	Bathroom	Medicine cabinet		Argos	30.00	1	1	521.4	0.06	Cheapest B&M. 10 years.	Argos Home Tongue & Groove Mirrored Cabinet - White
E1	5.1	PPens	Bathroom	Toilet seat		B&Q	8.49	1	1	260.7	0.03	From Dunelm/B&M/B&Q. 5 years	Plastic Toilet Seat - White Bathroom
E1	5.1	PPens	Bathroom	Storage cabinet		Dunelm	49.00	1	1	521.4	0.09	From Dunelm. FG2 said 10 years.	Grey Storage Unit
E1	5.5	PPens	Bathroom	Over-door hooks		B&M	6.00	1	1	1042.9	0.01	From B&M/B&Q. 20 years	10 Ball Overdoor Hooks - Black
E1	5.4	PPens	Bathroom	Shower rail		B&Q	9.99	1	1	521.4	0.02	Metal expandable rail shower curtain rail. From B&M/B&Q. 10 years	Heavy Duty Extendable Telescopic Shower Curtain Pole Rail Rod Bath Door Window 55-85cm
E1	5.4	PPens	Bathroom	Towel rail		B&Q	22.00	1	1	521.4	0.04	cheapest fixed towel rail. From Home Bargains/B+M/supermarket. 10 years.	GoodHome Alessano Silver effect Iron & steel Wall-mounted Towel rail (W)63.5cm
E1	5.4	PPens	Bathroom	Toilet roll holder		B&M	6.00	1	1	521.4	0.01	Cheapest fixed or frestanding. From B&M. 10 years.	Chrome Toilet Roll Holder
E1	5.6	PPens	Bathroom	Toilet brush		Asda	1.30	1	1	52.1	0.02	Cheapest okay. From B&M/B&Q. 12 months.	George Home Toilet Brush
E1	5.2	PPens	Bathroom	Bath sheets		Primark	7.00	1	4	156.4	0.18	2 needed per person. A bale/set of towels okay. From Primark. 3 years.	Dark Grey Ultrasoft Large Bath Towe

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E1	5.2	PPens	Bathroom	Hand towels		Primark	4.00	1	4	156.4	0.10	2 needed per person. A bale/set of towels okay. From Primark. 3 years.	Dark Grey Ultrasoft Hand Towel
E1	5.2	PPens	Bathroom	Flannels		Primark	2.50	3	2	156.4	0.03	2 needed per person. A bale/set of towels okay. From Primark. 3 years.	3pk Grey Ultrasoft Face Cloths
E1	5.2	PPens	Bathroom	Bath mat (for floor)		B&M	3.50	1	2	260.7	0.03	2 needed. From B&M/B&Q. Lasting 5 years	Charcoal - Tufted Bath Mat
E1	5.2	PPens	Bathroom	Non-slip bathmat		George, Asda	2.25	1	1	26.1	0.09	Cheapest non slip bathmat for inside the bath/shower. From Home Bargains/B+M/supermarket. 6 months.	White Rubber Bath Mat
E1	5.2	PPens	Bathroom	Shower curtain		Argos	6.00	1	1	104.3	0.06	From B&M/B&Q/Dunelm. 2 years	Argos Home Shower Curtain - White
E1	5.5	PPens	Bathroom	Laundry basket		George, Asda	6.00	1	1	260.7	0.02	Foldable/fabric laundry bag or basket. From Home Bargains/B+M/supermarket. 5 years.	Grey Laundry Bag
E1	5.1	PPens	Bathroom	Magnifying mirror		Asda	3.00	1	1	521.4	0.01	Cheapest. From Home Bargains/B+M/supermarket. 10 years.	Charcoal Round Mirror
E1	5.1	PPens	Bathroom	Cleaning wipes		Tesco	1.00	40	1	4.3	0.23	For cleaning toilet and bathroom. 1 month.	Tesco Original Multi Surface Wipes 40'S
E1	5.6	PPens	Bathroom	Toilet cleaner		Tesco	0.49	1	1	4.3	0.11	From supermarket/B+M/Home Bargains.1 month.	Tesco Active Gel Fresh 750MI
E1	5.6	PPens	Bathroom	Bleach		Tesco	0.70	1	1	2.0	0.35	2 weeks	Tesco Thick Bleach Fresh 750MI
E1	5.4	PPens	Bathroom	Bin		George, Asda	6.00	1	1	521.4	0.01	From supermarket/B+M/Home Bargains. 10 years.	Black Pedal Bin 3L
E1	5.6	PPens	Bathroom	Bin liners		Tesco	2.15	22	1	22.0	0.10	Pedal bin liners. 1 bin liner used every week.	Tesco 30 Pedal Bin Liners
E1	5.2	PPens	Bedroom 1	Curtains		Argos	45.00	2	1	782.1	0.06	Blackout for temperature control/sleep quality. Cheapest blackout curtains from Dunelm. 15 years.	Habitat Plain Blackout Eyelet Curtains - Natural. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	PPens	Bedroom 1	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	PPens	Bedroom 1	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	For privacy, two up from the cheapest. B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")
E1	5.5	PPens	Bedroom 1	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years.	Net Curtain Wire
E1	5.1	PPens	Bedroom 1	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	Fabric lampshade. £25 each. From Dunelm/B+Q/The Range/Argos. Hallway lampshade to be clear (e.g. glass/plastic) so that it's brighter. 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Bedroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.5	SFP	Bedroom	Light bulb (dimmable)		Tesco	6.00	2	1	521.4	0.01	2 dimmable lightbulbs needed for touch dimmable lamps.	Tesco Led Candle 40W Dimmable Bayonet Cap 2 Pack
E1	5.1	PPens	Bedroom 1	Bed, double		Dreams	300.00	1	1	1042.9	0.29	Double bed, cheapest divan with 4 drawers. From Bed City, Dunelm, Argos, John Lewis. Not flat pack. Mid-mid quality. 20 years.	Dreams Workshop Divan Bed Base (4 drawers)
E1	5.1	PPens	Bedroom 1	Headboard		Dreams	129.00	1	1	1042.9	0.12	Cheapest padded headboard. From same retailers as bed. 20 years.	Dreams Workshop Fairfield Headboard
E1	5.1	PPens	Bedroom 1	Mattress, double		Dreams	329.00	1	1	417.1	0.79	Pocket sprung mattress with memory foam layer. Mid-mid range. Same retailers as bed. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)

