

MIS 2022 REBASE						
Single working age male						
A food and non-alcoholic beverages				70.15	Food	70.15
	A1 food			57.83	Alcohol	8.08
	A2 catering			12.32	Tobacco	0.00
					Clothing	14.60
B alcohol and tobacco	B1 alcohol			8.08	Water rates	7.44
		B1A alcohol at home		6.10	Council tax	16.55
		B1B alcohol away from home		1.98	Household insurances	1.48
	B2 tobacco and narcotics			0.00	Fuel	30.97
					Other housing costs	1.92
C clothing and footwear				14.60	Household goods	14.61
D housing costs	D1 rent			98.70	Household services	8.28
	D2 mortgage interest			0.00	Childcare	0.00
	D3 water			7.44	Personal goods and services	23.01
	D4 Council tax			16.55	Motoring	0.00
	D5 household insurances			1.48	Other travel costs	33.26
	D6 fuel			30.97	Social and cultural participation	64.86
	D7 other housing costs			1.92	Total	295.21
					Rent/mortgage interest	98.70
E household goods and services	E1 household goods			14.61		
	E2 household services			8.28		
		E2A communication		8.28		
		E2A1 postage		0.58		
		E2A2 telephone		7.71		
		E2B childcare		0.00		
		E2C other household services		0.00		
F personal goods and services (inc health)				23.01		
G transport	G1 motoring expenditure			0		
	G2 Fares and other travel costs			33.26		
H social and cultural participation				64.86		
	H1 leisure goods			14.34		
	H2 pets			0		
	H3 entertainment and recreation			31.78		
	H4 TV licence and rental			3.05		
	H5 foreign holidays			0.00		
	H6 UK holidays			15.69		

MIS REBASE 2022												
A: Food and non-alcoholic beverages												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
A1	1.1	SWAM	Other high fibre breakfast cereals	Weetabix	Tesco	1.60	12	1	4.00	0.40	3 x 20 g biscuits (60 g)	Weetabix Cereal 12 Pack
A1	1.1	SWAM	Milk, semi-skimmed	Tesco	Tesco	0.95	2 pt	2	1.21	1.57	1660 ml plus 210ml for visitors 1870ml, 2x 2pints	Tesco Semi Skimmed Milk 2pt (1.13l) £0.95
A1	1.1	SWAM	Bananas, raw, weight with skin	Tesco	Tesco	0.14	1	4	1.00	0.56	4 bananas (664 g)	Loose Bananas 14p each
A1	1.1	SWAM	Orange Juice, made from concentrate	Tesco	Tesco	3.30	4l	1	2.86	1.16	1400 ml	Tesco Pure Orange Juice Smooth 4X1l
A1	1.1	SWAM	Instant Coffee	Tesco	Tesco	3.00	200g	1	1.82	1.65	22 tsp (110 g)	Tesco Gold Instant Coffee 200G
A1	1.1	SWAM	Tea bags	Tesco	Tesco	1.10	80	1	2.86	0.39	21 bags plus 7 for visitors	Tesco 80 Teabags 250G
A1	1.1	SWAM	Bread, wholemeal or Best of Both	Tesco	Tesco	0.59	18	1	1.13	0.52	16 slices (592 g)	Tesco Wholemeal Medium Bread 800g, Freeze remainder 18 slices plus crusts
A1	1.1	SWAM	Flora Light, low fat margarine	Flora	Tesco	1.50	500g	1	2.54	0.59	197 g	Flora Lighter Spread 500G £1.50 Clubcard Price, £2.20 standard price
A1	1.1	SWAM	Eggs, fresh, large	Tesco	Tesco	1.30	6	1	1.50	0.87	4 large eggs	Tesco Large Free Range Eggs 6 Pack
A1	1.1	SWAM	Apples, whole weight	Tesco	Tesco	0.43	1	5	1.00	2.15	5 apples (816 g)	Granny Smith Apples Class 1 Loose, £2.70/kg/43peach
A1	1.1	SWAM	Porridge oats, uncooked weight	Tesco	Tesco	1.00	270g	1	3.03	0.33	89 g	Tesco Original Scottish Oats 270G
A1	1.1	SWAM	Salt	Saxa	Tesco	1.20	350g	1	260.71	0.00	1g	Saxa Fine Sea Salt 350G
A1	1.1	SWAM	Raisins	Tesco	Tesco	1.80	500g	1	13.89	0.13	36 g	Tesco Seedless Raisins 500G
A1	1.1	SWAM	Yogurt, low fat fruit	Creamfields	Tesco	0.79	6	1	1.50	0.53	4 x 125 g pots	Creamfields Berry Medley Low Fat Yogurt 6X125g
A1	1.1	SWAM	Museli, no sugar	Tesco	Tesco	2.30	1kg	1	7.41	0.31	135 g	Tesco No Added Sugar Swiss Style Muesli 1Kg
A1	1.1	SWAM	Chopped nuts	Tesco	Tesco	2.50	200g	1	3.33	0.75	60 g	Tesco Mixed Nuts 200G (A mix of cashew nuts, almonds, hazelnuts and walnuts)
A1	1.1	SWAM	Strawberries, raw weight	Tesco/Rosedean	Tesco	2.25	400g	1	1.00	2.25	400g	Tesco Strawberries 400G
A1	1.1	SWAM	Fruit salad	Suntrail Farms	Tesco	0.80	200g	1	1.00	0.80	172g	Suntrail Farms Fruit Salad 200G

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A1	1.1	SWAM	Sausages, pork thin	Tesco	Tesco	1.50	12	1	6.00	0.25	2 x 32 g thin (64 g)	Tesco 12 Pork Chipolatas Chipolatas 375G
A1	1.1	SWAM	Baked beans	Tesco	Tesco	1.20	4	1	4.00	0.30	349 g	Tesco Baked Beans In Tomato Sauce 420G, 4 for £1.20 Clubcard Price, 35p per tin standard price
A1	1.1	SWAM	Bacon, back, raw weight	Tesco	Tesco	1.55	8	1	3.20	0.48	2.5 rashers (88 g)	Tesco Unsmoked Thick Cut Back Bacon Rasher 300G, freeze once opened
A1	1.1	SWAM	Black pudding	The Bury Black Pudding Company	Tesco	1.00	4	1	4.00	0.25	60 g	The Bury Black Pudding 4 Slices 230G, freeze remainder
A1	1.1	SWAM	Olive oil	Tesco	Tesco	3.25	1l	1	16.67	0.20	4 Tbsp 60 ml	Tesco Olive Oil 1L
A1	1.1	SWAM	Mushrooms, frozen	Tesco	Tesco	1.10	500g	1	2.08	0.53	240 g	Tesco Sliced Mushrooms 500G (frozen)
A1	1.1	SWAM	Tomatoes, raw weight	Tesco	Tesco	0.75	6	1	1.00	0.75	5 medium tomatoes (386 g)	Tesco Salad Tomatoes 6 Pack
A1	1.1	SWAM	Beef tomato, raw weight	Tesco	Tesco	0.65	1	1	1.00	0.65	1 large tomato (130 g)	Beef Tomato (loose)
A1	1.1	SWAM	Crumpets, (2 from 6 pack)	Tesco	Tesco	0.25	6	1	3.00	0.08	2 crumpets (90 g)	Tesco 6 Crumpets, freeze remainder
A1	1.1	SWAM	Honey	Tesco	Tesco	1.50	1	1	15.13	0.10	30 g	Tesco Clear Honey 454G
A1	1.1	SWAM	Pears, raw, whole weight	Tesco	Tesco	0.51	1	2	1.00	1.02	2 pears (340 g)	Pears Conference Class 1 Loose 2.70/kg/51p each
A1	1.1	SWAM	Ham slices	Tesco Deli	Tesco	2.00	200g	1	1.00	2.00	6 x 30 g slices (180 g)	Counter From The Deli Cooked Ham 6 Slice 200G
A1	1.1	SWAM	Cheddar cheese, reduced, 50% low fat	Tesco	Tesco	1.60	220g	1	1.29	1.24	170 g	Tesco 50% Reduced Fat Mature Cheese 220G
A1	1.1	SWAM	Iceberg lettuce	Tesco	Tesco	0.43	1	1	2.00	0.22	60 g	Iceberg Lettuce Each, lifetime adjusted to 2 weeks in line with guidance from nutritionist
A1	1.1	SWAM	Cucumber, whole weight	Tesco	Tesco	0.43	1	1	2.00	0.22	1/2 cucumber (220 g)	Tesco Cucumber Whole Each
A1	1.1	SWAM	Mayonnaise, light, low fat	Tesco	Tesco	0.69	450ml	1	3.81	0.18	118 g	Tesco Light Mayonnaise 450ML
A1	1.1	SWAM	Pease pudding, tinned	Foresight	Tesco	0.80	410g	1	1.00	0.80	80 g	Foresight Pease Pudding 410G
A1	1.1	SWAM	Hot pepper sauce	Encona	Tesco	1.00	220ml	1	3.67	0.27	60 g	Encona Original Hot Pepper Sauce 220ML, £1 Clubcard Price, £1.55 standard price

