

<b>MIS 2018 REBASE</b>				
<b>Single male pensioner</b>				
				<b>Summary</b>
A food and non-alcoholic beverages			48.95	Food
	A1 food		43.49	Alcohol
	A2 catering		5.46	Tobacco
B alcohol and tobacco			7.75	Clothing
	B1 alcohol		7.75	Water rates
		B1A alcohol at home	6.10	Council tax
		B1B alcohol away from home	1.65	Household insurances
	B2 tobacco and narcotics		0.00	Fuel
C clothing and footwear			6.04	Other housing costs
D housing costs			113.92	Household goods
	D1 rent		76.55	Household services
	D2 mortgage interest		0.00	Childcare
	D3 water		6.00	Personal goods and services
	D4 Council tax		16.51	Motoring
	D5 household insurances		1.53	Other travel costs
	D6 fuel		10.45	Social and cultural participation
	D7 other housing costs		2.88	Total
E household goods and services			22.61	Rent/mortgage interest
	E1 household goods		14.73	
	E2 household services		7.88	
		E2A communication	7.88	
		E2A1 postage	0.58	
		E2A2 telephone	7.30	
		E2B childcare	0.00	
		E2C other household services	0.00	
F personal goods and services (inc health)			14.31	
G transport			13.20	
	G1 motoring expenditure		0.00	
	G2 Fares and other travel costs		13.20	
H social and cultural participation			44.81	
	H1 leisure goods		8.03	
	H2 pets		0.00	
	H3 entertainment and recreation		20.56	
	H4 TV licence and rental		2.89	
	H5 foreign holidays		0.00	
	H6 UK holidays		13.33	
		TOTAL	271.58	

MIS 2018 REBASE												
A: Food and non-alcoholic beverages												
Single male pensioner												
MIS CODE	COICOP	MIS ID	Item	Brand	Supplier	Unit Price £	Pack no.	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
		1.1 SMP	Semi and other skimmed milk	British	Tesco	2.10	5	1	1	2.10	2270 ml buy 5 pints includes visit	Tesco British semi skimmed 2pt x 2 (4pt) £0.80 + 1pt 0.50p includes visitors
		1.1 SMP	Cheese, natural, hard, Cheddar and Cheddar type	Tesco	Tesco	1.55	1	1	1.37	1.13	145g	Tesco British mature cheddar cheese smallest pk 200g £1.55 save in fridge. Recommended 7 days of opening/open by date on pack. 2 week life
		1.1 SMP	Eggs	British	Tesco	0.89	6	1	1.5	0.59	4 x 30g	British eggs Tesco 89p for box of 6
		1.1 SMP	Lamb chop	Tesco	Tesco	3.98	1	1	1.75	2.27	400g	Butchers Choice Lamb Chops 700G
		1.1 SMP	Beef Mince	Tesco	Tesco	3.75	1	1	1.45	2.59	275g	Tesco Beef lean frozen mince 5% fat 500g £3.75
		1.1 SMP	Braising steak	Boswell Farm	Tesco	2.89	1	1	2	1.45	200g	Boswell Farms beef diced casserole steak 400g can freeze remainder. £2.89
		1.1 SMP	Bacon and ham, uncooked, rashers, pre-packed	Tesco/deli	Tesco	0.25	1	4	1	1.00	Bacon 2 rashers120g	Deli counter Tesco. rasher of bacon 37g each 25p x 4 for 2 portions
		1.1 SMP	Bacon and ham cooked including canned	Tesco/deli	Tesco	1.20	1	1	1	1.20	Ham 4 slices 68g	Deli counter Tesco. 3 slices 100g £1.20
		1.1 SMP	Sausages, uncooked, pork	Richmond	Tesco	2.00	1	1	4	0.50	2 sausages 110g	Richmond 8 thick pork sausages 454g £2 Freeze remainder
		1.1 SMP	Other canned or bottled fish	princes	Tesco	2.25	1	1	1.5	1.50	2 x 80g tins tuna drained	Princes tuna chunks in spring water 3 tins 80g each. £2.25p
		1.1 SMP	Frozen convenience fish products	Tesco	Tesco	5.00	1	1	2	2.50	120g frozen cod fish fillet	Tesco 2 cod loins 280g £5.00 will freeze
		1.1 SMP	Poly-unsaturated Reduced fat spreads	Flora	Tesco	1.00	1	1	2.5	0.40	198g	Flora light 500g 1.80 reduced to £1.00
		1.1 SMP	Butter	Tesco	Tesco	1.60	1	1	4	0.40	20g	Tesco unsalted butter 250g £1.60 refridgerate for 1 month
		1.1 SMP	Sugar	Trade Aid	Tesco	0.69	1	1	26	0.03	10g	Trade Aid Uk granulated sugar 500g 69p reduced lifespan
		1.1 SMP	Previous year's crop potatoes purchased Jan to Aug	Tesco	Tesco	1.35	1	1	2.6	0.52	946g cost 1kg	Redmere Farms white potato 1.35 2/5kg