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E1	5.1	PPens	Bedroom 1	Wardrobe		Argos	270.00	1	1	1342.9	0.20	Cheapest 2 singles or 1 double wardrobe, with mirror or freestanding mirror, MDF okay, fully assembled. From Oak Furniture Land. 25 years.	Ashdown 2 Door Wardrobe - White (fully assembled)
E1	5.1	PPens	Bedroom 1	Drawers		Argos	240.00	1	1	1342.9	0.18	Cheapest with at least 2 drawers per person. Fully assembled. MDF ok. From Oak Furnitureland. 25 years.	Ashdown 5 Drawer Chest - White (fully assembled)
E1	5.1	PPens	Bedroom 1	Bedside table		Argos	130.00	1	2	1342.9	0.19	Cheapest 2 bedside tables, Fully assembled, MDF ok. From Oak Furnitureland. 25 years.	Ashdown 3 Drawer Bedside Table - White (fully assembled)
E1	5.1	PPens	Bedroom 1	Mirror		Dunelm	12.00	1	1	1303.6	0.01	1 full length mirror. On wardrobe or freestanding. 25 years.	Essentials Full Length Mirror 120x30cm Black
E1	5.1	PPens	Bedroom 1	Lamp		Dunelm	10.00	1	2	782.1	0.03	Two bedside lamps. Dunelm. Cheapest touch dimmable. 15 years.	Rimini Touch Dimmable Table Lamp
E1	5.2	PPens	Bedroom 1	Duvet		George, Asda	25.00	1	1	521.4	0.05	1 summer, 1 winter or 1 clip-together duvet, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	All Seasons Combi Duvet
E1	5.2	PPens	Bedroom 1	Pillows		George, Asda	30.00	4	1	104.3	0.29	Four needed. Non-brand okay. From supermarket, Primark, The Range, Dunelm. 2 years.	Silentnight Anti-Allergy Pillows - 4 Pack
E1	5.2	PPens	Bedroom 1	Sheets, fitted		Dunelm	5.00	1	2	521.4	0.02	2 sheets, cheapest cotton, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	Simply 100% Brushed Cotton Fitted Sheet
E1	5.2	PPens	Bedroom 1	Duvet covers		The Range	16.99	1	2	521.4	0.07	2 sheets, cheapest cotton, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	Seersucker Duvet Cover with Pillowcase Bedding Set - White / Double
E1	5.2	PPens	Bedroom 1	Pillow cases		The Range	2.49	2	2	521.4	0.01	4 extra pillow cases needed, synthetic or mix. non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	My Home Polycotton Housewife Pillowcases
E1	5.2	PPens	Bedroom 1	Mattress protector		Dunelm	18.00	1	2	208.6	0.17	2 needed. From Dunelm/supermarket/B+M. 4 years.	Fogarty Soft Touch Mattress Protector
E1	5.2	PPens	Bedroom 1	Pillow protectors		Asda	6.00	2	2	208.6	0.06	4 needed. From Dunelm/supermarket/B+M. 4 years.	Anti-Allergy Pillow Protector - 2 pack
E1	5.2	PPens	Bedroom 1	Blanket		George, Asda	4.50	1	1	1042.9	0.00	1 fleecy blanket, extra comfort or lighter layer in summer, cheapest. From Dunelm/supermarket/B+M. 20 years.	Natural Super Soft Throw
E1	5.1	PPens	Bedroom 2	Lampshade for central light		Dunelm	25.00	1	1	782.1	0.03	Fabric lampshade. £25 per lampshade. From Dunelm/B+Q/The Range/Argos. Hallway lampshade to be clear (e.g. glass/plastic) so that it's brighter. 15 years.	Sara Tapered Lamp Shade, 40cm, natural
E1	5.5	SFP	Bedroom	Light bulb		Tesco	2.00	1	1	521.4	0.00	1 needed for main light.	Tesco Led Classic Warm White 60W Bayonet Cap Bulb
E1	5.5	SFP	Bedroom	Light bulb (dimmable)		Tesco	6.00	2	1	521.4	0.01	2 dimmable lightbulbs needed for touch dimmable lamps.	Tesco Led Candle 40W Dimmable Bayonet Cap 2 Pack
E1	5.2	PPens	Bedroom 2	Curtains		Argos	45.00	2	1	782.1	0.06	Blackout for temperature control/sleep quality. Cheapest blackout curtains from Dunelm. 15 years.	Habitat Plain Blackout Eyelet Curtains - Natural. 168cmx183cm. Machine washable. Choice of colours available.
E1	5.5	PPens	Bedroom 2	Curtain pole		Argos	20.00	1	1	1303.6	0.02	Metal curtain pole from same shop as the curtains. Easy to clean. 25 years.	Argos Home Extendable Metal Ball Curtain Pole - S Steel. 110-300cm
E1	5.2	PPens	Bedroom 2	Voile (net curtain)		Dunelm	24.00	1	2	260.7	0.18	For privacy, two up from the cheapest. From B&M, IKEA, Wilko, Home Bargains, B&Q, Matalan, Dunelm. 5 years.	Aspen White Sheer Slot Top Single Voile Panel, W 290cm (114") x D 228cm (90")

