

Female, 65 years old and older, living alone

Household goods

Total: \$ 40.52

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6b	Ceramic tiles	Non-slip, average price.	30 years	Homogeneous tiles, 30 x 30cm or 30 x 60cm, \$3psf x 36sqm (=387.5sqf)	1162.50	1	0.74
Housing	h7a	Curtains	2 sets per window for 2 windows. Neighbourhood shop. Average price. Ready made. 1 set to be used while the other is washed. 1 for special occasions, darker colour but lighter material.	5 years	Neighbourhood shop: Curtains for 2-pane windows	49.00	4	0.75
Housing	h7a	Curtain poles	2 windows. Steel rod with rings.	30 years	IKEA: Racka curtain rod combination 1.2-2.1m adjustable	16.60	2	0.02
Housing	h7a	Light casing	3 pieces, for living room, kitchen, bedroom. IKEA. Average price. Brighter than normal, must feel homely.	20 years	IKEA: Lysboj ceiling lamp E27 (decorative)	3.90	3	0.01
Housing	h7a	Light casing	2 pieces, for toilet, storeroom. IKEA. Average price. Brighter than normal, must feel homely.	20 years	IKEA: Spacka ceiling lamp plastic E27 (plain)	5.90	2	0.01
Housing	h7a	Light bulbs	5 units. IKEA. LED, brighter and lasts longer.	5 years	IKEA: Ledare E27 LED bulb 1800lm 22w	22.90	5	0.44
Housing	h7a	Sensor lights	2 pieces. Low price. Night light under e.g. coffee table.	20 years	Neighbourhood shop: Soundtech motion sensor	16.90	2	0.03
Housing	h7a	Standing fan	1 unit. Low price for living room, not for continuous usage.	20 years	Courts: Iona GLSF163 16" stand fan	55.90	1	0.05
Housing	h7a	Standing fan	1 unit. Average price for bedroom, usage throughout the night.	20 years	Courts: KDK P40US 16" stand fan	116.00	1	0.11
Housing	h12b	Clock	1 piece. IKEA. Cheapest.	15 years	IKEA: Rusch wall clock	1.90	1	0.002
Entrance	h7a	Doormat	1 piece. Neighbourhood shop. Non-slip, coconut-fibre/ synthetic, outside the flat, change before festival, low price.	1 year	Neighbourhood shop: Synthetic non-slip	3.90	1	0.07
Entrance	h7a	Shoe rack	1 piece. Wooden cabinet with doors.	10 years	IKEA: Mackapar 2-door wooden shoe cabinet	99.00	1	0.19
Entrance	h7a	Stool	1 piece. Neighbourhood shop. Wooden, normal height, cheapest.	10 years	Neighbourhood shop: Wood normal height	23.00	1	0.04
Entrance	h7a	Padlock	1 piece. Supermarket. Cheapest.	20 years	Neighbourhood shop: Padlock no-brand	4.90	1	0.005
Entrance	h7a	Doorbell	1 piece. Neighbourhood shop/NTUC. Electric (wired), hard to change battery otherwise, cheapest.	10 years	Neighbourhood shop: Soundtech wired doorbell chime (\$16.90), switch (\$3.90).	20.80	1	0.04
Living room	h7a	Sofa	1 piece. Neighbourhood shop. Wooden frame with firm cushion, washable fabric cover, 3-seater.	10 years	Neighbourhood shop: Wooden frame 3-seater cushions washable fabric covers	320.00	1	0.61
Living room	h7a	Coffee table	1 piece. Neighbourhood shop. Wooden, average price.	10 years	Neighbourhood shop: Solid wood coffee table	150.00	1	0.29
Living room	h7a	Television cabinet	1 piece. Neighbourhood shop. Wooden, average price, storage drawers/cabinet.	10 years	Neighbourhood shop: Wooden console with cabinet and shelf storage 40"	220.00	1	0.42
Living room	h10a	Television	1 set. Sony/Phillips. 32", not smart TV, average price.	10 years	Best: LG 32LH570D 32" LED smart TV	399.00	1	0.77
Living room	h10a	Internet	Cheapest.	1 month	M1 Fibre 500mbps with router 24-mth contract \$34/mth	34.00	1	7.82
Living room	h10a	Laptop	1 unit. Cheapest, smallest.	5 years	Courts: Asus E200HA-FD0043TS 11.6" laptop	349.00	1	1.34
Living room	h10a	Bluetooth speaker	1 unit. Challenger. Low price.	3 years	Best: Logitech X300 portable speaker	69.00	1	0.44
Living room	h9	Mobile phone	1 set. Cheapest phone (\$0) with cheapest contract.	1 month	M1 Lite \$28/mth	28.00	1	6.44
Living room	h9	Landline telephone	1 set. Cheapest, as a backup phone.	5 years	Courts: Motorola CT100 corded phone, cheapest with buttons not on handset.	19.00	1	0.07
Living room	h7a	Decorations	Annual budget \$150, includes maintenance of altar/worship, festive decorations, plants.	1 year	-	150.00	1	2.88