		1.1 SMP	Sweet potato		Tesco	0.45	1	1	1	0.45	450g	Tesco sweet potatoes loose £1/kg 450g
		1.1 SMP	Other fresh green veg ( broccoli)	Tesco	Tesco	1.10	1	1	10	0.11	80g	Tesco broccoli florets frozen 900g £1.10
		1.1 SMP	Cabbage fresh	Tesco	Tesco	0.79	1	1	2	0.40	75g	Tesco white cabbage 79p Would last 2 weeks in refridger
		1.1 SMP	Carrots, fresh	Tesco	Tesco	0.16	1	1	1	0.16	270g	Tesco loose carrots 60p/kg 60/1000x270=16p
		1.1 SMP	Onions, shallots, leeks, fresh	Tesco	Tesco	0.20	1	1	1	0.20	260g onions	Tesco loose brown onions 75p/kg 75/1000x260=20p
		1.1 SMP	Onions, shallots, leeks, fresh	Tesco	Tesco	0.55	1	1	2	0.28	30g spring onions	Tesco bunch onions 100g 55p (life adjusted)
		1.1 SMP	Garlic	Tesco	Tesco	0.30	1	1	4	0.08	5g	Tesco garlic 30p each. Keep dry and cool life adjusted to 4 weeks
		1.1 SMP	Mushrooms	Tesco	Tesco	0.66	1	1	1	0.66	200g (242 including waste)	Tesco closed button loose £2.75/kg 2.75/1000x242=66p
		1.1 SMP	Butternut squash	Tesco	Tesco	1.00	1	1	2	0.50	120g	Butternut squash all sizes £1
		1.1 SMP	Tomatoes, fresh	Tesco	Tesco	0.69	1	2	1.3	1.06	9 tomatoes 765g	Tesco salad 6 pack 0.69p
		1.1 SMP	Peas, frozen	Tesco	Tesco	1.30	1	1	6.6	0.20	150g	Tesco garden peas 1kg frozen £1.30
		1.1 SMP	Peas, mushy	Batchelors	Tesco	0.30	1	1	1	0.30	120g	Tesco British Mushy Peas 300g
		1.1 SMP	Baked Beans, canned	Heinz	Tesco	1.70	3	1	3	0.57	200g small can	Heinz baked beans in tomato sauce 3 x 200g tin £1.70
		1.1 SMP	Beetroot	Tesco	Tesco	0.65	1	1	6	0.11	25g from jar	Tesco pickled sliced beetroot 340g 65p. Drained 210g life 6 weeks from opening
		1.1 SMP	Tomatoes pasta sauce in jar	Tesco	Tesco	1.00	1	1	1	1.00	178g	Tesco Goodness Pasta sauce 200g £1
		1.1 SMP	Soup tomato canned	Heinz	Tesco	0.85	1	1	1	0.85	300g	Heinz cream of tomato 300g tin £0.85
		1.1 SMP	All frozen vegetables and frozen vegetables products not specified elsewhere	Tesco	Tesco	1.30	1	1	16	0.08	60g sweetcorn	Tesco Sweetcorn 1kg £1.30
		1.1 SMP	Frozen oven chips	Tesco	Tesco	0.75	1	1	1.3	0.58	300g	Tesco Homestyle straight cut oven chips 400g £0.75
		1.1 SMP	Leafy green salad	Florette	Tesco	1.00	1	1	1	1.00	120g	Florette mixed salad leaves 150g £1
		1.1 SMP	Pepper fresh	Tesco	Tesco	0.55	1	1	1	0.55	75g half a pepper or one small	Tesco pepper 55p each
		1.1 SMP	cucumber	Tesco	Tesco	0.30	1	1	1	0.30	60g	Tesco cucumber half 0.30p
		1.1 SMP	Bananas	Tesco	Tesco	0.23	1	1	1	0.23	2 bananas 300g	Tesco bananas loose 76p/kg 76/1000x 300=23p
		1.1 SMP	Apples fresh	Tesco	Tesco	1.06	1	1	1	1.06	3 apples 480g	Tesco gala apples 2.20/kg £1.06
		1.1 SMP	Satsumas	Tesco	Tesco	1.00	1	1	1.5	0.67	2 satsuma 280g	Tesco satsumas 600g bag about 4/5 uses small fruits £1 Life given 1.5 weeks
		1.1 SMP	Pear	Tesco	Tesco	0.31	1	1	1	0.31	1 pear 140g	Conference pears loose £2.20/kg approx 31p pear
		1.1 SMP	Kiwi fruit	Tesco	Tesco	0.35	1	1	1	0.35	1 kiwi fruit 100g	Tesco Kiwi fruit 35p each
		1.1 SMP	Grapes	Tesco	Tesco	0.50	1	1	1	0.50	45g	Tesco grape snack pack 80g 50p
		1.1 SMP	Dried fruit sultanas	Whitworths	Tesco	2.00	1	1	5	0.40	60g	Whitworth sunshine extra juicy sultanas 325g £2
		1.1 SMP	Marmalade	Tesco	Tesco	0.60	1	1	6	0.10	20g	Tesco Fine cut orange marmalade 545g 60p 6 week life
		1.1 SMP	Bread, wholemeal, sliced	Tesco	Tesco	1.10	20	2	1.78	1.24	25 slices 900g	Tesco wholemeal medium bread 800g loaf £1.10 20 slices. Will freeze
		1.1 SMP	Brown roll	Tesco	Tesco	1.00	4	1	2	0.50	2 x55g	Tesco Large Wholemeal Bap 4 Pack
		1.1 SMP	Biscuits sweet	Tesco	Tesco	0.30	1	1	1.5	0.20	10 x8.3g rich tea	Tesco rich tea 300g pkt approx 30 biscuits 30p extra for visitors