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E1	5.5	PPens	Bedroom 2	Wire for net curtains		Dunelm	2.50	1	1	1042.9	0.00	20 years	Net Curtain Wire
E1	5.1	PPens	Bedroom 2	Double bed		Dreams	300.00	1	1	1042.9	0.29	Double bed, cheapest divan with 4 drawers, Not flat pack. From Bed City, Dunelm, Argos, John Lewis. 20 years.	Dreams Workshop Divan Bed Base (4 drawers)
E1	5.1	PPens	Bedroom 2	Headboard		Dreams	129.00	1	1	1042.9	0.12	Cheapest padded headboard. From same retailers as bed. 20 years.	Dreams Workshop Fairfield Headboard
E1	5.1	PPens	Bedroom 2	Mattress		Dreams	329.00	1	1	417.1	0.79	Pocket sprung mattress with memory foam layer. Mid-mid range. Same retailers as bed. 8 years.	Dreams Workshop Braybrook Combination Mattress (springs and memory foam)
E1	5.1	PPens	Bedroom 2	Wardrobe		Argos	270.00	1	1	1342.9	0.20	same version as bedroom 1: double wardrobe, fully assembled but MDF okay. From Oak Furniture Land. 25 years.	Ashdown 2 Door Wardrobe - White (fully assembled)
E1	5.1	PPens	Bedroom 2	Drawers		Argos	240.00	1	1	1342.9	0.18	1 chest of drawers. Same quality and lifetime as bedroom 1. Fully assembled but MDF ok. Cheapest from Oak Furnitureland. 25 years.	Ashdown 5 Drawer Chest - White (fully assembled)
E1	5.1	PPens	Bedroom 2	Bedside table		Argos	130.00	1	2	1342.9	0.19	1 needed. Same quality and lifetime as bedroom 1. Fully assembled but MDF ok. Cheapest from Oak Furnitureland. 25 years.	Ashdown 3 Drawer Bedside Table - White (fully assembled)
E1	5.1	PPens	Bedroom 2	Mirror		Dunelm	12.00	1	1	1303.6	0.01	1 full length mirror. On wardrobe or freestanding. 25 years.	Essentials Full Length Mirror 120x30cm Black
E1	5.1	PPens	Bedroom 2	Lamp		Dunelm	10.00	1	2	782.1	0.03	2 bedside lamps, cheapest touch dimmable. Dunelm. 15 years.	Rimini Touch Dimmable Table Lamp
E1	5.2	PPens	Bedroom 2	Duvet		George, Asda	25.00	1	1	521.4	0.05	1 summer, 1 winter or 1 clip-together duvet. Non-brand okay From supermarket, Primark, The Range, Dunelm. 10 years.	All Seasons Combi Duvet
E1	5.2	PPens	Bedroom 2	Pillows		George, Asda	30.00	4	1	104.3	0.29	Four needed. Non-brand okay. From supermarket, Primark, The Range, Dunelm. 2 years.	Silentnight Anti-Allergy Pillows - 4 Pack
E1	5.2	PPens	Bedroom 2	Sheets, fitted		Dunelm	5.00	1	2	521.4	0.02	2 sheets, cheapest cotton, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	Simply 100% Brushed Cotton Fitted Sheet
E1	5.2	PPens	Bedroom 2	Duvet covers		The Range	16.99	1	2	521.4	0.07	2 needed. cheapest cotton, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	Seersucker Duvet Cover with Pillowcase Bedding Set - White / Double
E1	5.2	PPens	Bedroom 2	Pillow cases		The Range	2.49	2	2	521.4	0.01	4 extra pillow cases needed, cheapest cotton, non-brand okay. From supermarket, Primark, The Range, Dunelm. 10 years.	My Home Polycotton Housewife Pillowcases
E1	5.2	PPens	Bedroom 2	Mattress protector		Dunelm	18.00	1	2	208.6	0.17	2 needed. From Dunelm/supermarket/B+M. 4 years.	Fogarty Soft Touch Mattress Protector
E1	5.2	PPens	Bedroom 2	Pillow protectors		George, Asda	6.00	2	2	208.6	0.06	4 needed. From Dunelm/supermarket/B+M. 4 years.	Anti-Allergy Pillow Protector - 2 pack
E1	5.2	PPens	Bedroom 2	Blanket		George, Asda	4.50	1	1	1042.9	0.00	1 fleecy blanket, cheapest, extra comfort or lighter layer in summer. Dunelm/supermarket/B+M. 20 years.. Added by IG2 in line with singles FG1 added for bedroom 2..	Natural Super Soft Throw
E1	5.1	PPens	Garden	Table & chair set		Argos	65.00	3	1	782.1	0.08	Table and chairs for garden. Cheapest plastic bistro set. 15 years.	Argos Home Baltimore 2 Seater Plastic Garden Bistro Set

