

<b>MIS 2014 REBASE</b>								
<b>Retired single female</b>								
							<b>Summary</b>	
A food and non-alcoholic beverages				44.39			Food	44.39
A1 food				38.15			Alcohol	4.96
A2 catering				6.24			Tobacco	0.00
B alcohol and tobacco				4.96			Clothing	6.38
B1 alcohol				4.96			Water rates	5.63
B1A alcohol at home				3.33			Council tax	15.34
B1B alcohol away from home				1.63			Household insurances	1.16
B2 tobacco and narcotics				0.00			Fuel	15.04
C clothing and footwear				6.38			Other housing costs	1.92
D housing costs				116.70			Household goods	14.37
D1 rent				77.62			Household services	7.97
D2 mortgage interest				0.00			Childcare	0.00
D3 water				5.63			Personal goods and services	17.53
D4 Council tax				15.34			Motoring	0.00
D5 household insurances				1.16			Other travel costs	10.53
D6 fuel				15.04			Social and cultural participation	37.16
D7 other housing costs				1.92			Total	182.37
E household goods and services				22.34			Rent/mortgage interest	77.62
E1 household goods				14.37				
E2 household services				7.97				
E2A communication				7.97				
E2A1 postage				1.10				
E2A2 telephone				6.87				
E2B childcare				0.00				
E2C other household services				0.00				
F personal goods and services (inc health)				17.53				
G transport				10.53				
G1 motoring expenditure				0.00				
G2 Fares and other travel costs				10.53				
H social and cultural participation				37.16				
H1 leisure goods				8.20				
H2 pets				0.00				
H3 entertainment and recreation				15.38				
H4 TV licence and rental				2.79				
H5 foreign holidays				0.00				
H6 UK holidays				10.80				
TOTAL				259.99				

MIS 2014 REBASE												
A: Food and non-alcoholic beverages												
Retired single female												
MIS CODE	MIS ID	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments	Offer details
A1	RSF	Yoghurt			1.00		1	3	0.33	2x125ml pots low fat fruit	Tesco Low fat berry medley 6x125g	
A1	RSF	Semi and other skimmed milk			0.89		2	1	1.78	2110mls needed to allow for visitors buy 2 x 2pt bottle	Semi Skimmed Milk 1.136L/2Pints	
A1	RSF	Cheese, natural, hard, Cheddar and Cheddar type			0.78		1	1	0.78	120g	Tesco Counter Tesco Mild White Cheddar, £6.50 per kg	
A1	RSF	Eggs			1.00		1	2	0.50	2 x30g	Tesco free range eggs medium box of 6	
A1	RSF	Pork chop			4.00		1	3	1.33	180g raw	Tesco pork chops 620g (freeze remainder)	
A1	RSF	Lamb chop			2.88		1	1	2.88	240g raw	Tesco Lamb 2 Hand Cut Loin Chops 240g at £12.00/kg	
A1	RSF	Lamb mince			2.63		1	1	2.63	210g raw	Tesco lean lamb mince 200g at £12.50/kg	
A1	RSF	Chicken			4.50		1	2.7	1.67	185g raw	Tesco chicken breast fillets 500g at £9/kg (freeze remainder)	
A1	RSF	Bacon and ham, uncooked, rashers, pre-packed			0.30		4	1	1.20	3-4 bacon rashers 165g raw	Counter British Unsmoked Back Bacon, £0.30 each	
A1	RSF	Bacon and ham cooked including canned			1.00		1	1	1.00	85g cooked ham 5 x 17g slices bought chilled	Tesco cooked sandwich ham 115g	
A1	RSF	Sausages, uncooked, pork			1.39		1	4	0.35	2 sausages 137g raw	Tesco british 8 pork sausages 454g (freeze remainder)	
A1	RSF	Other canned or bottled fish			1.75	3	1	3	0.58	45g (snack tin of tuna in spring water)	Tesco Pole & Line Tuna Chunks In Brine 3*80G (drained weight 56g)	
A1	RSF	Frozen convenience fish products			5.00	4	1	4	1.25	140g breaded frozen fish fillet( nearest amount you can find)	Tesco 2 lightly dusted prime cod fillets 285g	2 for £5 until 10/9/2014
A1	RSF	Poly-unsaturated Reduced fat spreads			1.39		1	3.7	0.38	135g	Tesco olive spread 500g	
A1	RSF	Sugar			0.94		1	200	0.00	5g	Tate and Lyle granulated sugar 1kg	
A1	RSF	Previous year's crop potatoes purchased Jan to Aug			2.00		1	1.5	1.33	1650g needed	Tesco white potatoes 2.5kg	
A1	RSF	Broccoli, frozen			1.20		1	13	0.09	75g	Tesco Broccoli Florets 1Kg (frozen)	
A1	RSF	Other fresh green veg ( cabbage)			0.40		1	1	0.40	275g	Tesco Green Cabbage Each	on sale, original price £0.80, valid until 6/4/2014
A1	RSF	Carrots, fresh			0.23		1	1	0.23	300g	Tesco loose carrots at £0.75 per kilo (3 carrots = 310g)	
A1	RSF	Onions, shallots, leeks, fresh			0.08		1	1	0.08	100g onions	Tesco loose brown onions (1 small onion aprox 100g) at £0.78/kg	
A1	RSF	Mushrooms			1.07		1	1	1.07	400g	Tesco loose closed cup mushrooms at £2.68/kg (approx 6 mushrooms)	
A1	RSF	Tomatoes, fresh			1.08		1	1	1.08	680g (8 tomatoes)	Tesco tomatoes loose at £1.59/kg	
A1	RSF	Peas, frozen			1.60		1	5	0.32	200g	Tesco garden peas 1kg	
A1	RSF	Sweetcorn frozen			1.50		1	14	0.11	70g	Tesco sweetcorn 1kg	
A1	RSF	Soup tomato canned			0.65		1	1	0.65	400ml can	Tesco cream of tomato soup 400g	
A1	RSF	Frozen oven chips			1.50		1	8.3	0.18	180g	Tesco straight cut oven chips 1.5kg	
A1	RSF	Crisps			0.99		1	1.2	0.83	3 x 25g packets (Multipack bag)	Tesco variety crisp 6x25g	
A1	RSF	Leafy green salad			1.00		1	1	1.00	80g	Tesco mixed leaf salad 90g	
A1	RSF	Pepper fresh			0.80		1	1	0.80	94g (about one pepper)	Tesco red pepper at £.80 each	