		1.1 SMP	Biscuits sweet	Tesco	Tesco	0.45	1	1	6	0.08	2 x 14g custard creams	Tesco custard creams 400g 45p 12g biscuit extra for visitors, reduced life
		1.1 SMP	chocolate covered biscuits	Tesco	Tesco	1.99	9	1	4.5	0.44	2 x 2 finger Kit-Kat 2 x 20.8g	KitKat 2 finger chocolate 9 pk 1.99
		1.1 SMP	Ice cream	Tesco	Tesco	1.00	1	1	5	0.20	200g	Tesco soft scoop vanilla 1L £1 frozen
		1.1 SMP	Porridge	Tesco	Tesco	0.70	1	1	10	0.07	50g	Tesco scottish Oats 500g £0.70
		1.1 SMP	Other high fibre breakfast cereals	Tesco		1.50	1	1	4	0.38	3 x 20g weetabix	Weetabix 12 pk 20g biscuit £1.50
		1.1 SMP	Yorkshire pudding		Tesco	1.55	12	1	6	0.26	65g (2 puddings)	Aunt Bessie's 12 Bake At Home Yorkshire's 1.55
		1.1 SMP	Tesco apple crumble 200g	Tesco	Tesco	1.35	1	1	2	0.68	200g	Tesco apple crumble 500g £1.35. Can be frozen in 2 portions
		1.1 SMP	Rice pudding	Nestle	Tesco	1.80	4	1	4	0.45	1 x125g carton	Ambrosia cream rice pudding 4pk 125g 1.80
		1.1 SMP	Pasta	Tesco	Tesco	0.56	1	1	13	0.04	36g macaroni	Tesco macaroni 500g 56p
		1.1 SMP	Pasta	Tetley	Tesco	0.56	1	1	6	0.09	80g spaghetti	Tesco quick cook spaghetti 500g 56p
		1.1 SMP	Rice	Tesco	Tesco	1.20	1	1	12	0.10	75g	Tesco easy cook long grain rice 1kg 1.20p life adjusted







<b>MIS 2018 REBASE</b>													
<b>C: Clothing and footwear</b>													
<b>Single male pensioner</b>													All from Supermarket apart from waterproof coat & walking shoes
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	SMP	Male, footwear	Slippers		Tesco	14.00		1	52.14	0.27	1 pair needed. Supermarket. 1 year.	F&F Faux Suede Moccasin Slippers - Tan
C	3.2	SMP	Male, footwear	Shoes (smart)		Tesco	22.00		1	104.29	0.21	1 pair needed. Supermarket. 2 years.	F&F Leather Trampoline Stitch Shoes
C	3.2	SMP	Male, footwear	Shoes (casual)		Tesco	14.00		1	52.14	0.27	2 pairs needed. E.g. canvas shoes and slip on shoes. Supermarket. 1 year	F&F Twin Gusset Slip On Plimsolls
C	3.2	SMP	Male, footwear	Shoes (casual)		Tesco	14.00		1	52.14	0.27	2 pairs needed. E.g. canvas shoes and slip on shoes. Supermarket. 1 year	F&F Oxford Lace-Up Plimsolls
C	3.2	SMP	Male, footwear	Trainers		Tesco	14.00		1	52.14	0.27	1 pair. Supermarket. 1 year.	F&F Mesh Panelled Lifestyle Micro-Fresh® Trainers Catalogue Number:
C	3.2	SMP	Male, footwear	Sandals		Tesco	18.00		1	104.29	0.17	1 pair. Supermarket. 2 years.	F&F Double Riptape Trekker Sandals
C	3.2	SMP	Male, footwear	Walking shoes		Go Outdoors	50.00		1	260.71	0.19	Go Outdoors 5 years	Hi-Tec Quadra Classic Men's Walking Shoes
			<b>C clothing and footwear</b>										
						<b>COICOP</b>							
							<b>Footwear</b>				<b>3.2</b>		
											<b>1.65</b>		
			<b>Total</b>				<b>£1.65</b>						

MIS 2018 REBASE											
D: Housing costs											
Single male pensioner											
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
D1	4.1	SMP	Rent	Rent		76.5468	1	1	76.55		2017 rent £77.32, -1% inflation to 2018 = £77.32x.99=
D3	4.4	SMP	Water supply (ND)	Water rates		312.898857	1	52.1428571	6.00		Severn Trent forecast price increase April 2018 is 4%. 2017 price is £5.77 per week. £5.77x 1.04=£6.00 per week
D4	NA	SMP	Council tax (GB) Rates (NI)	Council tax			1		16.51		See female SFP sheet
D5	12.5	SMP	Contents insurance	Contents insurance	RIAS	79.77	1	52.1428571	1.52983562		Based on £50 excess, £15,000 cover occupied day and night. Priced online via comparethemarket.com April 2018. RIAS £79.77 (£5.96 deposit and 11 monthly payments of £6.71)
D6	4.5	SMP	Electricity, gas and other fuels	Fuel		545.00	1	52.1428571	10.4520548		Based on lowest online tariff April 2018. Brilliant Energy Fair Deal 3.5b fixed for one year with a £58 cancellation fee (switched via site Energylinx).