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A1	1.1	SWAM	Satsumas, whole weight with peel	Jaffa	Tesco	1.50	6	1	1.75	0.86	4 medium satsumas (338 g)	Jaffa Sweet Easy Peeler 600G (avg 7 in pack) £1.50 Clubcard price £2 standard price
A1	1.1	SWAM	Tuna pasta bowl	Tesco	Tesco	2.50	300g	1	1.00	2.50	1x 380 g bowl	Tesco Tuna & Sweetcorn Pasta 300G
A1	1.1	SWAM	Melon, honeydew, whole weight with skin and pips	Tesco	Tesco	1.80	1	1	1.00	1.80	476 g (flesh only 300g)	Cantaloupe Melon Each Class 1
A1	1.1	SWAM	Baking potatoes, raw weight	Tesco	Tesco	0.60	717g	1	1.00	0.60	717g	Potatoes Baking Loose 83p/kg
A1	1.1	SWAM	Mixed lettuce leaves	Tesco	Tesco	0.59	250g	1	1.00	0.59	248 g	Tesco Sweet & Crunchy Salad 250G
A1	1.1	SWAM	Plum tomatoes	Nightingale	Tesco	0.65	250g	1	1.47	0.44	170 g	Nightingale Farms Baby Plum Tomatoes 250G
A1	1.1	SWAM	Spring onions	Tesco	Tesco	0.37	100g	1	1.33	0.28	7.5 spring onions (75 g)	Tesco Bunched Spring Onions 100G, lifetime adjusted to 1.5 weeks
A1	1.1	SWAM	Pizza, meat top 321 g	Tesco	Tesco	1.45	330g	1	1.00	1.45	1 medium pizza 321 g	Tesco Stonebaked Thin Double Pepperoni Pizza 330G
A1	1.1	SWAM	Tinned cream of tomato soup	Tesco	Tesco	1.60	4	1	4.00	0.40	1 can (405 g)	Tesco Cream Of Tomato Soup 400G 4 for £1.60 Clubcard Price, 50p per can standard price
A1	1.1	SWAM	Wholemeal bread roll	Tesco	Tesco	0.80	4	1	4.00	0.20	1 large roll (80 g)	Tesco Large Wholemeal Baps 4 Pack, freeze remainder
A1	1.1	SWAM	Beef Mince, raw weight	Tesco	Tesco	2.99	500g	1	1.61	1.85	310 g	Tesco Beef Lean Steak Mince 500G 5% Fat, freeze remainder
A1	1.1	SWAM	Cornflour	Tesco	Tesco	1.75	500g	1	34.76	0.05	2 tsp 10 g	Tesco Cornflour 500G, lifetime adjusted to 8 months
A1	1.1	SWAM	Dumpling mix	Tesco	Tesco	0.75	137g	1	3.04	0.25	45 g	Tesco Dumplings Mix 137G
A1	1.1	SWAM	Peas, frozen	Tesco	Tesco	0.80	1kg	1	4.17	0.19	240 g	Tesco Garden Peas 1Kg
A1	1.1	SWAM	Broccoli, whole raw weight	Tesco	Tesco	0.80	900g	1	1.62	0.50	557 g	Tesco Broccoli & Cauliflower Floret Mix 900G (frozen)
A1	1.1	SWAM	Brussel spouts, whole raw weight	Tesco	Tesco	1.20	1kg	1	6.76	0.18	148 g	Tesco Frozen Button Brussels Sprouts 1Kg
A1	1.1	SWAM	Chocolate pudding (1 in pack of 2)	Cadbury	Tesco	2.00	2	1	2.00	1.00	1 x 120 g	Cadbury Hot Chocolate Puddings 2 X 110G
A1	1.1	SWAM	Salmon, fresh with skin	Tesco	Tesco	3.79	260g	1	1.00	3.79	210 g	Tesco 2 Boneless Salmon Fillets 260G
A1	1.1	SWAM	New potatoes, raw weight	Tesco	Tesco	1.00	1kg	1	2.28	0.44	438 g	Tesco Baby Potatoes 1 Kilograms
A1	1.1	SWAM	Carrots, whole, raw weight	Tesco	Tesco	0.43	1kg	1	1.52	0.28	657 g	Tesco Carrots 1kg

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A1	1.1	SWAM	Green beans, raw weight	Redmere Farms	Tesco	0.69	220g	1	1.30	0.53	169 g	Redmere Farms Green Beans 220G
A1	1.1	SWAM	Tartare sauce	Tesco	Tesco	0.41	175g	1	8.00	0.05	12 g	Tesco Tartare Sauce 175G, lifetime adjusted to 8 weeks in line with guidance to refrigerate and consume within 8 weeks once open
A1	1.1	SWAM	Chicken Breast	Tesco	Tesco	3.85	650g	1	3.00	1.28	1 x large 213 g	Tesco British Chicken Breast Portions 650G, freeze remaining 2/3 of the pack
A1	1.1	SWAM	Rice, long grain, easy cook	Tesco	Tesco	1.25	1kg	1	8.47	0.15	118 g	Tesco Easy Cook Long Grain Rice 1Kg
A1	1.1	SWAM	Salmon Fishcake	Birds	Tesco	1.50	2	1	2.00	0.75	1 fishcake	Tesco Salmon Fishcake 270G
A1	1.1	SWAM	Asparagus, raw whole weight	Tesco	Tesco	0.79	125g	1	1.00	0.79	112 g	Asparagus Tips 125G Class 1 79p Clubcard price, £1.80 standard price
A1	1.1	SWAM	Rump steak, lean with fat rim, raw weight	Tesco	Tesco	3.80	1	1	1.00	3.80	292 g	Tesco Beef Rump Steak 255G
A1	1.1	SWAM	Cheesecake (1 out of 2 in pack)	Thorntons	Tesco	1.00	2	1	2.00	0.50	1 x 120 g	Thorntons Creamy Caramel Cheesecake 2 X 100G £1 Clubcard Price, £1.50 standard price. Individually sealed so if use by date ok second cake could last into second week
A1	1.1	SWAM	Penne pasta, dry weight	Tesco	Tesco	1.30	1kg	1	10.20	0.13	98 g	Tesco Penne Pasta Quills 1Kg
A1	1.1	SWAM	Pasta bake sauce, in jar	Tesco	Tesco	0.75	500g	1	2.00	0.38	150 g	Tesco Pasta Bake Creamy Tomato & Herb 500G, lifetime adjusted to 2 weeks as once open use within 7 days
A1	1.1	SWAM	Pepper fresh, mixed, whole weight	Tesco	Tesco	0.48	2	1	1.00	0.48	1.5 peppers (290 g)	Red Peppers Each Class 1
A1	1.1	SWAM	Jalapenos, in jar	Alenya	Tesco	1.00	480g	1	3.00	0.33	35 g	Aleyna Sliced Green Jalapeno Peppers 480G, lifetime adjusted to 3 weeks as once opened need to be refrigerated and used within 2 weeks
A1	1.1	SWAM	Garlic bread	Tesco	Tesco	0.95	210	1	3.00	0.32	1/3 baguette (80 g)	Tesco Garlic Baguette 210G, freeze remainder
A1	1.1	SWAM	Oranges, weight with peel & pips	Tesco	Tesco	0.30	1	1	1.00	0.30	1 orange (200 g)	Orange each
A1	1.1	SWAM	Chips, frozen oven	Tesco	Tesco	1.40	950g	1	4.75	0.29	200 g	Tesco Homestyle Straight Cut Oven Chips 950G
A1	1.1	SWAM	Onions, whole weight	Tesco	Tesco	0.14	1	1	1.00	0.14	1 medium onion 165 g	Loose Brown Onions, 85p/kg, 240g

MIS 2022 REBASE												
C: Clothing and footwear												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping List	Comments
C	3.1	SWAM	Male, underwear	Pants	ASDA	22.00	10	1	52.1	0.42	10 pairs. Primark, 1 year. Priced at ASDA	Contrast Trim A-Front Trunks 10 Pack
C	3.1	SWAM	Male, underwear	Ankle socks	ASDA	3.50	7	1	26.1	0.13	7 pairs, Primark, 6 months	Black Ankle Socks 7 Pack
C	3.1	SWAM	Male, underwear	Trainer socks	ASDA	4.00	3	1	26.1	0.15	3 pairs lasting 6 months. Primark.	Plain Trainer Liner Socks 3 Pack
C	3.1	SWAM	Male, underwear	Thermal long johns	ASDA	14.00	2	1	52.1	0.27	2 sets of thermal longjohns and tops needed.ASDA, Primark. Lasting 1 year.	Black Thermal Long Johns (2 for £14 or £9 each)
C	3.1	SWAM	Male, underwear	Thermal tops	Sports Direct	6.00	1	2	52.1	0.23	2 sets of thermal longjohns and tops needed.ASDA, Primark. Lasting 1 year.	NEVICA Meribel Top Mens
C	3.1	SWAM	Male, main clothing	Shirts (work)	H&M	12.99	1	2	52.1	0.50	2 needed. H&M/Matalan. Lasting 1 year	Easy-iron shirt Slim Fit. Available in various colours.
C	3.1	SWAM	Male, main clothing	Shirts (casual)	H&M	9.99	1	2	26.1	0.77	2 needed.Primark. H&M/Matalan. 6 months.	Cotton shirt Regular Fit. Avaialble with various patterns
C	3.1	SWAM	Male, main clothing	T shirts (short sleeved)	H&M	3.99	1	4	26.1	0.61	4 needed. Primark. H&M/Matalan. 6 months	Round-neck T-shirt Regular Fit. Available in various colours
C	3.1	SWAM	Male, main clothing	T shirts (long sleeved)	H&M	6.99	1	4	26.1	1.07	4 needed. Primark. 6 months.	Long-sleeved top Regular Fit. Available in various colours
C	3.1	SWAM	Male, main clothing	Training tops	Sports Direct	14.00	2	1	26.1	0.54	2 needed. Sports Direct. 6 months	Sondico Fundamental Polyester Football Top Mens (2 for £14 or £9 each)
C	3.1	SWAM	Male, main clothing	Hoodies	H&M	17.99	1	2	52.1	0.69	2 needed. H&M. 1 year.	Relaxed Fit Hoodie. Available in various colours
C	3.1	SWAM	Male, main clothing	Jumpers	H&M	19.99	1	3	104.3	0.58	3 needed. Primark/H&M. 2 years.	Textured Knit Top
C	3.1	SWAM	Male, main clothing	Jeans	H&M	19.99	1	3	156.4	0.38	3 pairs needed. 3 years	Regular Jeans. Range of styles/colours. Retailer not specified - priced at H&M but similar price point for range of choices at ASDA and Primark
C	3.1	SWAM	Male, main clothing	Trousers (smart)	Next	24.00	1	3	52.1	1.38	2 pairs needed.Added by TG3. Lifetime? FG2 increased to 3 pairs, lasting 1 year	Black Stretch Regular Fit Formal Trousers
C	3.1	SWAM	Male, main clothing	Trousers (casual)	H&M	19.99	1	2	52.1	0.77	2 pairs needed. From H&M. Lasting 1 year	Cotton Chinos. Two colours available. Other styles available at same price.
C	3.1	SWAM	Male, main clothing	Jogging bottoms	Matalan	12.50	1	2	104.3	0.24	2 needed. 2 years.	Basic Straight Fit Joggers. Different colours and styles available at same price.
C	3.1	SWAM	Male, main clothing	Shorts (casual)	Primark	10.00	1	2	104.3	0.19	2 pairs needed. 2 years. Primark/H&M/Matalan	Relaxed Cotton Twill Shorts