A1	RSF	Cucumber raw			0.40		1	1	0.40	46g ( approximately one quarter of a cucumber) (half would last 2 wks)	Tesco cucumber portion	
A1	RSF	Banana			0.31		1	1	0.31	3 bananas 450g	Tesco loose bananas at £.68/kg	
A1	RSF	Apples, fresh			1.75		1	1.7	1.03	3 apples 480g	Tesco Gala Apples Min 5 pack at £1.75/bag	
A1	RSF	Satsumas			1.22		1	1	1.22	3 satsumas 420g	Tesco satsumas loose at £2.90/kg	
A1	RSF	Pear			0.62		1	1	0.62	2 pears 320g	Tesco pears loose at £1.95/kg	
A1	RSF	Dried fruit sultanas			1.69		1	12.5	0.14	40g	Tesco sultanas 500g	
A1	RSF	Fresh Fruit juices			1.00		2	1.4	1.43	1400ml fresh orange juice	Tesco pure orange juice 1 litre	
A1	RSF	Jam			0.90		1	6	0.15	50g	Tesco strawberry jam 454g	
A1	RSF	Bread, wholemeal, sliced			0.90		1	1	0.90	16 slices 576g	Tesco wholemeal medium 800g	
A1	RSF	Brown roll			0.60		1	6	0.10	55g	Soft Wholemeal Rolls 6 Pack (freeze remainder)	
A1	RSF	Cakes and pastries			1.00		1	1	1.00	230g apple pie	Bramley apple pie	
A1	RSF	Cakes and pastries			1.50		2	4	0.75	50g spotted dick pudding (individual)	Tesco 2 spotted dick puddings (2x130g) (freeze remainder)	originally £1.80, any 2 for £3.00 valid until 22/04/14
A1	RSF	Ice cream			1.70		1	13	0.13	150g	Tesco soft scoop vanilla ice cream 2 litres	
A1	RSF	Porridge			0.65		1	12.5	0.05	40g	Tesco scottish porridge oats 500g	
A1	RSF	Other high fibre breakfast cereals			2.09		1	10	0.21	70g sultana bran flakes	Tesco sultana bran 750g	
A1	RSF	Tinned fruit			0.60		2	2	0.60	pineapple 70g ( half a 227g tin drained)	Del Monte Sliced Pineapple In Juice 220G	£0.75 each, any 2 for £1.20
A1	RSF	Custard			0.60		1	1	0.60	200ml	Tesco Ready To Serve Custard 400G	
A1	RSF	Biscuits sweet			0.65		1	1.7	0.38	224g (16 biscuits)	Tesco custard creams 400g	
A1	RSF	Chocolate biscuits			1.00		1	4.5	0.22	2 x 17.2g Penguin bars	Mcvities penguin 9pk	on sale, original £1.79, valid until 8/4/2014
A1	RSF	Chocolate biscuits			1.00		1	4	0.25	2 x 20.8g 2 finger Kit-Kat	Kit Kat 2 finger milk 8pk	on sale, original price £1.59, valid until 22/4/2014
A1	RSF	Tea			2.00		1	5.1	0.39	31 tea bags( increased for visitors)	Tesco 160 teabags	
A1	RSF	Coffee, instant			1.95		1	2.2	0.89	90g (15 cups increased for visitors)	Tesco classic coffee 200g	
A1	RSF	Coleslaw			0.48		1	1	0.48	100g bought chilled	Tesco coleslaw 180g	
A1	RSF	Oil			1.50		1	25	0.06	Sunflower 40ml	Tesco pure sunflower oil 1L	
A1	RSF	Salad dressings			0.89		1	4	0.22	10ml French dressing	Tesco french style dressing 250ml (max lifetime 4 weeks)	
A1	RSF	Mayonnaise			0.55		1	4	0.14	10ml	Tesco mayonnaise 250ml	
A1	RSF	Gravy granules			0.60		1	11	0.05	18g	Tesco beef gravy granules 200g	on sale, original £0.80, valid until 8/4/2014
A1	RSF	Salt			0.29		1	150	0.00	5g	Tesco table salt 750g	
A1	RSF	Soft drinks, concentrated			0.74		1	25	0.03	40ml	Robinsons Apple & Blackcurrant No Added Sugar 1L	half price, originally £1.49
A1	RSF	Christmas food			30.00		1	52.14	0.58		£30 for Christmas food and drink.	
A2	RSF	Take away			4.85		1	1.00	4.85	£6 for takeaway (e.g. fish and chips) once a week	Fish and chips out minus equivalent meal eaten in: Fish, chips, peas and sweetcorn plus a pear = 50p+18p+11p+5p+31p = £1.15, so £6-£1.15p=£4.85	





MIS 2014 REBASE												
C: Clothing and footwear												
Retired single female												
MIS CODE	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	RSF	Female, underwear	Pants		Matalan	4.00	5	2	52	0.15	10 pairs, replaced every year	5 pack Full Kinckers
C	RSF	Female, underwear	Bras		Tesco	6.00	1	3	52	0.35	3 needed, replaced every year	F&F Hetty Total Support Bra
	RSF	Female, underwear	Vests		Matalan	6.00	1	3	52	0.35	3 needed, for the winter	Thermal strappy vest
C	RSF	Female, underwear	Girdle		Market	8.99		2	52	0.34	2 needed	Available from Lboro market
	RSF	Female, underwear	Slip		Matalan	4.00	1	2	52	0.15		Knee length slip
C	RSF	Female, underwear	Tights		Tesco	3.50	5	1	52	0.07	4 pairs tights in total	F&F 5 pair pack of run resistant 15 denier tights
C	RSF	Female, nightwear	Pyjamas		Tesco	9.00	1	3	156	0.17	3 needed - could be pyjamas or nightdresses	Range at £9, e.g. F&F lets sleep in pyjamas
C	RSF	Female, nightwear	Bed socks		Tesco	3.50	2	1	156	0.02	2 pairs needed	F&F 2 pair pack of Popcorn Effect Cosy Socks
C	RSF	Female, nightwear	Dressing gown, winter		Tesco	14.00	1	1	156	0.09		Range at £14, e.g. F&F Floral Trim Long Dressing Gown
C	RSF	Female, main clothing	Dressing gown, summer		Matalan	8.00	1	1	156	0.05		Star print dressing gown
C	RSF	Female, main clothing	Blouse		Matalan	12.00	1	4	156	0.31		Range available at £12 (inc. smart/casual and LS/SS) e.g. Jersey Blouse
C	RSF	Female, main clothing	Jumper		Matalan	8.00	1	4	156	0.20		Range available at £8 e.g. Super Soft Scoop Neck Jumper
C	RSF	Female, main clothing	Dress, day		Tesco	16.00	1	3	156	0.31		Wide range at £16 e.g. F&F Colour Block Tailored Dress