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E1	9.3	PPens	Garden	Garden pots and plants			30.00	1	1	52.1	0.58	£30 per year for topping up basic garden tools, pots, plants and compost.	
E1	4.3	PPens	Hall	Carpet		United Carpets & Beds	166.35	1	1	1042.9	0.16	Same carpeting throughout. For warmth. Durable, hardwearing and easy to clean in case of spillages. Mid-range synthetic wool mix. From Carpetright. 20 years. Plus fitting and mid-range underlay, 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Hall: Ashton Twist (5.5m2 x £8.99/sqm = £49.45), Airstep Supa Value 10mm Underlay (5.5m2 x £10.99/sqm = £60.45), Double Edged Door Bar (3x £7.99 = £23.97), Elite Dual Purpose Gripper (5x £2.50 = £12.50) -> £146.36 plus delivery (£19.99) = TOTAL £166.35. Carpet fitting is free when carpet is purchased with underlay.
E1	4.3	PPens	Living area & dining area	Carpet		United Carpets & Beds	475.06	1	1	1042.9	0.46	Same carpeting throughout. For warmth. Durable, hardwearing and easy to clean in case of spillages. Mid-range synthetic wool mix. From Carpetright. 20 years. Plus fitting and mid-range underlay, 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Living and dining room: Ashton Twist (21m2 x £8.99/sqm = £188.79), Airstep Supa Value 10mm Underlay (21m2 x £10.99/sqm = £230.79), Double Edged Door Bar (1x £7.99 = £7.99), Elite Dual Purpose Gripper (11x £2.50 = £27.50) -> £455.07 plus delivery (£19.99) = TOTAL £475.06. Carpet fitting is free when carpet is purchased with underlay.
E1	4.3	PPens	Bedroom 1	Carpet		United Carpets & Beds	388.64	1	1	1042.9	0.37	Same carpeting throughout. For warmth. Durable, hardwearing and easy to clean in case of spillages. Mid-range synthetic wool mix. From Carpetright. 20 years. Plus fitting and mid-range underlay, 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Bedroom 1: Ashton Twist (16.8m2 x £8.99/sqm = £151.03), Airstep Supa Value 10mm Underlay (16.8m2 x £10.99/sqm = £184.63), Double Edged Door Bar (1x £7.99 = £7.99), Elite Dual Purpose Gripper (10x £2.50 = £25.00) -> £368.65 plus delivery (£19.99) = TOTAL £388.64. Carpet fitting is free when carpet is purchased with underlay.
E1	4.3	PPens	Bedroom 2	Carpet		United Carpets & Beds	322.21	1	1	1042.9	0.31	Same carpeting throughout. For warmth. Durable, hardwearing and easy to clean in case of spillages. Mid-range synthetic wool mix. From Carpetright. 20 years. Plus fitting and mid-range underlay, 20 years.	Domestic carpets in Carpetright are 100% polypropylene, so priced in United Carpets instead. Bedroom 2: Ashton Twist (13.6m2 x £8.99/sqm = £122.26), Airstep Supa Value 10mm Underlay (13.6m2 x £10.99/sqm = £149.46), Double Edged Door Bar (1x £7.99 = £7.99), Elite Dual Purpose Gripper (9x £2.50 = £22.50) -> £302.22 plus delivery (£19.99) = TOTAL £322.21. Carpet fitting is free when carpet is purchased with underlay.
												<b>E: Household Goods and Services</b>	<b>£ 22.95</b>
												E1: Household Goods	£ 22.95

MIS 2024 REBASE

E: Household goods and services

Partnered pensioners

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	Ppens	Postage	Postage			20.00		1	52.1	0.38	£20 per year per household for postage.	
E2A2	8.1	Ppens	Telephone	Landline telephone (handset)		Argos	30.00	2	1	1042.9	0.03	2 x Landline phones. 20 years.	VTech CS2001 Cordless Telephone - Twin
E2A2	8.3	Ppens	Telephone	Landline phone calls		Plusnet	12.69	1	1	4.3	2.92	Landline with line rental and anytime phone calls.	Plusnet Unlimited UK and Mobile Calls package, £12.69 per month. N.B. "The technology that powers landline telephones in the UK will be phased out by Openreach from 2023 and completely switched off in 2025. With the increased use of mobile phone devices and internet video calling, traditional phone line usage is in decline." (But landline calls will still be delivered, over VoIP / 'digital voice' broadband-based systems which may require new phone handsets.)
E2A2	8.1	Ppens	Telephone	Mobile telephone (handset)		Tescomobile	0.00	1	2	104.3	0.00	2 mobile phones (one per pensioner in the couple). Cheapest recognisable smartphone, through Tesco Mobile.	Motorola Moto E13, £0 upfront cost with 24-month contract.
E2A2	8.3	Ppens	Telephone	Mobile telephone (bills)		Tescomobile	9.00	1	2	4.3	4.14	Monthly contract with a small amount of data, e.g. 500MB.	Tesco Mobile: Motorola Moto E13 phone, 24-month contract, 500MB data per month, unlimited calls and texts, £8/month, no upfront cost.
												<b>E: Household Goods and Services</b>	<b>£ 7.48</b>
												E1: Household Goods	£ -
												E2: Household Services	£ 7.48
												E2A: Communication	£ 7.48
												E2A1: Postage	£ 0.38
												E2A2: Telephone	£ 7.09

MIS 2024 REBASE

F: Personal goods and services, including health

Partnered pensioners

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	Ppens	Personal care, female	Hairdressing			30.00	1	1	8.0	3.75	£30 every 8 weeks, for salon cut and blow dry. Self-esteem, confidence.	
F	13.1	Ppens	Personal care, female	Manicure service			25.00	1	2	52.1	0.96	Manicure service for special occasions (e.g. birthday and Xmas). £25 per time. 2 times per year.	
F	13.1	Ppens	Personal care, female	Home hair colour	Garnier	Tesco	4.40	1	1	6.0	0.73	Home box dye colour every 6 weeks.	Garnier Belle Color 4 Natural Dark Brown Permanent Hair Dye (range of colours available for same price)
F	13.1	Ppens	Personal care, female	Hairdryer	Tresemme	Tesco	16.00	1	1	156.4	0.10	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years	Tresemme Fast Dry 2000 9142Tu
F	13.1	Ppens	Personal care, female	Hair straighteners	Tresemme	Tesco	27.00	1	1	260.7	0.10	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 5 years.	Tresemme Ceramic Styler 230 2089Tu
F	13.1	Ppens	Personal care, female	Soap	Palmolive	Tesco	1.15	1	1	4.3	0.26	Liquid soap or bar of soap. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Palmolive Sensitive Handwash 300MI
F	13.1	Ppens	Personal care, female	Toilet roll	Tesco	Tesco	1.49	4	1	2.0	0.75	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 per week.	Tesco Luxury Soft Quilted Toilet Tissue 4 Rolls
F	13.1	Ppens	Personal care, female	Tena pads	Tena	Tesco	2.40	20	1	2.9	0.84	Tena Lady one per day. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots.	TENA Discreet Mini Incontinence Pads 20 pack
F	13.1	Ppens	Personal care, female	Shower gel	Radox	Tesco	1.00	1	1	4.3	0.23	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Radox Mandarin & Apricot Feel Revived Shower Gel 225ml
F	13.1	Ppens	Personal care, female	Razor	Gillette	Tesco	1.50	4	1	4.3	0.35	Disposable razors. 1 month	Gillette Simply Venus 2 Women's Disposable Razors 4 Pack
F	13.1	Ppens	Personal care, female	Shaving gel	Gillette	Asda	2.00	1	1	13.0	0.15	3 months	Venus Satin Care Sensitive Skin Shave Gel (discounted from £3)
F	13.1	Ppens	Personal care, female	Mouthwash	Colgate	Tesco	2.00	1	1	4.3	0.46	Mouthwash. 1 month	Colgate Triple Action Mouthwash 500MI
F	13.1	Ppens	Personal care, female	Toothpaste	Colgate	Tesco	0.99	1	1	4.3	0.23	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month.	Colgate Triple Action Toothpaste 75MI
F	13.1	Ppens	Personal care, female	Toothbrush	Colgate	Tesco	1.50	3	1	26.1	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 months.	Colgate Extra Clean Medium Toothbrush 3 Pack (lifespan adjusted for 3-pack)
F	13.1	Ppens	Personal care, female	Denture tablets	Steradent	Tesco	1.00	30	1	4.3	0.23	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots	Steradent Active Plus 30
F	13.1	Ppens	Personal care, female	Tooth mug	Tesco	Tesco	2.00	1	1	521.4	0.00	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots.10 years.	Tesco White Plastic Tumbler
F	13.1	Ppens	Personal care, female	Deodorant	Sure	Tesco	1.50	1	1	6.0	0.25	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 6 weeks	Sure Bright Bouquet Antiperspirant Deodorant Roll On 50MI
F	13.1	Ppens	Personal care, female	Shampoo	Herbal Essences	Tesco	1.95	1	1	4.3	0.45	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Herbal Essences White Tea & Mint Shampoo 400MI