MIS 2022 REBASE										
D: Housing costs										
Single working age male, no children										
MIS CODE	COICOP	MIS ID	Category	Item	Unit Price £	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
D1	4.1	SWAM	Rent	Rent		1	1.0	98.70	Private rent 1 bed	
D3	4.3	SWAM	Water rates	Water rates	387.99	1	52.1	7.44	Private rent 1 bed	Severn Trent price increases: 2020/21=3.1% 2021/22=5.8% 2022/23=10.2% 1.031*1.058*1.102=1.2021 2019 value=6.19 6.19*1.2021=12.15
D4	N/A	SWAM	Council tax	Council tax		1	1.0	16.55		Includes £150 rebate
D5	12.5	SWAM	Contents insurance	Insurance	6.43	1	4.3	1.48	Contents insurance based on 1 bed flat, private rent	£77.16 paid in 12 monthly instalments of £6.43
D6	4.5	SWAM	Fuel		1614.73	1	52.1	30.97		
D7	4.3	SWAM	House maintenance	Decorating and other house maintenance	100.00	1	52.1	1.92	£100 per year to maintain condition of property and repair minor damage. Important to keep rented property in original condition in order to get deposit back.	
			D1 rent		98.70					
			D3 water		7.44					
			D4 Council tax		16.55					
			D5 household insurances		1.48					
			D6 fuel		30.97					
			D7 other housing costs		1.92					

MIS 2022 REBASE													
E: Household goods and services													
Single working age male, no children													
MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.1	SWAM	Hall	Lampshade for central light		Wilko	10.00	1	1	521.4	0.02	Approx. £10 from B&M per lampshade. CB1 changed to c.£15 lightshade, 10 years in line with SWAF. CB2 said £10 would be enough and would last 10 years. FG1 changed in line with CWA: Approx £10, lasting 10 years. B&M/Wilko/Home Bargains/The Range. Same throughout house.	Wilko Vintage Cream Pendant Light Shade (range of colours available)
E1	5.5	SWAM	Hall	Light bulb	Wilkos	Wilkos	4.25	1	1	521.4	0.01	LED light bulb. CB2 said 10 years.	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.2	SWAM	Hall	Door mat		Argos	5.50	1	1	260.7	0.02	For inside front door. CB1 added in line with CWA. Should be rubber-backed, 5 years.	Argos Home Coir Flatweave Doormat - 40 x 60cm - Natural (with non-slip backing)
E1	5.5	SWAM	Hall	Hooks		The Range	10.99	1	1	521.4	0.02	CB1 added in line with CWA. 6 hooks needed for hanging coats. From B&M/The Range/Wilkos. 10 years.	Chrome Hooks on Standard Pine Rail - 6
E1	5.1	SWAM	Hall	Shoe rack		The Range	49.99	1	1	260.7	0.19	CB2 added in line with couples, approx. £25 shoe cabinet, Ikea, 5 years.	Welham 2 Drawer Mirrored Shoe Cabinet
E1	5.1	SWAM	Living area	Lampshade for central light		Wilko	10.00	1	1	521.4	0.02	Approx. £10 from B&M per lampshade. CB1 changed to c.£15 lightshade, 10 years in line with SWAF. CB2 said £10 would be enough and would last 10 years. FG1 changed in line with CWA: Approx £10, lasting 10 years. B&M/Wilko/Home Bargains/The Range. Same throughout house.	Wilko Vintage Cream Pendant Light Shade (range of colours available)
E1	5.5	SWAM	Living area	Light bulb		Wilko	4.25	1	2	521.4	0.02	LED light bulb. 1 for main light and 1 for floor lamp. CB2 said 10 years.	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.2	SWAM	Living area	Curtains		Argos	30.00	2	1	521.4	0.06	Cheapest washable from Wilkos. Blackout curtains not necessary. Lasting 5 years. CB1 changed to blackout curtains in case visitors sleeping in living room, also because street lamps can shine through thin curtains, 10 years. Wilko/Argos/online	Habitat Plain Blackout Eyelet Curtains Dove Grey - 168x183cm. Machine washable.

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.5	SWAM	Living area	Curtain pole			0.00	0	0	0.0	0.00	N/A curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	Living area	Voile		Dunelm	6.00	1	2	521.4	0.02	Added in line with SWAF. Cheapest voile curtains. 10 years (Primark/Wilko/Dunelm/The Range) Supermarket/Wilko/Argos	Sheer Elegance White Slot Top Single Voile Panel 145 W x 182cm D. Price reflects two voiles to fit width of window
E1	5.5	SWAM	Living area	Wire for net curtains		Wilko	1.50		1	521.4	0.00	Cheapest lasting 10 years.	Wilko 108 inch Curtain Wire
E1	5.1	SWAM	Living area	Sofa (2 seater)		SCS	489.00	1	2	521.4	1.88	Two 2-seater sofas from SCS. TG1 suggested a budget of approx. £500 per sofa. Seating space for visitors. 10 years	Aurora 2 Seater Sofa Standard Back.
E1	5.2	SWAM	Living area	Cushions		Wilko	7.00	1	4	156.4	0.18	4 needed, 1 for each seat. From Wilkos/B&M/Argos/The Range. £15 for pair from Wilkos. CB1 said lifetime 4 years. FG1 reduced lifetime to 3 years	Wilko Grey Pinsonic Cushion
E1	5.1	SWAM	Living area	Coffee table		Argos	150.00	1	1	782.1	0.19	Approx. £50 from IKEA/Argos. Lasting 10 years. CB2 changed to same as couples, £100 quality. Solid wood coffee table with built-in storage. 10 years. FG1 increased lifetime to 15 years	Argos Home Ohio Coffee Table - Oak Effect
E1	5.1	SWAM	Living area	Storage unit		Argos	100.00	1	1	782.1	0.13	General storage unit, waist height so TV could go on top of it. 5/10 range. Would last 10 years. From IKEA/Argos/Wilkos. CB1 changed in line with SWAF. FG1 increased lifetime to 15 years	Argos Home Hartland 2 Door TV Unit - Light Wood
E1	5.4	SWAM	Living area	Bin		Poundland	1.00	1	1	104.3	0.01	Small plastic bin for waste paper. 1 needed. No bin liners necessary. Cheapest okay. CB1 added in line with SWAF. Would last 2 years because can only be washed out so many times.	Waste Bin
E1	5.1	SWAM	Living area	Standard floor lamp		Argos	22.00	1	1	260.7	0.08	Standard floor lamp from B&M/Argos/The Range. TG1 suggested £20-£30, lasting 5 years	Argos Home Father and Child Floor Lamp - Silver

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E1	5.5	SWAM	Living area	Timer plug		Wilko	4.00	1	1	521.4	0.01	Used with living room lamp for security. Lasting 10 years. CB1 added in line with SWAF	Wilko 24 Hour Timer Switch
E1	5.5	SWAM	Living area	Extension lead		Argos	9.99	1	1	521.4	0.02	1 needed for living area. Extension lead with spaces for four plugs and several USB ports. Group couldn't decided on lifetime of 5 or 10 years. CB1 added in line with SWAF and changed to 6 sockets, 2 USBs, 10 years. CB2 changed to 4 sockets and 2 USBs for singles, 10 years. FG1 changed to 6 sockets and no USB ports.	Masterplug 6 Socket Extension Lead - 2m
E1	5.3	SWAM	Living area	Floor fan		B&Q	20.00	1	1	521.4	0.04	CB2 added in line with couples, floor fan from B&Q/Dunelm. Approx. £15-20. Lasting 10 years.	White 16" Pedestal fan
E1	5.1	SWAM	Living area	Personalisation			20.00	1	1	52.1	0.38	Personalisation for flat to make it homely. £50 every 5 years. CB1 changed to £30 a year in line with SWAF. CB2 changed to £20 per year per household	
E1	5.2	SWAM	Living area	Blanket		Wilko	10.50	1	1	156.4	0.07	1 soft (e.g. Teddy material) blanket for living area. Approx. £15 from Wilko/B&M. Lasting 10 years. CB1 changed to 3 years because of wear and tear and added in line with SWAF.	Wilko Teddy throw Silver Grey 130 x 170cm (range of colours)
E1	5.1	SWAM	Dining area	Lampshade for central light		Wilko	10.00	1	1	521.4	0.02	Approx. £10 from B&M per lampshade. Lifetime in line with TG3 (5 years) CB1 changed to c.£15 lightshade, 10 years in line with SWAF. FG1 changed in line with CWA: Approx £10, lasting 10 years. B&M/Wilko/Home Bargains/The Range. Same throughout house.	Wilko Vintage Cream Pendant Light Shade (range of colours available)
E1	5.5	SWAM	Dining area	Light bulb	Wilko	Wilko	4.25	1	1	521.4	0.01	LED light bulb. CB2 said 10 years.	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.2	SWAM	Dining area	Curtains		Argos	30.00	2	1	521.4	0.06	Cheapest washable from Wilko. Blackout curtains not necessary. Lasting 5 years. CB1 changed to blackout curtains throughout, 10 years. Argos/Wilko/online	Habitat Plain Blackout Eyelet Curtains Dove Grey - 168x183cm. Machine washable.