C	RSF	Female, main clothing	Dress, occasion		Debenhams	30.00	1	1	156	0.19		e.g. Blue Vintage Inspired Lace Dress; Black Aztec Bodycon Sequin Dress
C	RSF	Female, main clothing	Shorts		Matalan	6.00	1	3	156	0.12		Clipper shorts
C	RSF	Female, main clothing	Skirt		Tesco	14.00	1	3	156	0.27		Range at £14, e.g. F&F Textured Midi Pencil Skirt
C	RSF	Female, main clothing	Trousers		Matalan	10.00	1	4	156	0.26		Range at £10, e.g. Snaffle Trousers
C	RSF	Female, main clothing	Cardigan		Matalan	12.00	1	4	156	0.31		Range available at £12 e.g. Round Neck Cardigan (range of colours)
C	RSF	Female, main clothing	Coat, winter		Matalan	35.00	1	1	156	0.22		Belted Padded Jacket
C	RSF	Female, main clothing	Coat, summer		Tesco	30.00		1	156	0.19		F&F skirted Mac
C	RSF	Female, main clothing	Raincoat		Tesco	28.00	1	1	156	0.18		Trespass Tarron Jacket
C	RSF	Female, sportswear	Swimming costume		Matalan	12.00	1	2	104	0.23		Piped swimsuit
C	RSF	Female, footwear	Trainers		Tesco	13.00	1	1	156	0.08		F&F Cross Strap Sporty Shoes
C	RSF	Female, footwear	Shoes, dark		M&S	25.00	1	1	156	0.16	Black/navy	Low Block Heel Courts with Insolia Flex, Black
C	RSF	Female, footwear	Shoes, light		M&S	25.00	1	1	156	0.16	Grey/beige	Low Block Heel Courts with Insolia Flex, Nude
C	RSF	Female, footwear	Boots, fashion		M&S	49.50	1	1	156	0.32		Footglove™ Leather Ruched Chelsea Boots
C	RSF	Female, footwear	Boots, winter		BHS	25.00	1	1	156	0.16		Black Three Toggle Huggy Boots
C	RSF	Female, footwear	Wellingtons		Shozone	9.99	1	1	156	0.06		Black wellington
C	RSF	Female, footwear	Walking boots		Sports Direct	22.99		1	156	0.15		Campri Snowdon Waterproof Ladies Walking Boots
C	RSF	Female, footwear	Sandals		M&S	39.50	1	2	156	0.51		Footglove™ Leather Plait Strap Sandals - range available at this price
C	RSF	Female, footwear	Slippers, summer		Shozone	3.99	1	1	156	0.03	Lightweight mules	Open toe mule slipper
C	RSF	Female, footwear	Slippers, winter		Shozone	4.99	1	1	156	0.03	Warmer slippers for winter	Womens spotted soft moccasin slipper (range at £4.99)
C	RSF	Female, accessories	Hat		Matalan	6.00	1	2	156	0.08		Space Dye Beanie
C	RSF	Female, accessories	Scarf		Tesco	5.00	1	2	156	0.06		F&F ladder stitch scarf
C	RSF	Female, accessories	Gloves		Matalan	5.00	1	2	156	0.06		Ponte Plain Gloves
		<b>C clothing and footwear</b>										
		RSF				£6.38						
		<b>Total</b>				<b>£6.38</b>						

MIS 2014 REBASE										
D: Housing costs										
Retired single female										
MIS CODE	MIS ID	Category	Item	Supplier	Unit Price £	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
D1	RSF	Rent	Rent		77.62	1	1	77.62		
D3	RSF	Water supply (ND)	Water rates	Severn Trent	293.36	1	52.14286	5.63		yearly cost in 2008 was £245 (£4.71 monthly) so + 17.91% to get 2013 price for unmetered water is £288.88 per year (5.55 per month). So April 2013-2014 is +1.55% =£293.36
D4	RSF	Council tax (GB) Rates (NI)	Council tax		15.34	1	1	15.34		£14.47 per week in April 2013, uprated by 0.6% to April 2014 = £15.34
D5	RSF	Contents insurance	Contents insurance	More Than	60.48	1	52.14286	1.16		yearly £60.48. £5.04 monthly. Based on £13,000 cover.£50 excess.
D6	RSF	Electricity, gas and other fuels	Fuel		784.00	1	52.14286	15.04		
D7	RSF	House maintenance	Decorating and other house maintenance		100	1	52.14286	1.92		£100 per household per year to do minor retouching, or saved up over longer periods for larger decorating projects.
	<b>D1</b>	<b>Rent</b>			<b>77.62</b>					
	<b>D3</b>	<b>Water supply (ND)</b>			<b>5.63</b>					
	<b>D4</b>	<b>Council tax (GB) Rates (NI)</b>			<b>15.34</b>					
	<b>D5</b>	<b>Contents insurance</b>			<b>1.16</b>					
	<b>D6</b>	<b>Electricity, gas and other fuels</b>			<b>15.04</b>					
	<b>D7</b>	<b>House maintenance</b>			<b>1.92</b>					
		<b>Total</b>			<b>116.70</b>					

MIS 2014 REBASE												
E: Household goods and services												
Retired single female												
MIS COD	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	RSF	Hall	Lampshade for central light		Dunelm	2.99		1	156.4	0.02	Not cheapest, possibly one up from bottom. Approx £2.99, lasts 3 years	Steep Coolie Ceiling Pendant Shade
E1	RSF	Hall	Light bulb		Tesco	2.00	1	1	104.3	0.02	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours)
E1	RSF	Hall	Doormat		Wilkos	4.00	1	1	260.7	0.02	Cheapest rubber-backed mat would last 5 yrs	Wilko Door Mat PVC Backed Coir 40cmx60cm
E1	RSF	Hall	Coat rack		Wilkos	6.99		1	1042.9	0.01	Row of pegs on wall for hanging up coats. Cheap.	Wilko Coat Rack Pine/Brass Effect 4 Hook
E1	RSF	Hall	Shoe rack		Argos	7.99		1	1042.9	0.01	Cheap - approx £10, metal. Lasts 20 years	2 Tier Extendable Shoe Storage Rack - Chrome Plated
E1	RSF	Hall	Table		Argos	12.99	1	1	1042.9	0.01	For telephone.	Verona Telephone Table - Beech Effect.
E1	RSF	Hall	Mirror		Argos	9.99	1	1	1042.9	0.01	Medium sized mirror (in between small one and full length) to check she's presentable	Argos Value Range Pine Effect Framed Tall Wall Mirror.