D7	4.3	SMP	House maintenance	Decorating and other house maintenance		150	1	52.1428571	2.88		£100 a year to be able to maintain/refresh decor, e.g. decorating one room a year, plus £50 a year to cover approx 3 hours to pay someone to do small DIY tasks, e.g. assembling flatpack furniture.
			Rent	76.5468		COICOP					
			Water	6.0008		4.1	76.5468				
			Council tax	16.51		4.3	2.87671233				
			Insurance	1.529835616		4.4	6.0008				
			Fuel	10.45205479		4.5	10.4520548				
			Other housing costs	2.876712329		12.5	1.52983562				
			Total	113.9162027							









Single male pensioner													
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	SMP	Hall	Carpet		Carpetright	300.55		1	521.43	0.58	Reasonably hard wearing carpet (possibly c. 25-30% up from bottom in available range?), with separate, same quality underlay as carpets with built in underlay are cheaper and won't last as long. Potters. CB changed to 2 up from the bottom throughout in line with the SFP hallway/living room. FG1 changed to E9.99 quality in line with couples for living areas and one up from bottom (£5.99m2) for bedroom.	Nordic Berber(10yr stain warranty) £9.99m2, Delight Carpet Underlay 7mm £4.99 m2. 4x2.5m = 10.4m2 (adds 10cm width) = £103.90, plus £29.99 delivery, £45.60 fitting, total = £179.49, plus underlay £51.90, plus 7m gripper @ £1.89 = £13.23, plus 7 door bars @ £7.99 = £55.93 Total = £300.55
E1	5.1	SMP	Living area+dining area	Carpet		Carpetright	407.68		1	521.43	0.78	Reasonably hard wearing carpet (possibly c. 25-30% up from bottom in available range?), with separate, same quality underlay as carpets with built in underlay are cheaper and won't last as long. Potters. CB changed to 2 up from bottom in line with SFP throughout flat. CB changed to 2 up from bottom in line with SFP throughout flat. FG1 changed to E9.99 quality in line with couples for living areas and one up from bottom (£5.99m2) for bedroom.	Nordic Berber (10yr stain warranty)£9.99m2, Delight Carpet Underlay 7mm £4.99 m2. 4x4.5m = 18.4m2 = £183.82, plus £29.99 delivery, £69.92 fitting, total = £283.73, plus underlay £91.82, plus 17m gripper @ £1.89 = £32.13 Total = £407.68
E1	5.1	SMP	Bedroom	Carpet		Carpetright	271.18		1	521.43	0.52	Reasonably hard wearing carpet (possibly c. 25-30% up from bottom in available range?), with separate, same quality underlay as carpets with built in underlay are cheaper and won't last as long. Potters. CB changed to 2 up from bottom in line with SFP throughout flat. FG1 changed to E9.99 quality in line with couples for living areas and one up from bottom (£5.99m2) for bedroom.	Dynasty Twist £5.99sqm (4m roll), Delight Underlay £4.99sqm. £29 Delivery. £3sqm fitting (min £30) 4x3.5m=14.4m2 (Adding 10cm extra) = £86.26. £54.72 fitting. £29.99 delivery = £170.97 + Underlay 14.4 x£4.99=£71.86 +15m gripper @£1.89m=£28.35 = £271.18
E1	5.1	SMP	Garden	Table		Argos	34.99	1	1.0	260.71	0.13	Plastic table and 2 chairs to be able to sit outside with a friend in warm weather. 5 years. CB changed to metal set in line with SFP.	Kara 2 Seater Garden Bistro Set - Black
E1	5.1	SMP	Garden	Chairs		Argos			2.0	260.71		Plastic table and 2 chairs to be able to sit outside with a friend in warm weather. 5 years. CB changed to metal set in line with SFP.	included in set
E1	5.5	SMP	Garden	Trowel		The Range	1.49		1	521.43	0.00	Trowel. 10 years. CB added in line with SFP.	Draper Carbon Steel Hand Trowel - Grey
E1	5.5	SMP	Garden	Fork		The Range	1.49		1	521.43	0.00	Fork. 10 years. CB added in line with SFP.	Draper Carbon Steel Hand Fork - Grey
						COICOP							
						Other housing costs 4.3	0.03						
Totals						HHGoods 5.1	7.4162702						
E1	#####	Household goods		14.73		HHGoods 5.2	1.2674767						
						HHGoods 5.3	1.7001699						
						HHGoods 5.4	1.0653297						
						HHGoods 5.5	0.1422822						
						HHGoods 5.6	3.1051282						

MIS 2018 REBASE													
E: Household goods and services													
Single male pensioner													
MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E2A1	8.1	SMP	Postage	Stamps		Post Office	30.00		1	52.14285714	0.58	2 books of 12 second class stamps per year. CB changed to £30 a year.	