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E1	5.5	SWAM	Dining area	Curtain pole			0.00	0	0	0.0	0.00	Curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	Dining area	Voile		Dunelm	6.00	1	2	521.4	0.02	Added to SWAM in line with SWAF. Cheapest voile curtains. 10 years (Primark/Wilko/Dunelm/Range) Supermarket/Wilkos/Argos	Sheer Elegance White Slot Top Single Voile Panel 145 W x 182cm D. Price reflects two voiles to fit width of window
E1	5.5	SWAM	Dining area	Wire for net curtains		Wilko	1.50		1	521.4	0.00	Cheapest lasting 10 years.	Wilko 108 inch Curtain Wire
E1	5.1	SWAM	Dining area	Table and chairs		Argos	290		1	521.4	0.56	Table and 4 chairs of mid-mid range (3/10) quality. 5 years. Wilkos/ASDA/The Range/IKEA/B&M. Chairs for visitors. CB1 changed to folding table and chairs so can be packed away when not in use.FG1 increased lifetime to 10 years	Argos Home Butterfly Dining Table & 4 Chairs
E1	5.2	SWAM	Dining area	Seat cushions		Wilko	6	1	4	156.4	0.15	4 seat cushions for dining chairs. From Wilkos or The range. Lasting 3 years.CB added in line with SWAF.	Wilko Grey Seat Pad 43 x 43cm (range of colours)
E1	5.1	SWAM	Dining area	Tablemats		The Range	4.99	4	2	260.7	0.04	6 wipe-clean table mats and matching coasters from Wilkos/The Range to protect table. Surplus mats used for hot serving dishes. Mid-mid range lasting 3 or 4 years. No 6 packs, CB1 agreed 2x4 packs, lifetime 4 years, added in line with SWAF.FG1 increased lifetime to 5 years in line with couples	Set of 4 Simply Grey Polka Dot Placemats (range of patterns and colours)
E1	5.1	SWAM	Dining area	Coasters		The Range	1.99	4	2	260.7	0.02	6 needed. CB1 changed to 2 packs of 4, lifetime 4 years, added in line with SWAF. FG1 increased lifetime to 5 years in line with couples	Set of 4 Simply Grey Polka Dot Coasters
E1	5.5	SWAM	Kitchen	Light bulb	Wilko	Wilko	4.25	1	1	521.4	0.01	Energy saving. CB2 said 10 years	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.1	SWAM	Kitchen	Blind		Argos	14		1	156.4	0.09	Added in line with couples and SWAF: Moisture resistant roller blind. Lifetime not discussed. 3 years in line with couples.	Argos Home Blackout Insulating Roller Blind - 4ft - White. W120cm x D160cm

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E1	5.4	SWAM	Kitchen, tableware	Crockery		Wilko	27.00	12	1	260.7	0.10	Set of 4x dinner plates, cups, bowls. Cheapest okay. 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M. CB1 said cheapest would crack and chip too easily. Changed to mid-mid in line with SWAF.	Wilko White Dinner Set 12pc
E1	5.4	SWAM	Kitchen, tableware	Mugs		Wilko	10.00	4	1	260.7	0.04	4 needed. Could be included in set above. Cheapest okay Wilkos/ASDA/The Range/(IKEA)/B&M. 5 years. CB1 changed to mid-mid in line with SWAF	Wilko Stacking Mugs 4pk
E1	5.4	SWAM	Kitchen, tableware	Cutlery		Wilko	22.00	24	1	260.7	0.08	Cheapest stainless steel okay. Set of 6x knives, forks, table spoons and tea spoons. Wilkos/ASDA/The Range/(IKEA)/B&M. 10 years. CB1 changed to mid-mid in line with SWAF and lifetime to 5 years because of replacing missing items.	Wilko 24 piece Como Cutlery Set
E1	5.4	SWAM	Kitchen, tableware	Serving spoons		Wilko	2.90	2	1	521.4	0.01	CB1 added in line with SWAF. Stainless steel, 10 years.	Wilko 2 piece Serving Spoons
E1	5.4	SWAM	Kitchen, tableware	Gravy jug		Wilko	4.75	1	1	521.4	0.01	FG1 added in line with couples: 1 up from the bottom from Home Bargains/B&M/Wilko/The Range. Lasting 10 years.	Wilko White Gravy Boat
E1	5.4	SWAM	Kitchen, tableware	Fruit bowl		B&M	3.99	1	1	521.4	0.01	FG1 added in line with couples: 1 ceramic fruit bowl from Home Bargains/B&M/Wilko/The Range. Lasting 10 years.	Elite Fruit Bowl - Black Nickel. Also available in copper.
E1	5.4	SWAM	Kitchen, tableware	Short tumblers		Wilko	7.00	4	1	260.7	0.03	4 short tumblers from Wilkos/B&M/Supermarket. Mid-mid range. Lasting 5 years. CB1 added in line with SWAF, lifetime changed to 3 years. FG1 increased lifetime to 5 years.	Wilko Teardrop Tumbler 4 pack
E1	5.4	SWAM	Kitchen, tableware	Wine glasses		Wilko	8.00	4	1	260.7	0.03	Set of 4 wine glasses. Cheapest okay. 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M. CB changed to mid-mid in line with SWAF, lifetime 3 years. FG1 increased lifetime to 5 years.	Wilko Wine Glass 45cl 4pk

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E1	5.4	SWAM	Kitchen, tableware	Pint glasses		The Range	1.00	1	4	260.7	0.02	Set of 4 pint glasses. Cheapest okay. 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M. CB changed to mid in line with SWAF, lifetime 3 years. FG1 increased lifetime to 5 years.	Tulip Pint Glass
E1	5.4	SWAM	Kitchen, tableware	Salt and pepper cruet		Wilko	4.50	2	1	521.4	0.01	From Home Bargains/B&M/Wilko/The Range. Lasting 10 years	White Salt and Pepper Pots
E1	5.4	SWAM	Kitchen, tableware	Egg cups		The Range	3.49	6	1	521.4	0.01	FG1 added in line with couples: 2 metal egg cups. From B&M/Wilko/The Range/Argos/Amazon. Lasting 10 years.	Apollo Chrome Egg Cups - Silver
E1	5.4	SWAM	Kitchen, tableware	Water bottle		Wilko	3.25	1	1	104.3	0.03	FG2 added water bottle in line with couples - BPA free plastic, 2 years.	Wilko 800ml Clear Water Bottle
E1	5.3	SWAM	Kitchen, appliances	Microwave		Argos	65.00	1	1	521.4	0.12	approx. £60. 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M. FG2 increased lifetime to 10 years.	Cookworks 700W Standard Microwave EM7 - Black
E1	5.3	SWAM	Kitchen, appliances	Fridge freezer								Included in private rental property	
E1	5.3	SWAM	Kitchen, appliances	Cooker								Included in private rental property	
E1	5.3	SWAM	Kitchen, appliances	Washing machine								Included in private rental property	
E1	5.3	SWAM	Kitchen, appliances	Toaster		Argos	25.50		1.0	260.7	0.10	Approx. £20 lasting 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M	Cookworks Long Slot 4 Slice Toaster - White
E1	5.3	SWAM	Kitchen, appliances	Kettle		Argos	19.99		1.0	208.6	0.10	£15-£20 lasting 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M. FG2 changed lifetime to 4 years	Cookworks Plastic Illuminated Kettle - White
E1	5.3	SWAM	Kitchen, appliances	Hand blender		B&M	25.00	1	1.0	156.4	0.16	FG2 added in line with SWAF: Hand blender for soups etc. also with whisk attachment. Lasting 3 years. Retailer not discussed.	Tower 3-in-1 Hand Blender. Includes stainless steel blade, 600ml beaker, chopping attachment and whisk
E1	5.4	SWAM	Kitchen, cookware	Saucepans		Wilko	40.00	3	1.0	521.4	0.08	Set of 4 saucepans and 1 non-stick frying pan. Approx. £60 set lasting 10 years. Wilkos/ASDA/The Range/(IKEA)/B&M	Wilko Aluminium Shot Blast 3 Piece Pan Set (set includes a 16cm, 18cm and 20cm saucepan + includes 10 year guarantee)

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E1	5.4	SWAM	Kitchen, cookware	Frying pan		Wilko	17.00	1	1	521.4	0.03	Non-stick frying pan. Lasts 10 years. Wilkos/ASDA/The Range/(IKEA)/B&M. FG1 increased quality of frying pan in line with couples.	Wilko 28cm Aluminium Frying Pan with Lid
E1	5.4	SWAM	Kitchen, cookware	Wok		Argos	16.50	1	1	521.4	0.03	FG1 added in line with couples: Non-stick and 3 up from bottom. From B&M/Wilko/The Range/Argos/Amazon. 10 years	Argos Home Double Handed Teflon Aluminium Wok
E1	5.4	SWAM	Kitchen, cookware	Knives		Argos	23	8	1	521.4	0.04	Set knives in block. Approx. £20 set. Will last 10 years if used with knife sharpener. Wilkos/ASDA/The Range/(IKEA)/B&M	Argos Home 8 Piece Wooden Knife Block Set. Includes Chef's knife, carving knife, bread knife, paring knife, vegetable knife, all purpose knife, sharpener, pair of scissors.
E1	5.4	SWAM	Kitchen, accessories	Rolling pin		Wilko	2.25	1	1	521.4	0.00	FG1 added in line SWAF and couples: Cheapest okay from Wilkos/B&M/Supermarket. Lasting 10 years.	Wilko 35cm Beech Rolling Pin
E1	5.4	SWAM	Kitchen, accessories	Wire cooling rack		Wilko	1.90	1	1	208.6	0.01	FG1 added in line with SWAF and couples: From Wilkos/B&M/Supermarket, cheapest okay. 4 years	Wilko 43cm Cooling Rack
E1	5.4	SWAM	Kitchen, cookware	Roasting tin		Wilko	7.50	1	1	260.7	0.03	Set of 5 trays, including baking tray, roasting tin and bun tin, pizza tray and cake tin. 3/5 quality. Lasting 2 years. FG1 increased lifetime to 5 years	Wilko Shotblast Large Roaster 38cm
E1	5.4	SWAM	Kitchen, cookware	Baking tray		Wilko	3.00	1	1	260.7	0.01	Set of 5 trays, including baking tray, roasting tin and bun tin, pizza tray and cake tin. 3/5 quality. Lasting 2 years. FG1 increased lifetime to 5 years	Whatmore Grey Oven Tray 39cm x 0.4mm
E1	5.4	SWAM	Kitchen, cookware	Bun tin		Wilko	4.50	1	1	260.7	0.02	Set of 5 trays, including baking tray, roasting tin and bun tin, pizza tray and cake tin. 3/5 quality. Lasting 2 years. FG1 increased lifetime to 5 years	Wilko 37cm 12 Cup Muffin Tray 0.4mm Gauge
E1	5.4	SWAM	Kitchen, cookware	Cake tin		Wilko	4.50	1	1	260.7	0.02	FG1 added in line with couples. 5 years.	Wilko 20cm Loose Base Cake Tin 0.4mm Gauge