E1	RSF	Hall	Door chain		Wilkos	2.99		1	1042.9	0.00		Wilko Chrome Plated Security Door Chain
E1	RSF	Living area	Lampshade for central light		Dunelm	2.99		1	156.4	0.02	Not cheapest, possibly one up from bottom. Approx £2.99, lasts 3 years	Steep Coolie Ceiling Pendant Shade
E1	RSF	Living area	Light bulb		Tesco	2.00	1	2	104.3	0.04	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours). One included for lamp in living area.
E1	RSF	Living area	Curtains		Dunelm	39.99	2	1	521.4	0.08	Lined to keep heat in, and last 10 years	Teal Vancouver Thermal Eyelet Curtains, machine washable, thermal lined, (W66"xDrop 54")
E1	RSF	Living area	Curtain pole		Dunelm	9.99	1	1	1042.9	0.01	20 year lifetime	Venice Wooden Curtain Pole - includes rings
E1	RSF	Living area	Net curtains		Dunelm	9.96		1	156.4	0.06	Cheap, lasts 3 years - cheap nets go brittle and discolour	Plain Leaded Net Fabric £2.49 per metre for 150cm drop. 4x£2.49 = £9.96
E1	RSF	Living area	Wire for net curtains		Dunelm	1.49		1	1042.9	0.00	20 year lifetime	Net rod, includes fittings
E1	RSF	Living area	Armchair		Highseachairs.co.uk online	299.99		2	1042.9	0.58	2 armchairs, last 20 years. Upright chairs at a height that is easier to get out of.	Range available at £299.99
E1	RSF	Living area	Sofabed (2 seater)		Argos	449.99		1	1042.9	0.43	2 seater sofa bed for visitors	Olivia Sofabed
E1	RSF	Living area	Footstool		Wilkos	34.00		1	1042.9	0.03	With storage.	Unity Storage Stool Espresso Brown
E1	RSF	Living area	Cushions		Dunelm	2.99		6	521.4	0.03	6 needed. Cushions insides would last 10 years	Simply microfibre cushion pad
E1	RSF	Living area	Cushion covers		Dunelm	3.99		6	156.4	0.15	6 needed. New covers needed every 3 years	Faux Silk Cushion Cover
E1	RSF	Living area	Side tables		Argos	49.99		1	1042.9	0.05	Mid-range nesting side tables	Devon Solid Pine Nest of Tables - Oak Effect (Free Delivery)
E1	RSF	Living area	Storage unit		Argos	139.99		1	1042.9	0.13	Small Welsh dresser-type storage with shelves and cupboards. Provides storage for DVDs etc.	Rio 2 Door Dresser - Solid Pine, H178, W81, D31cm, 1 fixed shelf, 1 adjustable shelf, 2 drawers + cupboard
E1	RSF	Living area	Lamp		Argos	4.99	1	1	1042.9	0.00	Reading lamp	ColourMatch Round Ceramic Table Lamp (various colours)
E1	RSF	Living area	Ornaments			25.00		1	156.4	0.16	Budget for ornaments, pictures, photo frames etc.	
E1	RSF	Living area	Bin		Wilkos	3.50		1	1042.9	0.00	Cheap bin from Wilkos, approx £2. Lasts 10 years.	Tapered Waste Paper Basket White
E1	RSF	Living area	Fan		Argos	19.96		1	1042.9	0.02		Argos Value Range White Oscillating Pedestal Fan
E1	RSF	Living area	Heater		Argos	9.99		1	782.1	0.01	Cheapest fan heater, lasts 15 years.	Argos Value Range 2kw Upright Fan Heater
E1	RSF	Living area	TV Unit		Argos	24.99		1	1042.9	0.02	Glass or wooden corner storage unit for TV, DVDs etc. Would last 20 years. Cheapest is ok.	Large Corner TV Unit - Oak Effect/Black Ash
E1	RSF	Dining area	Lampshade for central light		Dunelm	2.99		1	156.4	0.02	Not cheapest, possibly one up from bottom. Approx £2.99, lasts 3 years	Steep Coolie Ceiling Pendant Shade
E1	RSF	Dining area	Light bulb		Tesco	2.00	1	1	104.3	0.02	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours)
E1	RSF	Dining area	Curtains		Dunelm	39.99	2	1	521.4	0.08	Lined to keep heat in, and last 10 years	Teal Vancouver Thermal Eyelet Curtains, machine washable, thermal lined, (W66"xDrop 54")
E1	RSF	Dining area	Curtain pole		Dunelm	9.99	1	1	1042.9	0.01	20 year lifetime	Venice Wooden Curtain Pole - includes rings
E1	RSF	Dining area	Net curtains		Dunelm	9.96		1	156.4	0.06	Cheap, lasts 3 years - cheap nets go brittle and discolour	Plain Leaded Net Fabric £2.49 per metre for 150cm drop. 4x£2.49 = £9.96
E1	RSF	Dining area	Wire for net curtains		Dunelm	1.49		1	1042.9	0.00	20 year lifetime	Net rod, includes fittings
E1	RSF	Dining area	Table and chairs		Argos	219.99		1	1042.9	0.21	Would last 20 years	Hygena Black Square Dining Table and 4 Chairs
E1	RSF	Dining area	Tablemats		B&M Bargains	2.49	2	3	1042.9	0.01	Set of 6 table mats, cheapest is ok, last 20 years	Leatherette Placemats - set of 2, so 3 required
E1	RSF	Dining area	Coasters		B&M Bargains	1.99	4	2	1042.9	0.00	Set of 6 coasters, cheapest is ok, last 20 years	4 pack square leatherette coasters - 6 required, packs of 4 so 8 provided
E1	RSF	Kitchen	Light bulb		Tesco	2.00	1	1	104.3	0.02	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours)
E1	RSF	Kitchen	Curtains		Dunelm	39.99	2	1	260.7	0.15	Lined, good quality, last 5 years as would need more washing.	Teal Vancouver Thermal Eyelet Curtains, machine washable, thermal lined, (W66"xDrop 54")
E1	RSF	Kitchen	Curtain pole		Dunelm	9.99	1	1	1042.9	0.01	20 year lifetime	Venice Wooden Curtain Pole - includes rings
E1	RSF	Kitchen	Net curtains		Dunelm	9.96		1	156.4	0.06	Cheap, lasts 3 years - cheap nets go brittle and discolour	Plain Leaded Net Fabric £2.49 per metre for 150cm drop. 4x£2.49 = £9.96
E1	RSF	Kitchen	Wire for net curtains		Dunelm	1.49		1	1042.9	0.00	20 year lifetime	Net rod, includes fittings
E1	RSF	Kitchen, tableware	Crockery		Wilkos	9.30		1	260.7	0.04	Cheapest, lasts 5 years. 6x dinner plate, side plate, bowls, cups. Buy plain ones so easy to replace broken items.	All Wilkos dinner sets = 4x place settings, Wilko Everyday Value Porcelain Dinner Set White 12 Piece = £5 plus 2x£0.75 dinner plates, 2x£0.65 side plate, 2x£0.75 cereal bowl = £9.30.