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	Ppens	Personal care, female	Conditioner	Herbal Essences	Tesco	1.95	1	1	4.3	0.45	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Herbal Essences Hello Hydration Hair Conditioner 400ml
F	13.1	Ppens	Personal care, female	Hair products	Schwarzkopf	Tesco	4.10	1	1	4.3	0.94	Recognisable brand. 1 month	Schwarzkopf Styling Volume Lift Mousse 250MI
F	13.1	Ppens	Personal care, female	Hand cream	Nivea	Tesco	1.00	1	1	8.7	0.12	Supermarket own brand okay. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 months	Nivea Hand Cream Protective Care Beeswax 75MI
F	13.1	Ppens	Personal care, female	Moisturiser (body)	Dove	Tesco	3.30	1	1	8.7	0.38	Recognisable brand. 2 months.	Dove Essential Nourishing Body Lotion 400MI
F	13.1	Ppens	Personal care, female	Tissues (box)	Kleenex	Tesco	2.00	112	1	4.3	0.46	Recognisable brand. 1 month.	Kleenex Original Tissues MEGA Box 75% more tissues 112 Sheets
F	13.1	Ppens	Personal care, female	Face cream	Nivea	Tesco	5.20	1	1	4.3	1.20	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Nivea Refreshing 24 Hour Moisture Day Cream 50MI (SPF 30)
F	13.1	Ppens	Personal care, female	Lip salve	Nivea	Tesco	1.75	1	1	8.7	0.20	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 2 months.	NIVEA Original Care Lip Balm 4.8g
F	13.1	Ppens	Personal care, female	Face wash	Simple	Tesco	3.50	1	1	4.3	0.81	Recognisable brand. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month	Simple Kind To Skin Moisturising Facial Wash 150MI
F	13.1	Ppens	Personal care, female	Sun cream	Nivea	Tesco	7.00	1	2	52.1	0.27	2 needed. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Nivea Sun Moisturising Sun Lotion F50+ 200MI
F	13.1	Ppens	Personal care, female	After sun	Nivea	Tesco	5.00	1	2	52.1	0.19	2 needed. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year	Nivea After Sun Lotion 200MI
F	13.1	Ppens	Personal care, female	Comb	Leo Bancroft	Tesco	2.10	1	1	156.4	0.01	3 years	Leo Bancroft Everyday Comb Purple
F	13.1	Ppens	Personal care, female	Hairbrush	Cantu	Tesco	7.50	1	1	156.4	0.05	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years.	Cantu Smooth Thick Hair Paddle Brush
F	13.1	Ppens	Personal care, female	Baby wipes	Huggies	Tesco	0.95	1	1	4.3	0.22	Recognisable brand. 1 month.	Huggies Pure 0% Plastic Baby Wipes 48 Wipes
F	13.1	Ppens	Personal care, female	Shower cap	H&A	Tesco	1.25	1	1	52.1	0.02	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 12 months	Bath Shower Cap
F	13.1	Ppens	Personal care, female	Back brush	Superdrug	Superdrug	6.00	1	1	104.3	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 years	Superdrug Bath Brush
F	13.1	Ppens	Personal care, female	Nail brush	Superdrug	Superdrug	2.50	1	1	156.4	0.02	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years	Superdrug Nail Brush
F	13.1	Ppens	Personal care, female	Manicure set	Studio London	Superdrug	3.99	1	1	1042.9	0.00	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 20 years	Studio London Manicure Set (from Superdrug). Includes scissors, clippers, nail file, sharpener, tweezers.
F	13.1	Ppens	Personal care, female	Cosmetics			10.00	1	1	4.3	2.30	£10 per month or £120 per year. C. 1 item per month. Inclusive of nail polishes and nail polish remover.	
F	13.1	Ppens	Personal care, female	Cotton pads	Tesco	Tesco	1.50	100	1	4.3	0.35	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 month.	Tesco Cotton Wool Double Faced Pads 100
F	13.1	Ppens	Personal care, female	Perfume			75.00	1	1	52.1	1.44	£75 per year	
F	13.2	Ppens	Accessories, female	Suitcase (small)	Primark	Primark	28.00	1	1	782.1	0.04	1 small suitcase with wheels, hard shell. Approx. £20-30. From Primark/supermarket. 15 years.	Hard Shell 4-Wheel Suitcase