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E1	5.4	SWAM	Kitchen, cookware	Pizza tray		Wilko	3.00	1	1	260.7	0.01	Set of 5 trays, including baking tray, roasting tin and bun tin, pizza tray. 3/5 quality. Lasting 2 years. FG1 increased lifetime to 5 years	Wilko 31cm Pizza Tray 0.4mm Gauge
E1	5.4	SWAM	Kitchen, cookware	Ceramic dish		Wilko	7.00	1	1	521.4	0.01	FG1 added in line with SWAF and couples: 1 needed. From Wilkos/B&M/Supermarket. Lasting 10 years	Wilko 26cm Small Ceramic Roaster
E1	5.4	SWAM	Kitchen, cookware	Colander		Asda	1.50	1	1	521.4	0.00	From B&M/Wilko/The Range/Argos/Amazon. FG1 said plastic colander, 10 years.	George Home Plastic Colander
E1	5.4	SWAM	Kitchen, cookware	Sieve		Wilko	2.50	1	1	521.4	0.00	Plastic. 3 years. Wilkos/ASDA/The Range/(IKEA)/B&M. FG1 specified metal sieve, lasting 10 years	Wilko 19.5cm Metal Strainer
E1	5.4	SWAM	Kitchen, accessories	Cheese grater		Dunelm	3.50	1	1	260.7	0.01	Info not confirmed. FG1 said higher quality cheese grater needed, 5 years	Dunelm Silicone Grater
E1	5.4	SWAM	Kitchen, accessories	Pizza cutter		The Range	1.00	1	1	260.7	0.00	FG2 added in line with couples: Mentioned with utensils above. Would last 5 years. From B&M/Wilko/The Range/Argos/Amazon.	Value Pizza Cutter
E1	5.4	SWAM	Kitchen, cookware	Casserole		Wilko	9.00	1	1	521.4	0.02	FG1 added in line with SWAF and couples: From B&M/Wilko/The Range/Argos/Amazon. Lasting 10 years. CB2 changed to one rather than two	Pyrex 1.6L Classic Casserole Dish
E1	5.4	SWAM	Kitchen, accessories	Utensils		Argos	18	8	1	260.7	0.07	Set of plastic utensils. Approx. £6-8. Lasting 3 years. FG1 changed in line with couples and SWAF. Silicone set, lasting 5 years	Argos Home Silicone 8 Piece Utensil Set - Black (set includes: Utensil caddy, Serving spoon, Slotted turner, Spatula, Slotted masher, Whisk + Pastry brush/Icing spreader)
E1	5.4	SWAM	Kitchen, accessories	Can opener		Wilko	4.50	1	1	260.7	0.02	1 needed. FG2 said 5 years	Wilko Stainless Steel Can Opener

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E1	5.4	SWAM	Kitchen, accessories	Measuring jug		Wilko	4.50	1	1	521.4	0.01	FG1 added in line with SWAF: 1 Pyrex measuring jug. From Wilkos/B&M/Supermarket. Lasting 10 years	Pyrex Classic Jug - 0.5L
E1	5.4	SWAM	Kitchen, accessories	Cafetiere		Wilko	7.50	1	1	260.7	0.03	Approx £10 for a large cafetiere from Wilkos/B&M/Supermarket. Lasting 5 years.	Wilko Glass Cafetiere 800ml
E1	5.4	SWAM	Kitchen, accessories	Ice cube tray		Wilko	1.50	2	1	52.1	0.03	FG1 added in line with SWAF and couples: From B&M/Wilko/The Range/Argos/Amazon. CB2 changed lifetime to 1 year	Wilko 2 pack Ice Cube Trays
E1	5.4	SWAM	Kitchen, accessories	Mixing bowl		Asda	3.00	3	1	156.4	0.02	FG1 added in line with couples and SWAF: Set of 3 plastic mixing bowls. From Wilkos/B&M/Supermarket. Lasting 3 years.	George Home Coloured Mixing Bowls (4-pack)
E1	5.4	SWAM	Kitchen, accessories	Scales		Asda	9.00	1	1	260.7	0.03	FG1 added in line with Swaf and couples: From Wilkos/B&M/Supermarket. Lasting 5 years	Salter Flat Kitchen Scale
E1	5.4	SWAM	Kitchen, accessories	Chopping boards		Asda	5.50	3	1	260.7	0.02	2 wooden chopping boards. 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M	George Home Multi Wooden Chopping Board Set 3-Pack
E1	5.4	SWAM	Kitchen, accessories	Bottle opener		Wilko	3.75	1	1	521.4	0.01	CB2 added ballerina type corkscrew, 10 years, in line with couples	Wilko Chrome Effect Corkscrew
E1	5.4	SWAM	Kitchen, accessories	Bag clips		Wilko	1.40	8	1	52.1	0.03	FG1 added in line with couples: from B&M/Wilko/The Range/Argos/Amazon. 1 year	Wilko 8 pack Food Bag Clips
E1	5.4	SWAM	Kitchen, accessories	Food storage tubs		Amazon	7.99	17	1	260.7	0.03	Plastic tubs for storing food leftovers. TG1 suggested set of 20. Would last 5 years. Wilkos/ASDA/The Range/(IKEA)/B&M	Plastic Food Storage Transparent Containers with Green Lid Set of 17 By IKEA Pruta
E1	5.4	SWAM	Kitchen, accessories	Storage canisters		Dunelm	7.99	3	1	521.4	0.02	Storage canisters for coffee/tea/sugar Wilkos/ASDA/The Range/(IKEA)/B&M. 5 years. CB2 changed to the 5 piece version (tea/coffee/sugar/biscuits/bread bin) in line with couples and lifetime amended to 3 years to match couples but this wasn't checked back. FG1 changed to cheapest ceramic. Set of 3. 10 years	Embossed Knit Effect Kitchen Canisters 3pc

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E1	5.4	SWAM	Kitchen, accessories	Bin		B&M	12	1	1	156.4	0.08	50 litres, flip top. Cheapest plastic okay. [no lifetime provided, priced at 1 year for now] FG1 said 3 years	Addis Pedal Bin 50L - Black
E1	5.6	SWAM	Kitchen, consumables	Bin liners		Tesco	1.50	30	1	30.0	0.05	50 litre bags. 5 per fortnight. CB2 changed to 1 per week	Tesco Tie Handle Swing Bin Liners 30PK (50L)
E1	5.4	SWAM	Kitchen, accessories	Tray		Asda	2.50	1	2	521.4	0.01	FG1 added two trays in line with couples. 1 spare for visitors. Plastic tray, 10 years	George Home Plastic Tray
E1	5.4	SWAM	Kitchen, accessories	Washing up bowl		Asda	1.70	1	1	260.7	0.01	Cheapest okay. Lasting 5 years. Wilkos/ASDA/The Range/B&M	George Home Recycled Plastic Washing Up Bowl Grey
E1	5.4	SWAM	Kitchen, accessories	Drainer		Asda	1.70	1	1	260.7	0.01	Plastic; 1 up from bottom. Wilkos/ASDA/The Range/B&M. 5 years.	George Home Recycled Plastic Dish Drainer Grey
E1	5.6	SWAM	Kitchen, laundry	Washing liquid		Tesco	3.50	1	1	13.3	0.26	3 loads per week (lights, darks and colours)	Tesco Non Bio. Detergent Powder 2.6kg (40 washes)
E1	5.6	SWAM	Kitchen, laundry	Fabric conditioner		Tesco	1.50	1	1	14.0	0.11	3 loads per week (lights, darks and colours)	Tesco Fabric Conditioner Pure 42 Washes 1.26L
E1	5.4	SWAM	Kitchen, laundry	Iron		Argos	33	1	1	260.7	0.13	Steam iron from Argos. 3/5 quality. Lasting 3 years. approx. £30. FG1 increased lifetime to 5 years.	Tefal FV2869 Express Steam Iron. Includes manufacturer's 2 year guarantee.
E1	5.4	SWAM	Kitchen, laundry	Ironing board		Wilko	23.00	1	1	521.4	0.04	3/5 quality. Lasting 5 years. Fg2 changed lifetime of 10 years in line with SWAF and couples	Wilko Ironing Board 115x36cm
E1	5.4	SWAM	Kitchen, laundry	Ironing board cover		Wilko	3.75	1	1	104.3	0.04	FG1 added in line with SWAF and couples: From Wilkos/B&M/Supermarket. Lasting 2 years	Wilko Ironing Board Cover 110x34cm
E1	5.6	SWAM	Kitchen, laundry	Airer (free standing)		Wilko	14		1	156.4	0.09	1 airer from Wilkos/ASDA/The Range/B&M. Approx. £15. Lasting 5 years. FG2 change dlifetime to 3 years	Wilko Deluxe Clothes Airer 14m
E1	5.6	SWAM	Kitchen, laundry	Airer (over radiator)		B+M	3.99	2	1	260.7	0.02	From Wilkos/ASDA/The Range/B&M. Lasting 5 years	Addis Radiator Airer 2pk