E1	RSF	Kitchen, tableware	Mugs		Wilkos	0.75		6	260.7	0.02		No mugs included in crockery set. Mug White Everyday Value
E1	RSF	Kitchen, tableware	Cutlery		Wilkos	20.00	24	1	1042.9	0.02	Set of 6 knives, forks, spoons, teaspoons - one up from bottom. Buy either as set or individually	Wilko Como Cutlery Set 24 Piece, polished stainless steel. 6xknives, forks, spoons and tea spoons.
E1	RSF	Kitchen, tableware	Milk jug		Wilkos	2.50		1	1042.9	0.00		Wilko Creamer Jug White
E1	RSF	Kitchen, tableware	Sugar bowl		Wilkos	2.50		1	1042.9	0.00		Wilko Sugar Pot White Small
E1	RSF	Kitchen, tableware	Teapot		Wilkos	7.00		1	1042.9	0.01	Lifetime not given - assume 5 years, same as glass jug	Wilko Rockingham Teapot Brown 6 Cup

MIS CODE	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	RSF	Kitchen, tableware	Serving dishes		Tesco	8.00		2	260.7	0.06	2 serving bowls	Tesco Porcelain Serving Bowl
E1	RSF	Kitchen, tableware	Egg cups		Wilkos	4.00	4	1	1042.9	0.00	4 egg cups	Wilko Letter Egg Cup Set x 4
E1	RSF	Kitchen, tableware	Cruet		Wilkos	2.50		1	1042.9	0.00		Salt and Pepper Set Ceramic White
E1	RSF	Kitchen, tableware	Wine glasses		Wilkos	0.98	4	2	260.7	0.01	2x4 wine glasses	Wilko Everyday Value Wine Glasses x 4
E1	RSF	Kitchen, tableware	Tumblers		Wilkos	1.00	4	2	260.7	0.01	2x4 tumblers	Wilko Everyday Value Hi-ball Glasses x 4
E1	RSF	Kitchen, tableware	Glass jug		Wilkos	1.25		1	260.7	0.00		Wilko Everyday Value Jug Glass 1L
E1	RSF	Kitchen, appliances	Cooker		Currys	199.99		1	1042.9	0.19	Electric cooker, one up from bottom, lasts 20 years plus delivery	Essentials CFSEWH12 Electric Solid Plate Cooker-White Single Oven Cooker with grill. Free delivery.
E1	RSF	Kitchen, appliances	Fridge freezer		Currys	199.99		1	521.4	0.38	50/50 fridge freezer, 5ft, one up from bottom, lasts 10 years plus delivery	Essentials C50BW12 Fridge Freezer-White, Energy Rating A+ Free delivery
E1	RSF	Kitchen, appliances	Washing machine	Beko	Currys	214.00		1	521.4	0.41	One up from bottom, would last 10 years, plus delivery and fitting	INDESIT Eco IWSC61051 Washing Machine - White. 6kg, spin speed 1000 rpm. Free delivery, £20 installation = £194+£20=£214
E1	RSF	Kitchen, appliances	Microwave		Tesco	37.50		1	260.7	0.14	Cheapest, supermarket, lasts 5 years	Tesco MM08 17L 700W Microwave - Black & White
E1	RSF	Kitchen, appliances	Toaster		Tesco	10.00		1	260.7	0.04	Cheapest, would last 5 years	Tesco 2Tb13 Black Toaster 2 Slice
E1	RSF	Kitchen, appliances	Kettle		Tesco	5.00		1	104.3	0.05	Cheapest, would last 2 years	Tesco Basics TbK14 Value Kettle
E1	RSF	Kitchen, cookware	Steamer		Wilkos	10.00		1	1042.9	0.01	Useful for cooking several things at the same time.	Wilko 3 Tier Steamer Stainless Steel 18cm
E1	RSF	Kitchen, cookware	Saucepans		Tesco	38.00	5	1	1042.9	0.04	Set - approx £35 would last 20 years	Tefal Bistro Non-Stick 5 Piece Pan Set - Red, 2 saucepans, milk pan and 2 frying pans, all non-stick.
E1	RSF	Kitchen, cookware	Knives		Argos	39.99	12	1	1042.9	0.04	Set in block with scissors, approx £40 would last 20 years	Richardson Laser Cuisine 12 Piece Knife Block Set. Carbon steel blades, polypropylene handles, 6 steak knives, Chef's knife, carving knife, bread knife, paring knife, all purpose knife, scissors. 15 year guarantee.