E2A2	8.2	SMP	Telephone	Landline telephone (handset)		Argos	29.99		1.0	521.43	0.06	Cheap landline handset as backup for mobile. Tesco's/Argos. Cheapest recognised brand. Doesn't need answering machine. Would last 10 years. FG2 changed to 2 handsets.	Panasonic KX-TGB212EB Cordless Telephone - Twin
E2A2	8.2	SMP	Telephone	Mobile telephone (handset)		TescoMobile	0.00		1.0	104.29	0.00	Entry level handset- smartphone with basic contract package. Price of handset included in contract and can be upgraded/replaced every 2 years at no additional cost.	Alcatel pixi 4.4 - cost included in contract below
E2A2	8.3	SMP	Telephone	Mobile telephone (bills)		TescoMobile	7.50		1.0	4.35	1.73	Basic contract with 500MB/1GB data, inclusive minutes and texts.	Alcatel pixi 4.4 - 500MB, 250 minutes, 5000 texts, £7.50/month 24 month contract
E2A2	8.3	SMP	Telephone	Telephone line rental		First Utility via Moneysupermarket	21.99	1	1	4.35	5.06	CB changed from cheapest provider to cheapest package with free evening and weekend calls in line with SFP	via Moneysupermarket. First Utility up to 17Mb/sec, unlimited downloads, 18 month contract, no setup cost, free evening and weekend calls added for £3 so total cost £21.99, £263.88 total cost per year and no set increases after year 1.
E2A2	8.3	SMP	Telephone	Telephone call charges		First Utility via Moneysupermarket		2	1	4.345238095	0.46	FG1 added £2 per month to cover calls to numbers not included in plan or outside of evening and weekend free calls package.	
			Postage	0.58		COICOP							
			Telephone	7.30			8.1	0.58					
			Total	7.88			8.2	0.06					
							8.3	7.25					

MIS 2018 REBASE													
F: Personal goods and services, including health													
Single male pensioner													
MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
												All supermarket own brand.	
F	12.1	SMP	Personal care	Hairdressing			8.00		1	4.345238095	1.84	E5 a month for trim. CB increased to £10. PPCB changed to £8 a month.	
F	12.1	SMP	Personal care	Soap		Wilko	1.00	2	1	17.38095238	0.06	Hand soap dispenser. Replace every 3 months. FG1 changed to monthly. FG2 changed to bar of soap, each one lasts 2 months.	Simple Pure Soap for Sensitive Skin 2x125g. Pack of 2 so would last 4 months.
F	12.1	SMP	Personal care	Toilet roll		Tesco	1.85	4	1		0.93	1 per week. Supermarket. Generic. PPCB changed to 3 per person per week. FG1 changed to 2 per person but quilted.	Tesco Luxury Soft Toilet Tissue 4 Roll Quilted (26p/100 sheets)
F	12.1	SMP	Personal care	Shower gel		Tesco	0.85		1	13.03571429	0.07	Would last 3 months. Supermarket. Generic.	Tesco Revitalising Sea Minerals Shower Gel 500ml
F	12.1	SMP	Personal care, male	Razor		Wilko	6.50		1	521.4285714	0.01	Brand, would last 10 years. PPCB changed to razor with changeable blades. Handle lasts 10 years.	Gillette Mach 3 Men's Razor
F	12.1	SMP	Personal care, male	Razor blades		Wilko	8.00	4	1	17.38095238	0.46	Replacement foil for electric razor. Would last 2 years. PPCB changed to razor with changeable blades. 1 blade a month.	Gillette Mach 3 Men's Razor Blades 8 Refills
F	12.1	SMP	Personal care, male	Shaving foam		Tesco	1.50		1	26.07142857	0.06	Shaving foam added by PPCB, 6 months.	Gillette Shaving Foam Regular 200ml
F	12.1	SMP	Personal care, male	Dental floss		Tesco	1.00		1	52.14285714	0.02	Would last 4 months. PPCB changed to 1 year.	Proformula Floss single x 50m
F	12.1	SMP	Personal care, male	Toothpaste		Tesco	0.80		1	4.345238095	0.18	1 tube of toothpaste every 6 weeks. FG2 changed to monthly in line with SFP.	Aquafresh Freshmint Toothpaste 75ml
F	12.1	SMP	Personal care, male	Toothbrush		Tesco	1.00	5	1	43.45238095	0.02	Would replace toothbrush every month. FG2 changed to 2 months.	Wisdom Essential Medium 5 Pack Toothbrushes Pack of 5 so would last 10 months.