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E1	5.6	SWAM	Kitchen, cleaning	Mop		Tesco	4.5	1	1	52.1	0.09	Plastic. Cheapest okay. [no lifetime provided, priced at 1 year for now] FG1 confirmed lifetime of 1 year and said replacement mop head necessary as entire mop changed every year	Tesco Microfibre Mop Blue Grey
E1	5.6	SWAM	Kitchen, cleaning	Bucket		B&M	6.00	1	1	104.3	0.06	Plastic. Cheapest okay. [no lifetime provided, priced at 1 year for now] FG1 said 2 years	Vileda Mop Bucket (with wringer)
E1	5.3	SWAM	Kitchen, cleaning	Vacuum cleaner		Argos	89.99	1	1	260.7	0.35	Suggested £70 from Argos or ASDA. [no lifetime provided. Priced at 5 years in line with SWAF] FG1 confirmed 5 years	VAX Mach Air Revive UCA2GEV1 Upright Bagless Vacuum Cleaner - Grey & Red
E1	5.6	SWAM	Kitchen, cleaning	Dustpan & brush		ASDA	3.50		1	260.7	0.01	Plastic. Cheapest okay. [no lifetime provided. Priced at 2 years in line with SWAF]. FG1 increased quality and changed lifetime to 5 years	Vileda 2 In 1 Dustpan & Brush Set
E1	5.6	SWAM	Kitchen, cleaning	Scouring/sponge pads		Tesco	0.4	8	1	8.0	0.05	1 pack of 6 every month. FG1 said one sponge per week.	Springforce Sponge Scourers 8 Pack
E1	5.6	SWAM	Kitchen, cleaning	J cloths		Wilko	1.90	30	1	15.0	0.13	10 per month. FG1 changed lifetime to 6 months. FG2 said 2 used per week	Wilko All Purpose Cloths 30 pack
E1	5.6	SWAM	Kitchen, consumables	Kitchen towel		Tesco	3.50	4	1	8.0	0.44	FG1 said 2 weeks per roll.	Tesco Kitchen Towel 4 Roll
E1	5.6	SWAM	Kitchen, consumables	Oven gloves		Wilko	6.00	1	1	104.3	0.06	Wilkos/ASDA/The Range/B&M. 2 years.	Wilko Grey and White Double Oven Glove
E1	5.6	SWAM	Kitchen, consumables	Tea towels		Wilko	4.50	4	1	104.3	0.04	3 pack of tea towels. 2 years. Wilkos/ASDA/The Range/B&M	Wilko Brights Terry Towels 4 Pack
E1	5.6	SWAM	Kitchen, consumables	Hand towels		Wilko	3.99	1	2	156.4	0.05	TG1 added 2 hand towels for kitchen. Cheapest okay. 3 years. Wilkos/ASDA/The Range/B&M	Signature Zero Twist Hand Towel - Biscuit (range of colours)
E1	5.6	SWAM	Kitchen, consumables	Washing up liquid		Tesco	2.00	1	1	8.7	0.23	Lasting 2 weeks. FG1 changed in line with SWAF: large bottle lasting 2 months	Fairy Lemon Washing Up Liquid Lemon 780ml
E1	5.6	SWAM	Kitchen, consumables	Foil		Tesco	1.35	1	1	52.1	0.03	FG1 added in line with couples: 10m per month. From Wilkos/B&M/Supermarket. FG1 changed lifetime to 1 year.	Tesco Kitchen Foil 10M X 290Mm

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.6	SWAM	Kitchen, consumables	Sandwich bags		Tesco	1.00	1	1	260.7	0.00	FG1 added in line with couples: Cheapest from B&M/Wilko/The Range/Argos/Amazon. FG1 changed lifetime to 5 years	Springforce 80 Food Bags With Wire Ties
E1	5.6	SWAM	Kitchen, consumables	Freezer bags		Tesco	2.00	75	1	260.7	0.01	FG1 added in line with couples: Cheapest from B&M/Wilko/The Range/Argos/Amazon. FG1 changed lifetime to 5 years	Silvex Freezer Multibag 30X40cm 75Bags
E1	5.6	SWAM	Kitchen, consumables	Clingfilm		Tesco	2.50	1	1	195.5	0.01	FG1 added in line with SWAF and couples: 50m roll would last 2.5 years	Tesco Pvc- Free Cling Film 75M X 350Mm
E1	5.6	SWAM	Kitchen, consumables	Greaseproof paper		Tesco	1.75	1	1	312.9	0.01	FG1 added in line with couples: Cheapest from B&M/Wilko/The Range/Argos/Amazon/Poundland. Lifetime set to 10m lasting 3 months in line with clingfilm for now. CB2 said 5 m would last 2 years	Tesco Non Stick Baking Paper 370Mm X 15M
E1	5.6	SWAM	Kitchen, consumables	Air freshener		Tesco	1.25	1	1	6.0	0.21	CB2 added in line with couples, lifetime still needs checking. FG2 set lifetime to 6 weeks	Glade Soft Cotton Aerosol 300ML
E1	5.6	SWAM	Kitchen, consumables	Anti bacterial spray		Tesco	0.90	1	1	3.0	0.30	CB2 added in line with couples, lifetime still needs checking. FG1 said 3 weeks	Tesco Antibacterial Multi Purpose Spray 750ML
E1	5.6	SWAM	Kitchen, consumables	Floor cleaner		Tesco	1.50	1	1	8.7	0.17	CB2 added in line with couples, For cleaning floors. Cheapest from B&M/Wilko/The Range/Argos/Amazon/Poundland. Lifetime set to 3 months but still needs checking. FG1 said 2 months	Cif Floor Ocean 950MI
E1	5.6	SWAM	Kitchen, consumables	Rubber gloves		Tesco	1.00	1	1	26.1	0.04	CB2 added in line with couples. Cheapest from B&M/Wilko/The Range/Argos/Amazon/Poundland. FG1 said 6 months	Tesco Dishwashing Rubber Gloves (rang of sizes)
E1	5.6	SWAM	Kitchen, consumables	Bleach		Tesco	0.49	1	1	3.0	0.16	CB2 added, 2 week lifetime. FG1 changed to 3 weeks	Tesco Thick Bleach Citrus 750MI
E1	5.5	SWAM	Maintenance	Tool Kit			50.00	1	1	156.4	0.32	FG2 added budget for tool kit. £50 every 3 years.	

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.6	SWAM	Kitchen	Sewing kit		Tesco	3.20	1	1	52.1	0.06	FG2 added sewing kit for household, 1 year	Sewing Kit. 15 piece set.
E1	5.1	SWAM	Bathroom	Blind		Argos	14.00	1	1	260.7	0.05	Added in line with couples and SWAF: Moisture resistant roller blind. Lifetime not discussed. 5 years in line with couples	Argos Home Blackout Insulating Roller Blind - 4ft - White. W120cm x D160cm
E1	5.5	SWAM	Bathroom	Light bulb		Wilko	4.25	1	1	521.4	0.01	Energy saving. CB2 said 10 years	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.1	SWAM	Bathroom	Medicine cabinet		B&M	18.00	1	1	521.4	0.03	1 bathroom cabinet with mirror from Argos/Wilkos/B&M/The Range. Lasting 10 years.	Maine Bathroom Single Door Mirror Cabinet
E1	5.2	SWAM	Bathroom	Bath sheets		Asda	8.00	1	2	156.4	0.10	CB2 added in line with couples, 2 needed per person, lasting 3 years	White Super Soft Cotton Bath Sheet (range of colours)
E1	5.2	SWAM	Bathroom	Bath towels		Asda	6.00	1	2	156.4	0.08	2 needed. Mid quality from supermarket. Lasting 3 years.	White Super Soft Cotton Bath Towel (range of colours)
E1	5.2	SWAM	Bathroom	Hand towels		Asda	4.00	1	2	156.4	0.05	2 needed. Mid quality from supermarket. Lasting 3 years	White Super Soft Cotton Hand Towel (range of colours)
E1	5.2	SWAM	Bathroom	Flannels		Asda	3.00	7	1	156.4	0.02	2 needed. Mid quality from supermarket. Lasting 3 years.	White Face Cloths - set of 7
E1	5.2	SWAM	Bathroom	Bath mat (for floor)		Asda	9.00	1	1	156.4	0.06	Mid-range from supermarket/Wilkos. Lasting 5 years. CB1 changed to 3 years.	Grey Thick Stripe Textured Bath Mat (range of colours/styles available at this price)
E1	5.2	SWAM	Bathroom	Shower curtain		Argos	6.00	1	1	156.4	0.04	CB2 added in line with couples. FG2 changed to washable shower curtain, lasting 3 years.	Argos Home Shower Curtain - White (hand-washable)
E1	5.6	SWAM	Bathroom	Bleach		Tesco	0.49		1	2.0	0.25	2 weeks	Tesco Thick Bleach Citrus 750MI
E1	5.5	SWAM	Bathroom	Bathroom spray		Tesco	0.95	1	1	4.3	0.22	FG2 added in line with SWAF. Replaced monthly	Tesco Antibacterial Bathroom Surface Cleaner Spray 750MI
E1	5.6	SWAM	Bathroom	Toilet cleaner		Tesco	1.00	1	1	2.0	0.50	Suggested 'Duck' toilet cleaner. CB1 changed lifetime to 2 weeks.	Duck Deep Action Gel Pine 750MI
E1	5.6	SWAM	Bathroom	Toilet brush		Tesco	0.75	1	1	52.1	0.01	Replace every year	Tesco Toilet Brush