E1	RSF	Kitchen, cookware	Baking trays		Wilkos	0.89	1	2	260.7	0.01	2 cheap, from Wilkos, last 5 years	Wilko Everyday Value Baking Tray Non-Stick 28cm
E1	RSF	Kitchen, cookware	Colander		Wilkos	3.00		1	782.1	0.00	15yrs	Wilko Colander Stainless Steel
E1	RSF	Kitchen, cookware	Sieve		Wilkos	2.00		1	782.1	0.00		Wilko Strainer Metal 19.5cm
E1	RSF	Kitchen, cookware	Casserole		Wilkos	6.00		1	782.1	0.01		Pyrex Classic Casserole Dish 0.75l
E1	RSF	Kitchen, accessories	Utensils		Argos	7.99	9	1	782.1	0.01	Utensils set.	Argos Value Range 9 Piece Suregrip Kitchen Utensil Set: ladle, serving spoon, slotted spoon, slotted turner, slotted masher, can opener, pizza cutter, peeler, scissors
E1	RSF	Kitchen, accessories	Whisk		Wilkos	0.55		1	782.1	0.00		Wilko Kitchen Balloon Whisk 20cm
E1	RSF	Kitchen, accessories	Wooden spoon		Wilkos	0.37		1	782.1	0.00		Wilkos Wooden Spoon Waxed Beech 30cm
E1	RSF	Kitchen, accessories	Measuring jug		Wilkos	0.35		1	782.1	0.00	Cheapest, would last 15 years	Wilko Measuring Jug 1L
E1	RSF	Kitchen, accessories	Mixing bowl		Tesco	1.00	1	3	104.3	0.03	Cheap set of 3 would last 2 years - they discolour and go out of shape.	No cheap sets available. Wilko Polypropylene Mixing Bowl Large
E1	RSF	Kitchen, accessories	Scales		Wilkos	4.50		1	782.1	0.01		Swan Add & Weigh Scales with Bowl White 2kg
E1	RSF	Kitchen, accessories	Grater		Wilkos	1.80		1	782.1	0.00		Wilko Box Grater
E1	RSF	Kitchen, accessories	Tin opener		Wilkos			1	782.1			Included in utensils set above
E1	RSF	Kitchen, accessories	Corkscrew		Wilkos	2.00		1	782.1	0.00	Includes bottle opener	Wilko Corkscrew Chrome effect (includes crown bottle top opener)
E1	RSF	Kitchen, accessories	Rolling pin		Wilkos	1.00		1	1042.9	0.00	Cheapest, would last 20 years	Wilko Kitchen Rolling Pin Beech 35cm
E1	RSF	Kitchen, accessories	Chopping board		Wilkos	2.00		1	260.7	0.01	Plastic, lasts 5 years	Wilko Chopping Board Medium
E1	RSF	Kitchen, accessories	Plastic storage tubs		Argos	4.99	7	1	782.1	0.01		7 Piece Plastic Food Storage Set
E1	RSF	Kitchen, accessories	Storage containers		Argos	8.99	3	1	782.1	0.01	Set of 3 for tea, coffee and sugar. Cheapest	Living Stainless Steel Storage Canisters
E1	RSF	Kitchen, accessories	Vegetable rack		Tesco	8.97		1	782.1	0.01		3 Tier Plastic Vegetable Rack
E1	RSF	Kitchen, accessories	Oven gloves		Wilkos	4.00		1	104.3	0.04		Wilko Double Oven Glove (assorted colours)
E1	RSF	Kitchen, accessories	Trays		Wilkos	4.00		2	782.1	0.01		Tray Large
E1	RSF	Kitchen, accessories	Bin		Wilkos	10.00		1	782.1	0.01	Small pedal bin	Wilko Kitchen Bin Pedal Stainless Steel 12L
E1	RSF	Kitchen, accessories	Washing up bowl		Wilkos	1.75		1	1042.9	0.00	Cheapest, would last 20 years	Wilko Washing Up Bowl Round, Platinum 6.3L
E1	RSF	Kitchen, accessories	Drainer		Wilkos	1.50		1	1042.9	0.00	Would last 20 years, in set with washing up bowl.	Wilko Dish Drainer Platinum 48x40x12cm
E1	RSF	Kitchen, accessories	Fire blanket		Argos	16.00		1	260.7	0.06	Easier to use than fire extinguisher.	Kidde Fire Blanket
E1	RSF	Kitchen, accessories	Biscuit barrel		Wilkos	6.00		1	521.4	0.01	Cheap, would last 10 years.	Wilko retro biscuit canister (Cream, mint, red)
E1	RSF	Kitchen, accessories	Bread bin		Wilkos	10.00		1	521.4	0.02	Cheap, would last 10 years.	Wilko retro bread bin (Cream, mint, red)
E1	RSF	Kitchen, accessories	Easy open gadget		Tesco Direct	7.54		1	521.4	0.01	Cheap, would last 10 years.	Good Grips Jar Opener
E1	RSF	Kitchen, accessories	Stool		Argos	4.99		1	521.4	0.01	Cheap, would last 10 years. To rest on while cooking.	Argos value range black folding single stool
E1	RSF	Kitchen, laundry	Washing liquid		Tesco	3.00		1	6.0	0.50	2 in 1 liquid, 3 washes per week. Groups said liquid was kinder to skin than powder and also better for washing machine.	Tesco Ambience Laundry Gel Lavender 630ml, pack states 18 washes, based on the dosage for normal soiling in medium water hardness and average content.
E1	RSF	Kitchen, laundry	Airer		Wilkos	9.50		1	1042.9	0.01	Cheap, approx £10, lasts 20 years	Wilko Concertina Clothes Airer 3 Tier 8.4m
E1	RSF	Kitchen, laundry	Clothes pegs		Wilkos	1.00	36	1	782.1	0.00		Wilko Pegs Snapper Multicoloured x 36
E1	RSF	Kitchen, laundry	Peg bag		Wilkos	2.25		1	1042.9	0.00		Wilko Striped Peg Bag with Hanger Beige/White
E1	RSF	Kitchen, laundry	Iron		Wilkos	25.00		1	260.7	0.10	Iron, mid-mid, lasts 5 years	Russell Hobbs Steamglide Ceramic Iron 2400W
E1	RSF	Kitchen, laundry	Ironing board		Wilkos	20.00		1	1042.9	0.02	Ironing board, approx £20, lasts 20 years	Minky Ironing Board 122x38cm
E1	RSF	Kitchen, laundry	Ironing board cover		Wilkos	4.00		1	104.3	0.04		Wilko Ironing Board Cover Drawstring Metallic Effect Large 124x40cm
E1	RSF	Kitchen, laundry	Laundry basket		Wilkos	4.50		1	782.1	0.01	Cheap	Wilko Hipster Laundry Basket (assorted colours)
E1	RSF	Kitchen, cleaning	Plunger		Wilkos	3.00		1	1042.9	0.00		Wilko Traditional Sink Plunger Large



MIS COD E	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	RSF	Kitchen, cleaning	Mop		Wilkos	6.00		1	260.7	0.02		Wilko Twist Mop Black/Grey
E1	RSF	Kitchen, cleaning	Mop head		Wilkos	3.00		1	26.1	0.12	Replacement head for mop every 6 months	Wilko Twist Mop Refill
E1	RSF	Kitchen, cleaning	Bucket		Wilkos	5.50		1	260.7	0.02	Details not specified. Used 5 years from RSM.	Wilko Mop Bucket with Wringer Black 14L
E1	RSF	Kitchen, cleaning	Vacuum cleaner		Tesco	59.00		1	521.4	0.11	Approx £60, would last 10 years	Vax C89-PM2-P Bagless Cylinder Vacuum Cleaner
E1	RSF	Kitchen, cleaning	Broom		Wilkos	3.50		1	782.1	0.00		Wilko Soft Touch Cleaning Broom
E1	RSF	Kitchen, cleaning	Dustpan & brush		Wilkos	2.00		1	782.1	0.00		Wilko Colour Play Dustpan and Brush
E1	RSF	Kitchen, cleaning	Dusters		Wilkos	1.30	8	1	52.1	0.02	Pack of dusters would last 1 year	Wilko Dusters Yellow Standard 35cmx40cm x8
E1	RSM	Kitchen, cleaning	Scouring/sponge pads		Wilkos	1.00	20	1	20.0	0.05	1 per week	Wilko Sponge Scourers x20