F	12.1	SMP	Personal care, male	Mouthwash		Tesco	0.50		1	4.345238095	0.12	CB added in line with SFP.	Tesco Coolmint Mouthwash 500ml
F	12.1	SMP	Personal care, male	Denture tablets		Tesco	1.00		1	4.345238095	0.23	Would use 1 tablet a day. CB added in line with SFP.	Steradent Active Plus 30
F	12.1	SMP	Personal care, male	Denture container		Superdrug	1.49		1	52.14285714	0.03	Plastic container. Replace every 5 years. PPCB changed to 1 year in line with SFP for hygiene reasons.	Superdrug Denture Bath
F	12.1	SMP	Personal care, male	Tooth mug		The Range	3.99		1	52.14285714	0.07652055	To hold toothbrush. Cheapest plastic or ceramic. Replace yearly. Superdrug/Pound shop.	Lille Bathroom Tumbler - White
F	12.1	SMP	Personal care, male	Deodorant		Tesco	0.80		1	4.345238095	0.18	Replace monthly. Supermarket. Generic.	Tesco Mens Revive Antiperspirant Deodorant 200ml
F	12.1	SMP	Personal care	Sponge		Superdrug	1.99		1	26.07142857	0.07632877	One sponge would last 6 months. Superdrug. FG1 added in line with FP.	Superdrug Round Massage Sponge
F	12.1	SMP	Personal care, male	Shampoo		Tesco	0.80		1	13.03571429	0.06	Would last 3 months. Supermarket. Generic.	Tesco Tea Tree and Mint Shampoo 500ml
F	12.1	SMP	Personal care, male	Conditioner		Tesco	0.80		1	13.03571429	0.06	FG1 added in line with SFP.	Tesco Tea Tree and Mint Conditioner 500ml
F	12.1	SMP	Personal care, male	Hand and body lotion		Tesco	1.00		1	52.14285714	0.01917808	FG2 added 1 a year for face and hands.	Tesco Cocoa Butter Body Lotion 400ml
F	12.1	SMP	Personal care, male	Sun cream		Tesco	3.50		1	52.14285714	0.06712329	FG1 added 3 bottles per year per person to protect skin - at least SPF 30, could be needed all year round. FG2 changed to 1 a year.	Tesco Soleil Sun Protect Lotion Spf 50 200ml
F	12.1	SMP	Personal care, male	Talcum powder		Wilkos	1.00		1	104.2857143	0.00958904	Replace every 2 years. Pound shop. Added by FG2 in line with SFP	Wilkos family talc 500g
F	12.1	SMP	Personal care, male	Comb		Tesco	0.50		1	52.14285714	0.01	Replace yearly.	Leo Bancroft Pocket Comb
F	12.1	SMP	Personal care, male	Nail file		Superdrug	0.99	10	1	26.07142857	0.0379726	Pack of emery boards. Replace every 4 months. Superdrug/Pound shop. PPCB changed to 6 months. FG1 added in line with FP.	Superdrug Emery Boards x 10
F	12.1	SMP	Personal care, male	Foot file		Superdrug	1.99		1	13.03571429	0.15265753	Wooden foot file with emery paper on either side. Replace every 3 months. Superdrug. FG1 added in line with FP.	Superdrug Big Wooden Foot File
F	12.1	SMP	Personal care, male	Nail brush		Tesco	0.50		1	26.07142857	0.01917808	6 months. FG1 added in line with FP.	Tesco Platinum Nail Brush
F	12.1	SMP	Personal care, male	Nail clippers		Superdrug	1.19		1	521.4285714	0.00228219	Would last 10 years. Superdrug. FG1 added in line with FP.	Superdrug Nail Clipper With File
F	12.1	SMP	Personal care, male	Nail scissors		Superdrug	2.79		1	521.4285714	0.00535068	Would last 10 years. Superdrug. FG1 added in line with FP.	Superdrug Straight Nail Scissors
F	12.1	SMP	Personal care, male	Aftershave		Tesco	25.00		1	52.14285714	0.47945205	Aftershave - 1 bottle every 6 months approx £25. Added by CB group. PPCB changed to £25 a year.	Paul Smith Extreme Eau De Toilette 100ml
F	12.3	SMP	Personal effects	Clock radio		Argos	14.99		1	521.4285714	0.03	Cheap, would last 10 years.	Bush Big LED Alarm Clock Radio
F	12.3	SMP	Personal effects	Umbrella		Sports Direct	9.99		1	521.4285714	0.02	Undecided if umbrella should be large golf umbrella or small folding umbrella. Would last 10 years. Supermarket.	Used same as SWAM 2014 (although they gave it 5 years, not 10) Dunlop Golf Umbrella
F	12.3	SMP	Personal effects	Wallet		Burtens	10.00		1	260.7142857	0.04	Leather. Supermarket? Would last 5 years.	Brown Leather Wallet
F	12.3	SMP	Personal effects	Watch		Sports Direct	11.95		1	260.7142857	0.05	Cheap watch - approx. £10 would last 5 years.	Casio Classic Unisex Rubber Chronograph Watch F-91 W-1XY
F	12.3	SMP	Accessories	Holdall		Sports Direct	17.00		1	260.7142857	0.07	1 needed. Would last 5 years. Primark. CB added in line with SFP.	Brown Weekender Bag
F	12.3	SMP	Accessories	Suitcase		Sports Direct	14.99		1	521.4285714	0.03	1 medium sized suitcase needed. Would last 10 years. Primark. CB added in line with SFP.	Dunlop Trolley Suitcase
			Total	5.51									
							COICOP						
							Personal goods and servs 12.1	5.28126301					
							Personal goods and servs 12.3	0.22605205					

MIS 2018 REBASE													
F: Personal goods and services, including health													
Single male pensioner													
All supermarket own brand.													