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	PPens	Accessories, female	Backpack	Artsac	New Look	27.00	1	1	156.4	0.17	1 backpack from supermarket/Primark/Matalan/New Look. 3 years	Artsac Black Logo Pocket Front Backpack
F	13.2	Ppens	Accessories, female	Purse	River Island	River Island	16.00	1	1	104.3	0.15	1 leather purse. From supermarket/Primark/Matalan/New Look. 2 years	Black Patent Embossed RI Purse
F	13.2	Ppens	Accessories, female	Handbag (smart)	New Look	New Look	17.99	1	1	521.4	0.03	1 small evening bag from supermarket/Primark/Matalan/New Look. 10 years.	Gold Quilted Glitter Cross Body Bag
F	13.2	Ppens	Accessories, female	Handbag (casual)	New Look	New Look	19.99	1	1	521.4	0.04	1 large casual bag from supermarket/Primark/Matalan/New Look. 10 years.	Black Leather Look Zip Front Tote Bag
F	13.2	Ppens	Accessories, female	Umbrella	M&S	M&S	10.00	1	1	104.3	0.10	1 foldaway umbrella, sturdy. From supermarket/Primark/Matalan/New Look. 2 years.	Poika Dot Stormwear™ Compact Umbrella (no indication of sturdiness or windproof-ness for umbrellas from the listed retailers)
F	13.2	Ppens	Personal effects, female	Sunglasses	New Look	New Look	9.99	1	1	104.3	0.10	1 pair. 2 years.	Brown Round Frame Sunglasses
F	13.2	Ppens	Personal effects, female	Jewellery			100.00	1	1	52.1	1.92	£100 a year for jewellery	
F	13.1	Ppens	Personal care, male	Hairdressing			10.00	1	1	6.0	1.67	£10 every 6 weeks (inclusive of pensioner rates)	
F	13.1	Ppens	Personal care, male	Soap	Palmolive	Tesco	1.15	1	1	4.3	0.26	Liquid soap, recognisable brand.1 month	Palmolive Sensitive Handwash 300MI
F	13.1	Ppens	Personal care, male	Toilet roll	Tesco	Tesco	1.49	4	1	2.0	0.75	2-3 toilet rolls per week. 3 ply. From supermarket/Savers/Superdrug/Poundland. 2 per week.	Tesco Luxury Soft Toilet Tissue 4 Roll White
F	13.1	Ppens	Personal care, male	Tissues (box)	Kleenex	Tesco	2.00	112	1	4.3	0.46	Recognisable brand. 1 month.	Kleenex Original Tissues MEGA Box 75% more tissues 112 Sheets
F	13.1	Ppens	Personal care, male	Tena pads	Tena	Tesco	4.40	14	1	2.0	2.20	1 per day	TENA Men Protective Shield Incontinence Liners 14 pack
F	13.1	Ppens	Personal care, male	Shower gel	Lynx	Tesco	1.25	1	1	4.3	0.29	Recognisable brand (e.g. Lynx). 1 month.	Lynx Excite Bodywash Shower Gel 225ml
F	13.1	Ppens	Personal care, male	Razor	Wilkinson Sword	Tesco	4.35	4	1	4.0	1.09	Recognisable brand. Disposable 1 week	Wilkinson Sword Xtreme 3 Sensitive Comfort Men Disposable Razor X4
F	13.1	Ppens	Personal care, male	Shaving foam	Nivea	Tesco	2.70	1	1	4.3	0.62	Recognisable brand. 1 month	Nivea Men Sensitive Cooling Shaving Gel 200MI
F	13.1	Ppens	Personal care, male	Back brush		Superdrug	6.00	1	1	104.3	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 2 years.	Superdrug Bath Brush
F	13.1	Ppens	Personal care, male	Toothpaste	Colgate	Tesco	0.99	1	1	4.3	0.23	Recognisable brand (e.g. Colgate). 1 month	Colgate Triple Action Toothpaste 75MI
F	13.1	Ppens	Personal care, male	Toothbrush	Colgate	Tesco	1.50	3	1	26.1	0.17	Recognisable brand. 2 months.	Colgate Extra Clean Medium Toothbrush 3 Pack (lifespan adjusted for 3-pack)
F	13.1	Ppens	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	Ppens	Personal care, male	Denture tablets	Steradent	Tesco	1.00	30	1	4.3	0.23	Recognisable brand.1 per day	Steradent Active Plus 30
F	13.1	Ppens	Personal care, male	Tooth mug	Tesco	Tesco	2.00	1	1	521.4	0.00	1 needed. 10 years	Tesco White Plastic Tumbler
F	13.1	Ppens	Personal care, male	Deodorant	Sure	Tesco	1.50	1	1	6.0	0.25	Recognisable brand, non-marking. 6 weeks	Sure Invisible Pure Antiperspirant Deodorant Roll-On 50MI
F	13.1	Ppens	Personal care, male	Hair gel	Brylcreem	Tesco	3.20	1	1	4.3	0.74	Recognisable brand. 1 month	Brylcreem Strong 24 Hour Hold Gel 150MI
F	13.1	Ppens	Personal care, male	Shampoo	Alberto Balsam	Tesco	3.38	1	1	4.3	0.78	Recognisable brand. 1 month	Head & Shoulders Classic Clean Anti Dandruff Shampoo 400MI
F	13.1	Ppens	Personal care, male	Moisturiser (body)	Dove	Tesco	3.30	1	1	8.7	0.38	Recognisable brand. 2 months	Dove Essential Nourishing Body Lotion 400MI