E1	RSF	Kitchen, cleaning	Dishcloths		Wilkos	1.00	8	1	34.8	0.03	1 a month	Wilko Dish Cloths Standard 30cmx25cm x8
E1	RSF	Kitchen, cleaning	Tea towels		Wilkos	3.00	3	2	156.4	0.04	6 required, last 3 years	Wilko Tea Towels (various colours) £3 for pack of 3
E1	RSF	Kitchen, consumables	Freezer bags		Wilkos	2.00	30	1	26.1	0.08	1 roll every 6 months	Wilko Food and Freezer Bags Zip Seal 26cmx26cm Medium x30
E1	RSF	Kitchen, consumables	Window cleaner		Wilkos	2.00		1	13.0	0.15		Windolene Glass and Shiny Surface Cleaner Trigger Spray
E1	RSF	Kitchen, consumables	Washing up liquid		Tesco	0.59		1	4.3	0.14	Replace monthly	Daisy Original Washing Up Liquid 500ml
E1	RSF	Kitchen, consumables	Multi-surface cleaner		Wilkos	3.00		1	4.3	0.69	Anti-bacterial all-purpose spray, replace monthly	Dettol Anti-Bacterial Surface Cleanser 750ml
E1	RSF	Kitchen, consumables	Kitchen towel		Tesco	1.18	2	1	2.0	0.59	1 roll per week	Tesco Everyday Value Kitchen Towel 2 Roll
E1	RSM	Kitchen, consumables	Foil		Wilkos	2.68		1	13.0	0.21		Wilko Kitchen Foil 20mx30cm
E1	RSM	Kitchen, consumables	Clingfilm		Wilkos	2.00		1	13.0	0.15		Wilko Cling Film Multi-Purpose 75mx35cm
E1	RSF	Kitchen, consumables	Disinfectant		Wilkos	1.00		1	4.3	0.23	e.g. Dettol	Wilko Disinfectant Pine 1L
E1	RSF	Kitchen, consumables	Bleach		Wilkos	1.00		1	2.0	0.50	Replace fortnightly	Parozone Bleach 750ml
E1	RSF	Kitchen, consumables	Carpet cleaner		Wilkos	4.50		1	52.1	0.09	Replace annually	Vanish Powerfoam Clean and Fresh High Traffic Carpet Cleaner 600ml
E1	RSF	Kitchen, consumables	Bin bags		Wilkos	0.60	50	1	17.0	0.04	3 per week	Wilko Functional Pedal Bin Liners 46cmx46cmx50
E1	RSF	Kitchen, consumables	Napkins		Wilkos	1.43	100	1	26.1	0.05	To protect against spills - disposable don't need washing.	Wilko Napkins White 2 Ply 33cmx33cm x 100
E1	RSF	Kitchen, consumables	Liquid soap		Wilkos	1.00		1	4.3	0.23		Palmolive Hand Wash 300ml
E1	RSF	Kitchen, misc	Shoe cleaning kit		Timpson	4.45		1	260.7	0.02	Kit containing 4 brushes, black and brown polish + duster/cloth	CD wallet contains suede brush, two shoe brushes, cloth, shoe horn and two tins of polish
E1	RSF	Kitchen, misc	Shoe polish		Wilkos	0.60		1	52.1	0.01	Replace 1 tin a year	Cherry Blossom Shoe Polish 50ml
E1	RSF	Kitchen, miscellaneous	Clock		Argos	1.97		1	521.4	0.00	No batteries included.	Argos Value Range White Plastic Wall Clock
E1	RSF	Kitchen, miscellaneous	Batteries for clock		Tesco	2.50	4	1	208.6	0.01	1 battery per year needed	Tesco Hi Tech 4 Pack AA batteries
E1	RSF	Kitchen, miscellaneous	Batteries for bike lights		Tesco	2.50	4	1	52.1	0.05	2 batteries per light per year	Tesco Hi Tech 4 Pack AAA batteries
E1	RSF	Bathroom	Light bulb		Tesco	2.00	1	1	104.3	0.02	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours)
E1	RSF	Bathroom	Curtains		Dunelm	39.99	2	1	521.4	0.08	Lined to keep heat in, and last 10 years	Teal Vancouver Thermal Eyelet Curtains, machine washable, thermal lined, (W66"xDrop 54")
E1	RSF	Bathroom	Curtain pole		Dunelm	9.99	1	1	1042.9	0.01	20 year lifetime	Venice Wooden Curtain Pole - includes rings
E1	RSF	Bathroom	Medicine cabinet		Argos	26.39		1	1042.9	0.03	Includes mirror, cheap would last 20 years	Modern Mirrored Bathroom Cabinet with 3 Shelves - White
E1	RSF	Bathroom	Magnifying mirror		Wilkos	5.00		1	1042.9	0.00	Approx £5, lasts 20 years, magnifying spin mirror	Wilko Freestanding Mirror Large - for applying make up
E1	RSF	Bathroom	Bath towels		Dunelm	8.99		3	260.7	0.10	3 in total. Mid-mid from Dunelm would last 5 years	So Soft Collection Zero Twist Towels (various colours)
E1	RSF	Bathroom	Hand towels		Dunelm	3.99		6	260.7	0.09	6 required (includes some for use in kitchen)	So Soft Collection Zero Twist Towels (various colours)
E1	RSF	Bathroom	Flannels		Dunelm	0.89		3	260.7	0.01	3 required	So Soft Collection Zero Twist Towels (various colours)
E1	RSF	Bathroom	Bath mat (for floor)		Wilkos	6.50	2	1	260.7	0.02	Comes in set with pedestal mat, lasts 5 years	Wilko Bath Mat Set
E1	RSF	Bathroom	Pedestal mat		Wilkos			1	260.7		Comes in set with bath mat, lasts 5 years	Wilko Bath Mat Set
E1	RSF	Bathroom	Non-slip bathmat		Wilkos	3.00		1	52.1	0.06	Lasts 1 year	Wilko Pebble Bath Mat Transparent
E1	RSF	Bathroom	Shower curtain		Wilkos	6.50		1	104.3	0.06	Lasts 2 years, washable	Wilko Swirl Shower Curtain Blue (various designs), machine washable
E1	RSF	Bathroom	Soap dish		Wilkos	1.60		1	1042.9	0.00	In set with toothbrush holder, 'would last her out'	Wilko Ceramic Soap Dish White
E1	RSF	Bathroom	Toothbrush holder		Wilkos	1.50		1	1042.9	0.00	In set with soap dish, 'would last her out'	Wilko White Tumbler Ceramic
E1	RSF	Bathroom	Linen basket		Wilkos	12.00		1	521.4	0.02		Wilko Split Wood Laundry Hamper White/Willow
E1	RSF	Bathroom	Bleach		Wilkos	1.00		1	4.3	0.23	Replace every month	Parozone Bleach 750ml
E1	RSF	Bathroom	Bathroom cleaner		Wilkos	0.72		1	4.3	0.17	Cream cleaner for basin and bath/shower	Wilko Cream Cleaner Lemon 500ml
E1	RSF	Bathroom	Multi-purpose spray cleaner		Wilkos	1.00		1	4.3	0.23	Spray, replace monthly	Dettol Bathroom Cleaner Anti-Bacterial 440ml
E1	RSF	Bathroom	Toilet cleaner		Wilkos	0.75		1	4.3	0.17		Wilko Toilet Cleaner Eucalyptus and Peppermint 750ml
E1	RSF	Bathroom	Toilet brush		Wilkos	2.00		1	26.1	0.08	Mid-mid, replace every 6 months	Wilko Toilet Brush and Holder Clear Plastic
E1	RSF	Bathroom	Air freshener		Wilkos	0.90		1	4.3	0.21		Wilko Room Fragrance Aerosol Spray Chamomile with Lavandin Essential Oils 240ml
E1	RSF	Bedroom	Lampshade for central light		Dunelm	2.99		1	156.4	0.02	Not cheapest, possibly one up from bottom. Approx £2.99, lasts 3 years	Steep Coolie Ceiling Pendant Shade
E1	RSF	Bedroom	Light bulb		Tesco	2.00	1	2	104.3	0.04	Energy saving	Philips 42W(55W) Ecoclassic Edison Screw Classic Dimmable. Product info says lifetime = 2 years (2000 hours). One included for lamp in bedroom.