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	SMP	Health care	Opticians - glasses		Specsavers	200.00		1	104.2857143	1.92	Free eyetest every 2 years. £100 a year to replace glasses.	Specsavers - cheapest single vision lens glasses £25-45. 2 for 1 frames start at £69 and varifocal lenses add from £49 so £69+£49=£118 (other coatings etc. extra)
F	6.2	SMP	Health care	Dentists - check up		NHS	21.60		2	52.14285714	0.83	Two check ups per year with NHS dentist	Band 1 £21.60 includes examination, diagnosis, and scale and polish if needed.
F	6.2	SMP	Health care	Dentists - treatment		NHS	59.10		1	52.14285714	1.13	One band A treatment, e.g.filling per year	Band 2 £59.10 includes everything in Band 1 plus fillings, root canal work and extractions.
F	6.2	SMP	Health care	Dentures		NHS	256.50		1	260.7142857	0.98	Replacement dentures every 5 years. NHS dentist.	Band 3 £256.50 covers all treatment covered by Bands 1 and 2 plus crowns, dentures and bridges
F	6.2	SMP	Health care	Podiatry			30.00		1	8.69047619	3.45	£30 for visit to podiatrist every 3 months. CB added in line with SFP. PPCB changed to 2 months.	
F	6.1	SMP	Health care	Paracetamol		Tesco	0.30	16	1	4.345238095	0.07	One packof 16 every other month. FG1 changed to monthly	Tesco Paracetamol 500mg 16 Tablets Caplet Shape
F	6.1	SMP	Health care	Ibuprofen		Tesco	0.35	16	1	4.345238095	0.08	1 pack every 6 months. FG1 changed to monthly	Tesco Ibuprofen 200mg 16 Caplets
F	6.1	SMP	Health care	Aspirin		Tesco	0.30	16	1	26.07142857	0.01	1 pack every 6 months	Tesco Aspirin 300mg 16 Tablets
F	6.1	SMP	Health care	Indigestion tablets		Wikos	2.00	72	1	26.07142857	0.08	One pack every 6 months. Pound shop. CB added in line with SFP.	Wilko Antacid Peppermint 72 pack.
F	6.1	SMP	Health care	Multivitamins		Tesco	0.50	30	1	4.345238095	0.12	1 tablet a day	Tesco Everyday Value Multivitamins x 30
F	6.1	SMP	Health care	Plasters		Tesco	1.00	40	1	52.14285714	0.02	Replace yearly.	Tesco Plasters Assorted 40s
F	6.1	SMP	Health care	Savlon		Tesco	1.90		1	52.14285714	0.04	Replace yearly.	Savlon Antiseptic Cream 30g
F	6.1	SMP	Health care	First aid kit			7.99		1	104.2857143	0.08	First aid kit - replace every 2 years. Superdrug. CB added in line with SFP.	Superdrug Family First Aid Kit. Contains 1 printed advice slip 1 microporous tape 2 safety pins 6 wipes 1 crepe bandage 1 pair of gloves 20 plasters 2 adhesive dressing strips 4 non-adherent wound dressings
						COICOP							
Total				8.80			Personal goods and servs 6.1	2.40291781					
							Personal goods and servs 6.2	6.39780822					



MIS 2018 REBASE													
H: Social and cultural participation													
Single male pensioner													
MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
H1	9.1	SMP	Leisure goods	TV		Tesco Direct	179		1	521.428571	0.34	Cheapest recognised brand 32" TV from supermarket would last 10 years.	Sharp 32inch LC-32CHG4041K HD Ready LED TV with Freeview HD
H1	9.1	SMP	Leisure goods	DVD player		Argos	19.99		1	260.714286	0.08	Cheap from Currys/Argos/Tesco, 5 years. PP CB added in line with couples.	Bush DVD Player with Display and USB
H1	9.1	SMP	Leisure goods	Radio		Argos	12.99		1	260.714286	0.05	Small portable DAB radio 2 up from bottom. Tesco/Argos recognised brand would last 8 years.CB changed to cheap analogue portable radio in line with SFP. Supermarket, 5 years. Could access digital radio stations through TV.	Bush PR-206 FM/AM Portable Radio (sourced at Argos as limited analogue options from supermarket)
H1	9.1	SMP	Leisure goods	Laptop		Argos	249.99		1	260.714286	0.96	13.5" (A4 size) screen laptop (not touch screen). Cheapest recognised brand with Windows 10. Ebuyer/ John Lewis. Would last 5 years.FG2 said medium sized screen (between 13-15").	HP Stream 14 Inch Intel Celeron 4GB 32GB Laptop - Blue
	9.1	SMP	Leisure goods	Printer		Tesco	39		1	208.571429	0.19	Printer needed for internet use so you can read documents etc.	HP DJ2630 Printer: All-in-One Wireless, Inkjet Colour Printer, A4-White
	9.5	SMP	Leisure goods	Ink cartridges		HP via PC World	1.99		1	4.3452381	0.46	Replacement ink cartridges. £1.99 monthly subscription gives 50 pages per month free and sends new cartridges automatically.	HP Instant Ink Replacement Service.
	9.3	SMP	Leisure goods	Plants etc.			20		1	52.1428571	0.38	£20 a year for buying plants, compost etc. CB added in line with SFP.	