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.6	SWAM	Bathroom	Squeegee		Asda	1.00	1	1	26.1	0.04	CB2 added in line with couples, but no other info provided. FG2 said replaced every 6 months	Tesco Squeegee Blue Grey
E1	5.4	SWAM	Bathroom	Bin		Wilko	4.25	1	1	260.7	0.02	CB2 added in line with couples, small pedal bin from B&M/Argos/Wilko. No other info provided. Lifetime set to 5 years for now. FG2 specified small plastic swing bin, lasting 5 years	Wilko 12L White Swing Bin
E1	5.4	SWAM	Bathroom	Linen basket		Wilko	10.50	1	1	260.7	0.04	CB2 added in line with couples. To hold dirty laundry. FG2 specified collapsible hamper, lasting 5 years.	Wilko Natural Folding Laundry Bag
E1	5.5	SWAM	Bathroom	Bathroom scales		ASDA	12.00	1	1	260.7	0.05	CB2 added in line with SWAF, cheapest digital from supermarket. Lasting 5 years.	Salter Electronic Glass Platform Scales
E1	5.1	SWAM	Bedroom	Lampshade for central light		Wilko	10.00	1	1	521.4	0.02	Approx. £10 from B&M per lampshade. Lifetime in line with TG3 (5 years) CB1 changed to c.£15 lightshade, 10 years in line with SWAF. FG1 changed in line with CWA: Approx £10, lasting 10 years. B&M/Wilko/Home Bargains/The Range. Same throughout house.	Wilko Vintage Cream Pendant Light Shade (range of colours available)
E1	5.5	SWAM	Bedroom	Light bulb		Wilko	4.25	1	1	521.4	0.01	LED light bulb. CB2 said 10 years.	Wilko 1 pack Bayonet B22/BC LED 6W 470 Lumens Dimmable GLS Light Bulb
E1	5.2	SWAM	Bedroom	Curtains		Argos	30.00	2	1	521.4	0.06	Washable curtains. 2 or 3 up from bottom from Wilkos. Blackout curtains needed for the bedroom, but not necessary for the other rooms in the house. Lasting 5 years. CB1 changed to 10 years. Blackout curtains throughout. Approx. £35. Wilko/Argos	Habitat Plain Blackout Eyelet Curtains Dove Grey - 168x183cm. Machine washable.

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.5	SWAM	Bedroom	Curtain pole			0.00	0	0	0.0	0.00	Curtain pole supplied by landlord in rental property.	
E1	5.2	SWAM	Bedroom	Voile		Dunelm	6.00	1	2	521.4	0.02	Added to SWAM in line with SWAF. Cheapest voile curtains. 10 years (Primark/Wilko/Dunelm/Range) Supermarket/Wilkos/Argos	Sheer Elegance White Slot Top Single Voile Panel 145 W x 182cm D. Price reflects two voiles to fit width of window
E1	5.5	SWAM	Bedroom	Wire for net curtains		Wilko	1.50		1	521.4	0.00	Cheapest lasting 10 years.	Wilko 108 inch Curtain Wire
E1	5.1	SWAM	Bedroom	Bed, double		Argos	180.00	1	1	417.1	0.43	Bedframe and headboard 1 or 2 up from the bottom. 8 years.From Argos/(IKEA)/Wilkos	Habitat Aspley Double Bed Frame
E1	5.1	SWAM	Bedroom	Mattress, double		Dreams	439.00	1	1	417.1	1.05	Needs to be of a reasonable quality for a good night's sleep.5/10 quality/ £400-£500. From Argos/(IKEA) or bought online 5-6 years. CB1 changed to mid-mid, c. £200 8 years in line with SWAF. CB2 changed to higher quality mattress, mid-range and recognisable brand from Dreams/Slumberland. Lasting 8 years, in line with couples	Silentnight Portrush 800 Pocket Memory Pillowtop Mattress
E1	5.2	SWAM	Bedroom	Mattress protector		Wilko	9.50	1	2	156.4	0.12	Added by CB1. Prolongs comfort and lifetime of mattress. Replaces need for mattress protector. FG1 changed to 2 mattress protectors in line with couples.3 years	Wilko Double Super Soft Quilted Mattress Protector
E1	5.1	SWAM	Bedroom	Wardrobe		Argos	225.00	1	1	521.4	0.43	Double wardrobe. 5-7 years, 7 years if mid-range. From Argos/(IKEA)/Wilkos. CB1 changed to mid-mid in line with SWAF, lifetime 7 years. CB2 changed to higher quality in line with couples, 10 years.	Argos Home Puerto Rico 2 Door Wardrobe
E1	5.1	SWAM	Bedroom	Drawers		Argos	200.00		1	521.4	0.38	Drawers 5-7 years, 7 years if mid-range From Argos/(IKEA)/Wilkos CB1 changed to mid-mid in line with SWAF, lifetime 7 years. CB2 changed to higher quality in line with couples, 10 years.	Argos Home Puerto Rico 4 Drawer Chest

MIS CODE	COICOP	MIS ID	Category	Item	Brand	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost	Shopping list	Comments
E1	5.1	SWAM	Bedroom	Bedside table		Argos	55.00	1	2	521.4	0.21	5/10 quality. Lasting 7 years. From Argos/(IKEA)/Wilkos. CB1 changed to mid-mid in line with SWAF, confirmed 2 bedside tables and lifetime of 7 years. CB2 changed to higher quality in line with couples, 10 years.	Argos Home Puerto Rico Bedside Table
E1	5.1	SWAM	Bedroom	Extension lead		Argos	14.99	1	1	521.4	0.03	CB2 changed to 4 socket version, 10 years	Masterplug 4 Socket 2 USB Outlet 2 Metre Surge Lead
E1	5.1	SWAM	Bedroom	Under-bed storage boxes		Argos	11.00	2	1	260.7	0.04	2 needed to store christmas tree and decorations. 5 years. CB1 added in line with SWAF.	Strata 30 Litre Curve Underbed Storage Boxes - Set of 2
E1	5.1	SWAM	Bedroom	Full-length mirror		Argos	26.00		1	521.4	0.05	Full-length mirror, Argos. Approx. £25 lasting 10 years	Argos Home Wooden Full Length Mirror - Oak Effect
E1	5.1	SWAM	Bedroom	Lamp		Wilko	10.00	1	2	260.7	0.08	2 lamps for bedside table. Approx. £10 from Wilkos/B&M. Lasting 5 years.	Wilko Milan Table Lamp (available in a range of colours)
E1	5.2	SWAM	Bedroom	Duvet		ASDA	15.00	1	1	156.4	0.10	Summer & winter duvet 4 or 5 out of 10, Matalan, Asda/B+M, Dunelm, 3 years. CB2 changed to 10.5 tog (summer/winter not needed as have fan for warm weather and hot water bottle and blanket for cold weather), 3 years	Stay Fresh Antibacterial Duvet - 10.5 Tog
E1	5.2	SWAM	Bedroom	Pillows		ASDA	15.00	2	2	156.4	0.19	4 needed for double bed. 1 up from the bottom.Matalan, one up Silentnight range. 3 years.	Silentnight Soft as Silk Pillows - pair of pillows

MIS 2022 REBASE												
E: Household services												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
E2A1	8.1	SWAM	Postage	Stamps		30.00	1	1	52.1	0.58	£10 of postage per year for Xmas and birthday cards and sending the occasional present. CB1 changed to £30 per year for returning items bought online in line with SWAF.	Mostly for returning items bought online.
E2A2	8.2	SWAM	Telephone	Mobile telephone (handset)	Tescomobile	0.00	1	1	4.3	0.00	Included in contract price. Lifetime - presume 2 year contract as standard	Motorola Moto E20. 32GB device memory. Warranty 24 months. 24-month contract. Handset included in cost of contract below
E2A2	8.3	SWAM	Telephone	Mobile telephone (bills)	Tescomobile	10.00	1	1	4.3	2.30	2GB of data. 500 minutes and texts	£7.50 per month plus £2.50 to top up to 3GB internet data and unlimited minutes. For use with handset above.
E2A2	8.3	SWAM	Telephone	Telephone line rental	TalkTalk via Moneysupermarket	23.50	1	1	4.3	5.41	Landline needed for super broadband in case working from home. Need at least 25MB to run Netflix. Comparison website okay.	Via Moneysupermarket. TalkTalk up to 67Mb avg speed, unlimited downloads, 18 month contract, no setup cost. £282 total cost per year (also offers £75 cashback voucher Tesco/Amazon/M&S after 90 days).
				E2A1 postage	0.58							
				E2A2 telephone	7.71							