E1	RSF	Bedroom	Curtains		Dunelm	39.99	2	1	521.4	0.08	Lined to keep heat in, and last 10 years	Rose Aurelia Thermal Eyelet Curtains, machine washable, thermal lined, (W66"xDrop 54")
E1	RSF	Bedroom	Curtain pole		Dunelm	9.99	1	1	1042.9	0.01	20 year lifetime	Venice Wooden Curtain Pole - includes rings
E1	RSF	Bedroom	Net curtains		Dunelm	9.96		1	156.4	0.06	Cheap, lasts 3 years - cheap nets go brittle and discolour	Plain Lead Net Fabric £2.49 per metre for 150cm drop. 4x£2.49 = £9.96



MIS 2014 REBASE												
F: Personal goods and services, including health												
Retired single female												
MIS CODE	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
F	RSF	Health care	Opticians - glasses		Specsavers	118.00		1	104	1.13	Specsavers varifocal glasses with £69 frame to allow for greater choice and because not all lenses will fit in certain frames. £69 frames + £49 lenses = £118 every 2 years.	
F	RSF	Health care	Dentists - check up		NHS	18.50		1	52	0.35	Two check ups per year with NHS dentist	
F	RSF	Health care	Dentists - treatment		NHS	50.50		1	52	0.97	One band A treatment, e.g.filling per year	Band 2 course of treatment, filling, root canal or removal - includes cost of 1 check up
F	RSF	Health care	Dentists - treatment		NHS	219.00		1	261	0.84	Dentures every 5 years	Band 3 treatment includes crowns, dentures and bridges
F	RSF	Health care	Chiropody			30.00		1	8	3.75	£30 every 8 weeks for routine care, clipping nails etc.	
F	RSF	Health care	Cough medicine		Tesco	1.50		1	26	0.06	1 bottle every 6 months	Tesco adult chesty/tickly cough syrup
F	RSF	Health care	Paracetamol		Tesco	0.21	16	1	4	0.05	1 pack of 16 tablets per month	500 mg 16 tablets per pack
F	RSF	Health care	Indigestion tablets		Tesco	1.20	12	1	4	0.28	1 pack per month	Tesco Ranitidine Tablets 12 in a pack.
F	RSF	Health care	First aid kit		Tesco	5.00		1	104	0.05	Includes plasters	Tesco Travel First Aid Kit
F	RSF	Personal care	Hairdressing			25.00		1	6	4.17		
F	RSF	Personal care	Hairdryer		Wilkos	15.00		1	261	0.06	Cheap, lasts 5 years	Babyliss Turbo 2000w
F	RSF	Personal care	Toilet roll		Wilkos	2.50	9	1	5	0.56	2 per week, own brand	Nicky Soft Touch
F	RSF	Personal care	Shower gel		Wilkos	1.00		1	4	0.23	Lasts 1 month	Palmolive naturals or aromas Shower Gel 250ml
F	RSF	Personal care	Shampoo		Wilkos	1.50		1	9	0.17		200ml. Herbal Essences various types
F	RSF	Personal care	Conditioner		Wilkos	1.50		1	9	0.17		Herbal Essences 200ml.
F	RSF	Personal care	Deodorant		Tesco	2.50		1	4	0.58		Soft and Gentle 250ml spray.
F	RSF	Personal care	Toothpaste		Wilkos	0.97		1	4	0.22		Crest 100ml
F	RSF	Personal care	Toothbrush		Wilkos	0.77		1	13	0.06		Colgate
F	RSF	Personal care	Denture cleaning tablets		Wilkos	0.65		1	4	0.15	E.g. steradent - 1 tablet per day	Wilko Denture Cleanser (contains 30 tablets)
F	RSF	Personal care	Hand wash		Wilkos	1.00		1	9	0.12		Palmolive 250ml
F	RSF	Personal care	Soap		Wilkos	0.98	2	1	17	0.06		Nivea Cream Soft 100g x 2 bars in one pack, 1 bar lasts 2 months
F	RSF	Personal care	Moisturiser		Tesco	0.00		0	4	0.00	Included in £5 a month for cosmetics	
F	RSF	Personal care	Body cream		Tesco	1.39		1	4	0.32		Derma intensive+ 500ml
F	RSF	Personal care	Make up remover		Wilkos	0.00		0	4	0.00	Included in £5 a month for cosmetics	Simple
F	RSF	Personal care	Nail brush		Wilkos	0.40		1	104	0.00		Wilko
F	RSF	Personal care	Comb		Wilkos	0.35		1	26	0.01	Cheap, replace every 6 months	Wilko Its all about Hair
F	RSF	Personal care	Hair brush		Wilkos	2.00		1	261	0.01	Cheap, replace every 5 years	Wilko its all about hair cushion brush oval black large
F	RSF	Personal care	Sponge		Wilkos	0.25	1	1	4	0.06	Artificial sponges, 1 sponge per month	
F	RSF	Personal care	Loofah		Tesco	4.00		1	104	0.04		Tesco Loofah Mit from Tesco Direct
F	RSF	Personal care	Lidded glass		Wilkos	1.00		1	261	0.00	For dentures, lasts 5 years	Wilkos Lidded glass