H1	9.3	SMP	Gifts - Xmas	Gifts for others			144		1	52.1428571	2.76	Based on approx one £10 present per month, plus £2 each time for card and wrapping. £12x12=£144	
H1	9.3	SMP	Gifts - Birthdays	Gifts for others			130		1	52.1428571	2.49	Based on 12 presents at £10 each plus £10 for cards and wrapping £10x12+£10=£130	
	9.3	SMP	Other recreational items	Christmas decorations			50		1	521.428571	0.10	Artificial Xmas tree and decorations, replaced every 10 years.	
	9.5	SMP	Newspapers, books and stationery	Paper		Wilkos	2.75		1	52.1428571	0.05	1 pack of paper a year to use with printer	Wilko Copier Paper A4 500 sheets
	9.5	SMP	Newspapers, books and stationery	Calendar		WHSmith	1.99		1	52.1428571	0.04	For kitchen/living area	WHSmith Beautiful Gardens Slim Wall Calendar 2018 Month To View (range of designs available)
	9.5	SMP	Newspapers, books and stationery	Diary		WHSmith	2.99		1	52.1428571	0.06	CB added	WHSmith 2018 A6 Black Diary Week to View
	9.5	SMP	Newspapers, books and stationery	Glue		Wilkos	1.00		1	52.1428571	0.02	1 a year.	Wilko Superglue 3g
	9.5	SMP	Newspapers, books and stationery	Note paper		Wilkos	1.00		1	52.1428571	0.02	1 pad a year.	Wilko Writing pad plain White 100 Sheets 80GSM
	9.5	SMP	Newspapers, books and stationery	Envelopes		Wilkos	0.85	50	1	52.1428571	0.02	1 pack a year.	Wilko Peel & Seal Envelopes DL White 50pk 110x220mm
	9.5	SMP	Newspapers, books and stationery	Biros		Wilkos	0.50	10	1	52.1428571	0.01	1 pack a year.	Wilko Ball Point Pen 10pack Assorted Colours
	9.5	SMP	Newspapers, books and stationery	Sellotape		Wilkos	0.75		1	52.1428571	0.01	1 roll a year.	Wilko Invisible Tape 19mmx20m
			Total	8.03		Soc and cul 8.3	0						
						Soc and cul 9.1	1.61563836						
						Soc and cul 9.3	5.73424658						
						Soc and cul 9.4	0						
						Soc and cul 9.5	0.68484932						
						Soc and cul 11.2	0						



MIS 2018 REBASE													
H: Social and cultural participation													
Single male pensioner													
MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
	8.3	SMP	Entertainment and recreation	Internet		First Utility via Moneysuper market				4.345238095			via Moneysupermarket. First Utility up to 17Mb/sec, unlimited downloads, 18 month contract, no setup cost, free evening and weekend calls added for £3 so total cost £21.99, £263.88 total cost per year and no set increases after year 1. Included in cost of line rental in HH services.
	9.4	SMP	TV licence	TV licence		BBC	150.50	1	1.0	52.14285714	2.89		costs £150.50/year if paying monthly or weekly you have to pay first year within six months and then can move to either weekly or monthly payments
H3	9.4	SMP	Entertainment and recreation	Activities			20.00	1	1		20.00	£20 for two or three activities per week, e.g. walking, meeting friends for coffee, library, pub, cinema, playing cards, watching sport, U3A, bowls, bingo, car boot sales, swimming, gym.	
	9.6	SMP	Holiday	Coach holiday			264	1		52.14285714	5.06	£Approx 260 for 1 week UK coach package holiday (based on saving £5 a week).	Alfa Travel 7 day trip to St.Ives departing 7/10/18. Includes 3 star hotel half board accommodation, 3 excursions, some evening entertainment. No single supplement outside May-Sept.£264
H6	11.2	SMP	UK Holidays	City break			205.86	1	1	52.14285714	3.95	Weekend trip, 3 nights, B&B accommodation off peak, e.g. in spring/autumn travelling by train to York. (Travel budget separate in Other Transport) CB added in line with SFP.	B&B near York city centre The Bar Convent, single room with en-suite, £205.86 5-8th April 2019. Priced at Agoda via Trivago
H6	9.4	SMP	UK Holidays	Holiday-spending money			225	1		52.14285714	4.32	No additional money allocated; would use his food budget and leisure budget. CB added £200 for 1 week holiday and £100 for city break to be able to go out and about, souvenirs, entry fees etc. FG1 changed to £150 for 1 week and £75 for city break.	
	12.7	SMP	Leisure services	Passport			85	1	1	52.14285714	0.16	CB added in line with SFP.	Passport needed for identification purposes. Costed as paper application from the post office
	12.7	SMP	Leisure services	Photographs		Tesco Max Photo	6	6	1	52.14285714	0.01	For passport. CB added in line with SFP.	photo booth £6 (costed at Photo-Me)
	9.3	SMP	Leisure services	Charitable donations			20	1	1	52.14285714	0.38	£20 a year for charitable donations, e.g. a poppy for Remembrance Sunday, sponsoring a grandchild for a fundraising activity (No COICOP code available) CB added in line with SFP.	
			Entertainment	20.56									
			TV licence and	2.89		COICOP							
			UK holidays	13.33			8.3	0					
							9.3	0.38356164					
			Total	36.77			9.4	27.2013699					
							9.6	5.0630137					
							11.2	3.948					
							12.7	0.17452055					