MIS 2022 REBASE												
F: Personal goods and services												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
F	12.1	SWAM	Personal care	Hairdressing		30.00		1	4.35	6.90	£10 a month. CB2 changed to £30 per month	
F	12.1	SWAM	Personal care	Toilet roll	Tesco	2.85	4	1	2.0	1.43	3-5 rolls per week. FG2 changed to 2 rolls per week	Andrex Classic Clean Toilet Tissue 4 Rolls
F	12.1	SWAM	Personal care	Shower gel	Tesco	0.54	1	1	2.0	0.27	2 weeks, supermarket: ASDA/Tesco	Xprt. For Men Stimulating Shower Gel 300MI
F	12.1	SWAM	Personal care	Shaving gel	Tesco	1.00	1	1	2.0	0.50	2 weeks, supermarket: ASDA/Tesco.	Gillette Classic Sensitive Skin Shave Foam 200MI
F	12.1	SWAM	Personal care	Razor	Tesco	8.00	1	1	104.3	0.08	supermarket: ASDA/Tesco. Recognisable brand e.g. Gillette. TG3 said lifetime of handle would be 2 years	Gillette Mach3 Razor For Men. With 2 blades
F	12.1	SWAM	Personal care	Razor blades	Tesco	8.00	4	1	8.0	1.00	Heads for razor. Replace fortnightly. Branded e.g. Gillette. supermarket: ASDA/Tesco.	Gillette Mach 3 Blades 4S. 4 pk
F	12.1	SWAM	Personal care	Mouthwash	Tesco	0.99	1	1	4.3	0.23	supermarket: ASDA/Tesco [No lifetime provided. Priced at 1 month in line with SWAF]	Listerine Spearmint Mouthwash 250MI
F	12.1	SWAM	Personal care	Toothpaste	Tesco	0.85	1	1	4.3	0.20	3 months. Supermarket: ASDA/Tesco. CB1 changed lifetime to 1 month in line with SWAF.	Aquafresh Fresh and Minty Toothpaste 75ml
F	12.1	SWAM	Personal care	Toothbrush	Tesco	0.99	3	1	39.1	0.03	1 toothbrush lasting 3 months. Supermarket: ASDA/Tesco	Colgate Extra Clean Medium Toothbrush X3 (weeks based on 3-pk)
F	12.1	SWAM	Personal care	Cotton buds	Tesco	0.95	200	1	52.1	0.02	4 per day. CB1 changed to 1 per day in line with SWAF. FG2 changed to pack of 200 lasting 1 year	Johnson's Baby Cotton Buds 200 Pieces
F	12.1	SWAM	Personal care	Nail clippers	Wilko	1.00	1	1	260.7	0.00	5 years. CB1 changed to 1 year. FG2 increased quality in line with couples, 5 years	Wilko Nail Clipper Silver (higher spec no longer available)
F	12.1	SWAM	Personal care	Tweezers	Superdrug	1.99	1	1	156.4	0.01	Lasting 3 years. FG2 increased quality in line with nail clippers.	Superdrug Slanted Tweezers
F	12.1	SWAM	Personal care	Sun cream	Wilko	6.00	1	1	52.1	0.12	One bottle a year. A cheap but recognisable brand from the supermarket. CB1 added in line with SWAF.	Nivea Sun Protect and Moisture Sun Cream Spray SPF 50 200ml
F	12.1	SWAM	Personal care	After sun	Wilko	5.00	1	1	52.1	0.10	One bottle a year. A cheap but recognisable brand from the supermarket. CB1 added in line with SWAF.	Nivea Sun Moisturising After Sun Spray 200ml
F	12.1	SWAM	Personal care	Deodorant	Tesco	1.00	1	1	2.0	0.50	1 week: Supermarket: ASDA/Tesco. TG3 changed lifetime to 2 weeks	Right Guard Xtreme Silver Fresh Blast Antiperspirant Deodorant 150MI
F	12.1	SWAM	Personal care	Shampoo	Tesco	0.95	1	1	4.3	0.22	1 month: Supermarket: ASDA/Tesco	Alberto Balsam Tea Tree Tingle Shampoo 350MI
F	12.1	SWAM	Personal care	Hand sanitiser	Tesco	2.50	1	1	26.1	0.10	6 months	Lifebuoy Hand Sanitiser Gel 250ml
F	12.1	SWAM	Personal care	Liquid soap	Tesco	1.00	1	1	4.3	0.23	1 month: Supermarket: ASDA/Tesco	Palmolive Liquid Handwash Aquarium 300MI
F	12.1	SWAM	Personal care	Bar of soap	Tesco	1.00	2	1	8.7	0.12	Lasting 1 month. A cheap but recognisable brand from the supermarket.	Dove Original Bar Soap 2X100g

MIS 2022 REBASE												
F: Health												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
F	6.1	SWAM	Health care	Prescriptions	NHS	9.35	1	4	52.1	0.72	2 a year. FG2 changed to four per person, per year.	The current prescription charge is £9.35 per item.
F	6.2	SWAM	Health care	Opticians - eyetest	Specsavers	25.00	1	1	104.3	0.24	Test every 2 years	Specsavers £20-25 for eye test.
F	6.1	SWAM	Health care	Opticians - glasses	Specsavers	150.00	1	1	104.3	1.44	£100 for glasses every 2 years. Single vision starts from £49 but TG1 felt more choice needed. CB1 increased to £150 in line with SWAF.	Specsavers offer: buy one pair of glasses for £69 or more and get a second pair free, A budget of £150 would also cover designer frames, allowing more choice.
F	6.2	SWAM	Health care	Dentists - check up	NHS	23.80	1	2	52.1	0.91	Two check ups per year with NHS dentist.	Band 1 (£23.80) includes examination, diagnosis, and scale and polish if needed.
F	6.2	SWAM	Health care	Dentists - treatment	NHS	65.20	1	1	104.3	0.63	One band B treatment (e.g.filling) every two years.	Band 2 (£65.20) includes everything in Band 1 plus fillings, root canal work and extractions.
F	6.1	SWAM	Personal care	Contraception	Tesco	10.00	12	1	8.7	1.15	12 condoms (in 6 pack or 12 pack). Supermarket: ASDA/Tesco/Savers. Lasting 1 year. CB changed to 2 months.	Durex Condoms Extra Safe 12'S
F	6.1	SWAM	Health care	Paracetamol	Tesco	0.29	16	1	4.3	0.07	One pack of 16 per year. Supermarket: ASDA/Tesco/Savers. FG2 changed to 1 pack of 16 every month in line with SWAF and couples.	Tesco Paracetamol Tablets 500Mg 16 Pack
F	6.1	SWAM	Health care	Ibuprofen	Tesco	0.39	16	1	26.1	0.01	One pack of 16 per year. Supermarket: ASDA/Tesco/Savers. FG2 changed to 1 box every 6 months	Tesco Ibuprofen 200Mg 16 tablets
F	6.1	SWAM	Health care	Antihistamine	Tesco	2.75	30	4	52.1	0.21	1 per day for four months of the year. CB1 added in line with SWAF	Tesco Hayfever & Allergy 30 tablets
F	6.1	SWAM	Health care	Cold remedy	ASDA	4.00	10	1	52.1	0.08	One box of Lemsip every year. CB1 added in line with SWAF.	Lemsip Cold And Flu Lemon Sachets X 10
F	6.1	SWAM	Health care	Multivitamins	Tesco	1.50	90	1	13.0	0.12	1 per per day	Tesco Multivitamins X 90
F	6.1	SWAM	Health care	Plasters	Tesco	1.15	40	1	52.1	0.02	1 box lasting 6 months. FG2 changed lifetime to 1 year	Tesco Clear Washproof Plasters 40S
F	6.1	SWAM	Health care	TCP antiseptic	Tesco	4.50	1	1	52.1	0.09	replaced every year. CB1 added in line with SWAF.	TCP antiseptic 200ml
F	6.1	SWAM	Health care	Savlon antiseptic cream	Tesco	3.25	1	1	52.1	0.06	replaced every year. CB1 added in line with SWAF.	Savlon Antiseptic Cream 100g
F	6.1	SWAM	Health care	First aid kit	Wilko	9.00	1	1	52.1	0.17	First aid kit, CB1 added in line with SWAF, 1 year.	Tesco Health Family First Aid Kit. Kit contains: 10 x Washproof Plasters (7.2cm x 1.9cm) 2 x Fabric Dressing Strips (6cm x 10cm) 2 x Sterile Wound Pad (5cm x 5cm) 2 x Sterile Wound Pad (10cm x 10cm) 1 x Stretch Bandage (6cm x 4m) 1 x Crepe Bandage (7.5cm x 2m) 1 x Microporous Tape (1.25cm x 5m) 4 x Antiseptic Wipes 2 x Sterile Adhesive Dressings (5.3cm x 7cm) 2 x Sterile Adhesive Dressings (10cm x 7cm) 6 x Safety Pins Scissors 1 x Pair of Vinyl Gloves First Aid Guidance Leaflet
F	6.1	SWAM	Health care	Covid tests	Lloyds Pharmacy	9.29	5	1	5.0	1.86	1 per person per week	Lateral flow test kit (non-travel)
				F personal goods and services (inc health)		7.77						

MIS 2022 REBASE												
H: Social and cultural participation												
Single working age male, no children												
MIS CODE	COICOP	MIS ID	Category	Item	Supplier	Unit Price £	No. in pack	Quantity	Lifespan (weeks)	Weekly cost £	Shopping list	Comments
H1	9.1	SWAM	Leisure goods	TV	Argos	179.99		1	521.4	0.35	Smart HDTV with 32" screen. Cheapest okay from Currys/Argos/Tesco/ASDA. Would last 5 years. CB1 changed to cheapest recognisable brand, 4 years. FG1 increased lifetime to 10 years	Hitachi 32 Inch 32HE2200U Smart HD Ready LED Freeview TV
H1	9.1	SWAM	Leisure goods	Laptop	Currys	249.00	1	1	156.4	1.59	TG1 suggested £300-£400 with 14" screen. Would last 3 years. To work, connect with people, online shopping. From PC World/Argos	ACER 314 Touch 14" Chromebook - MediaTek MT8183C, 128 GB eMMC, Silver
H1	9.1	SWAM	Leisure goods	Software	Microsoft store	119.98	1	1	156.4	0.77	Microsoft software needed for full functionality in case needed to deal with documents at home, e.g. for work. CB1 added in line with SWAF.	Microsoft 365 Personal - includes Word, Excel, Powerpoint + OneNote + 1tb of storage £59.99 per year (single person/device use) (get one year free with laptop purchase so over 3 year lifetime of laptop need to buy two annual subscriptions = £119.98)
H1	9.3	SWAM	Gifts - Birthdays	Gifts for others		23.00	1	10	52.1	4.41	Birthday presents for 8 people £20 per person, plus £2 per person for card/wrap. CB1 changed to £25 per person for 12 people incl. cards and wrap. FG2 changed to 10 x £23, including presents, wrap and cards.	
H1	9.3	SWAM	Gifts - Birthdays	Gift for self		50.00	1	1	52.1	0.96	CB1 included £100 to be able to treat self on birthday. FG2 changed to £50.	