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	Ppens	Personal care, male	Lip salve	Nivea	Tesco	1.75	1	1	8.7	0.20	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 2 months.	NIVEA Original Care Lip Balm 4.8g	
F	13.1	Ppens	Personal care, male	Baby wipes	Huggies	Tesco	0.95	1	1	4.3	0.22	Recognisable brand. 1 month.	Huggies Pure 0% Plastic Baby Wipes 48 Wipes	
F	13.1	Ppens	Personal care, male	Sun cream	Nivea	Tesco	7.00	1	2	52.1	0.27	2 needed. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Nivea Sun Moisturising Sun Lotion F50+ 200MI	
F	13.1	Ppens	Personal care, male	Aftersun	Nivea	Tesco	5.00	1	2	52.1	0.19	2 needed. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	Nivea After Sun Lotion 200MI	
	13.1	PPens	Personal care, male	Comb	Leo Bancroft	Tesco	2.10	1	1	156.4	0.01	3 years	Leo Bancroft Everyday Comb Purple	
F	13.1	Ppens	Personal care	Hairbrush	Cantu	Tesco	7.50	1	1	156.4	0.05	3 years	Cantu Smooth Thick Hair Paddle Brush	
F	13.1	Ppens	Personal care, male	Nail clippers	Tesco	Tesco	2.15	1	1	1042.9	0.00	20 years	Tesco Nail Clippers	
F	13.1	Ppens	Personal care, male	Nail brush	Superdrug	Superdrug	2.50	1	1	156.4	0.02	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 years	Superdrug Nail Brush	
F	13.1	Ppens	Personal care, male	Aftershave			75.00	1	1	52.1	1.44	Aftershave or balm. £75 per year		
F	13.2	Ppens	Accessories, male	Backpack	Primark	Primark	18.00	1	1	156.4	0.12	3 years.	Hiking Rucksack	
F	13.2	Ppens	Accessories, male	Suitcase (small)	Primark	Primark	28.00	1	1	782.1	0.04	1 small suitcase with wheels, hard shell. Approx. £20-30. From Primark/supermarket. 15 years.	Hard Shell 4-Wheel Suitcase	
F	13.2	PPens	Accessories, male	Umbrella	Primark	Primark	7.00	1	1	260.7	0.03	1 large umbrella. From supermarket/Primark. 5 years	Large Golf Umbrella	
F	13.2	Ppens	Personal effects, male	Watch	Next	Next	32.00	1	1	156.4	0.20	1 watch. From Next. 3 years.	Black Classic Watch	
												<b>F: Personal Goods and Services</b>	<b>£</b>	<b>35.34</b>

MIS 2024 Rebase

F: Personal goods and services, including health

Partnered pensioners

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	6.2	Ppens	Health care	Opticians - check-up		NHS	0.00	1	2	104.3	0.00	Eye test every 2 years. 1 per person.	Free NHS eye tests for people aged 60 and over.
F	6.2	Ppens	Health care	Opticians - retinal scan		Specsavers	10.00	1	2	104.3	0.19	Pay extra with checkup for retinal scan. Approx. £10, every two years with checkup. 1 per person.	Specsavers additional Optical Coherence Tomography (OCT) test: "In most stores, the cost of our hospital-grade OCT appointments is just £10 but in some Scottish stores this may vary."
F	6.1	Ppens	Health care	Opticians - glasses		Specsavers	200.00	1	2	104.3	3.84	Additional £200 to put toward glasses every 2 years. Could include varifocal lenses.	Specsavers: varifocal lenses start at £40. Frames start at £15, with a 2-for-1 offer for £70-£150 frames and some options to pay extra for different lens types, thicknesses and coatings (but the second free pair is "with single-vision lenses to the same prescription"). A budget of £200 would provide lots of choice.
F	6.2	Ppens	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	Ppens	Health care	Dentists - Band 2 treatment		NHS	73.50	1	2	52.1	2.82	Band 2 treatment once per year (e.g. filling), 1 per person.	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	Ppens	Health care	Dentists -Band 3 treatment		NHS	319.10	1	2	260.7	2.45	Band 3 treatment every five years (e.g. dentures), 1 per person.	Band 3 (£319.10) includes bridges, crowns, dentures, inlays/onlays, and non-cosmetic veneers.
F	6.2	Ppens	Health care	Podiatry			30.00	1	2	6.0	10.00	£30 every 6 weeks, for both people.	
F	6.1	Ppens	Health care	Paracetamol	Asda	Asda	0.65	16	2	13.0	0.10	1 pack of 16. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 months.	ASDA Paracetamol 500mg 16 Capsules
F	6.1	Ppens	Health care	Ibuprofen	Tesco	Tesco	1.80	16	2	13.0	0.28	1 pack of 16. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 3 months.	Tesco Ibuprofen 200Mg Liquid Caps 16S
F	6.1	Ppens	Health care	Cold remedy	Lemsip	Tesco	5.25	10	2	52.1	0.20	e.g. Lemsip. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 1 year.	Lemsip Max Cold & Flu Lemon Sachets Paracetamol 10 Pack
F	6.1	Ppens	Health care	Cough mixture for dry coughs	Tesco	Tesco	2.90	1	2	52.1	0.11	1 dry, 1 chesty. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 1 year.	Tesco Health+ Dry Tickly Cough 300MI
F	6.1	Ppens	Health care	Cough mixture for chesty coughs	Tesco	Tesco	2.90	1	2	52.1	0.11	1 dry, 1 chesty. From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 1 year.	Tesco Health+ Chesty Cough Relief 300MI
F	6.1	Ppens	Health care	Indigestion remedy (liquid)	Tesco	Tesco	6.20	1	2	26.1	0.48	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 6 months.	Tesco Heartburn And Indigestion Liquid Aniseed 500MI
F	6.1	Ppens	Health care	Indigestion tablets	Rennie	Asda	4.00	36	2	26.1	0.31	Indigestion tablets as well as liquid indigestion medicine. Each lasting 6 months.	Rennie Spearmint Heartburn & Indigestion Relief Tablets (36pk) (cheaper than Asda or Tesco own-brand equivalents)

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
F	6.1	Ppens	Health care	Antiseptic cream	Sudocrem	Tesco	3.25	1	2	52.1	0.12	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 12 months.	Sudocrem Antiseptic Healing Cream 60G
F	6.1	Ppens	Health care	Heat rub	Deep Heat	Tesco	5.00	1	2	26.1	0.38	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 per person, each lasting 6 months.	Deep Heat Max Strength 35G
F	6.1	Ppens	Health care	First aid kit	Ring	Tesco	12.00	1	2	1303.6	0.02	1 needed. 25 years.	Ring First Aid Kit (contains 14 x plasters, 4 x sterile first aid dressings, 2 x sterile compress (burn dressings), 5 x elastic bandages, 6 x sterile wound compress, 1 x First Aid blanket, 2 x wet wipes, 2 x triangular bandages, 1 x pair of scissors, 1 x compact storage case)
F	6.1	Ppens	Health care	Plasters	Asda	Asda	1.50	50	2	52.1	0.06	From supermarket/B+M/Superdrug/Wilko/Home Bargains/Boots. 1 year.	ASDA 50 Waterproof Clear Plasters
F	6.1	Ppens	Health care	Multivitamins	Tesco	Tesco	4.90	90	2	12.9	0.76	Multivitamin or cod liver oil tablets. Supermarket own brand. 1 per day.	Tesco A-Z Multivitamins & Minerals 90S
<b>F: Personal Goods and Services</b>												<b>£ 24.28</b>	

MIS 2024 REBASE

G: Transport

Partnered pensioners

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	Ppens	Passenger transport by road	Bus pass			0.00	1	2	52.1	0.00	Free bus pass.	
G2	7.3	Ppens	Passenger transport by road	Taxi fares			30.00	1	1	4.3	6.90	£30 per household for 2 trips per month.	
G2	7.3	Ppens	Passenger transport by railway	Rail/coach fares			60.00	1	6	52.1	6.90	3 rail/coach trips per year, £60 per time, per person.	
												<b>G: Transport</b>	<b>£ 13.81</b>
												G1: Motoring Expenditure	£ -
												G2: Fares and Other Travel Costs	£ 13.81

MIS 2024 Rebase

H: Social and cultural participation

Partnered pensioners

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	Ppens	Leisure goods	TV		Currys	199.00	1	1	521.4	0.38	42" TV. From Argos/Currys/Amazon/supermarket. Cheapest smart TV. 10 years.	TOSHIBA 43LV2E63DB 43" Smart Full HD LED TV
H1	8.1	Ppens	Leisure goods	Tablet		Currys	129.00	1	1	260.7	0.49	For extra functionality (e.g. filling out forms). 10" screen. PC World/Currys. 5 years.	LENOVO Tab M10 3rd Gen 10.1" Tablet - 32 GB, Grey
H1	8.1	SMP	Leisure goods	Tablet case		Currys	19.99	1	1	156.4	0.13	Protective case for tablet. Cheapest robust and durable. From Currys/PC World/B+M/Argos/Wilko/supermarket/Primark. 3 years.	GOJI G10UFGN24C 10-11" Tablet Folio Case - Dark Green
H1	9.2	Ppens	Gifts - birthdays	Gifts for others			290.00	12	1	52.1	5.56	Based on 12 presents per household, £30 each, inclusive of all cards and wrapping. IG1 changed to 12 presents per year, £20 per gift. Plus £50 to cover all xmas, birthday and other wrapping/cards for the year. Gifts plus wrapping = 290.	
H1	9.2	Ppens	Gifts - Xmas	Gifts for others			240.00	12	1	52.1	4.60	Based on 12 presents per household, £30 each, inclusive of all cards and wrapping. IG1 changed to 12 presents per year, £20 per gift. Wrapping and cards all bought together for xmas, birthdays and other (priced with birthday gifts).	
H1	9.2	Ppens	Gifts - other	Gifts for others			120.00	6	1	52.1	2.30	Other gifts for christenings/weddings. 6 times per year, £20 per gift.	
H1	9.2	Ppens	Other recreational items	Christmas decorations			20.00	1	1	156.4	0.13	£20 for decorations every 3 years plus £20 tree lasting 25 years.	
H1	9.2	PPens	Other recreational items	Christmas tree			25.00	1	1	1303.6	0.02	£20 for decorations every 3 years plus £20 tree lasting 25 years.	
												<b>H: Social and Cultural Participation</b>	<b>£ 13.62</b>
												H1: Leisure Goods	£ 13.62

MIS 2024 Rebase

H: Social and cultural participation

Partnered pensioners

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	Ppens	TV subscription	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	Ppens	Broadband	Internet		Plusnet	25.99		1	4.3	5.98	Broadband needed.	£25.99 average monthly cost initially. 66 Mb minimum average speed, unlimited downloads. No set-up cost, but price rises each year on 31 March by CPI rate of inflation + 3.9%.
H3	8.3	Ppens	TV subscription	TV subscription		Netflix	4.99	1	1	4.3	1.15	Netflix for more content, standard version with adverts is adequate to meet needs for streaming.	Netflix 'Standard with ads' package includes movies, TV shows and unlimited mobile games. Can watch on 2 supported devices at a time. Can download onto 2 supported devices. Includes 1080p Full HD.
H3	9.4	Ppens	Entertainment and recreation	Activities			20.00	2	2	1.0	40.00	£20pp weekly, to cover two paid activities each. Activities could include: swimming, walking, gym, bowling, dancing, golf, day trips, pub, darts, gardening, tennis, football (spectating), cycling, classes.	
H6	9.6	Ppens	Holiday	Coach holiday		Alfa Travel	798.00	2	1	52.1	15.30	UK off-peak one week, once per year (May and September) coach tour to seaside. Half board.	Alfa Travel 7 day trip - Devon (The Metropole Hotel), half-board £798 for couple, departing from Manchester on 21st April 2024.
H6	9.4	Ppens	Holiday	Holiday spending money			140.00		1	52.1	2.68	£10 per person per day = £140.	
H3	13.9	Ppens	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	Ppens	Leisure services	Passport photos		Max Spielmann (Tesco)	12.99	6	2	521.4	0.05	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>£ 68.76</b>
												H3: Entertainment and Recreation	£ 47.52
												H4: TV Licence and Rental	£ 3.25
												H6: UK Holiday	£ 17.99