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Living room	h6b	Painting	Repainting every 10 years	10 years	Entire 2-room flat with Nippon paint	600.00	1	1.15
Dining	h7a	Dining table and chairs	1 piece. Neighbourhood shop. 4 seater, extendable to 6. Solid wood. Low price.	10 years	Neighbourhood shop: Extendable wooden table for 6 with 4 chairs, no cushion.	399.00	1	0.77
Dining	h7a	Plates (small)	3 pieces. Neighbourhood shop/Daiso. Ceramic.	5 years	Daiso	2.00	3	0.02
Dining	h7a	Plates (big)	3 pieces. Neighbourhood shop/Daiso. Ceramic.	5 years	Daiso	2.00	3	0.02
Dining	h7a	Bowls (rice)	2 pieces. Neighbourhood shop/Daiso. Ceramic.	5 years	Daiso	2.00	2	0.02
Dining	h7a	Bowls (soup)	2 pieces. Neighbourhood shop/Daiso. Ceramic.	5 years	Daiso	2.00	2	0.02
Dining	h7a	Sauce dishes	6 pieces. Japan Home/Daiso.	5 years	Daiso: Porcelain/melamine sauce dish	2.00	6	0.05
Dining	h7a	Teaspoon	6 pieces. Neighbourhood shop	7 years	Neighbourhood shop: Stainless steel teaspoon	0.80	6	0.01
Dining	h7a	Tablespoon	6 pieces. Neighbourhood shop	7 years	Neighbourhood shop: Stainless steel tablespoon	1.50	6	0.02
Dining	h7a	Fork	6 pieces. Neighbourhood shop	7 years	Neighbourhood shop: Stainless steel fork	0.70	6	0.01
Dining	h7a	Soup spoon (chinese)	6 pieces. Neighbourhood shop.	7 years	Neighbourhood shop: Porcelain soup spoon	0.80	6	0.01
Dining	h7a	Chopsticks	6 pairs. Neighbourhood shop	7 years	Neighbourhood shop: Wooden chopsticks set	2.90	1	0.01
Dining	h7a	Butter knife	1 piece. NTUC/IKEA/neighbourhood shop. Low price.	2 years	Neighbourhood shop: Stainless steel butter knife	2.40	1	0.02
Dining	h7a	Mug	2 pieces. NTUC/IKEA/neighbourhood shop. Low price.	3 years	IKEA: Porcelain mug 35cl	3.90	2	0.05
Dining	h7a	Glasses	6 pieces. Neighbourhood shop/IKEA.	3 years	IKEA: 28cl glass	1.90	6	0.07
Dining	h7a	Coaster	4 pieces. NTUC/IKEA/neighbourhood shop. For hot food. Low price.	2 years	IKEA: AVSKILD cork coaster pack of 4	0.90	1	0.01
Dining	h7a	Disposable plates	1 stack. NTUC. Buy when needed. Cheapest.	2 years	NTUC: HOMEPROUD 7" disposable paper plates, set of 30.	2.30	1	0.02
Dining	h7a	Disposable cups	1 stack. NTUC. Buy when needed. Cheapest.	2 years	NTUC: HOMEPROUD disposable cups clear, 20 pieces.	1.80	1	0.02
Kitchen	h7a	Thermos flask	1 piece. NTUC/neighbourhood shop. Average price.	2 years	Neighbourhood shop: Thermos flask 1.6L	29.90	1	0.29
Kitchen	h12b	Clock	1 piece. Neighbourhood shop. Basic, cheapest.	5 years	Neighbourhood shop: Plastic wall clock	7.90	1	0.03
Kitchen	h7a	Rice cooker	1 unit. NTUC/Best Denki/Courts/Giant. LG, Samsung. 4 cups capacity. Average price.	5 years	Courts: PHILIPS 1L rice cooker	59.00	1	0.23
Kitchen	h7a	Electric kettle	1 unit. Neighbourhood shop/Courts/Audiohouse/Giant.	3 years	Courts: CORNELL electric kettle 1L	32.90	1	0.21
Kitchen	h7a	Blender	1 unit. Neighbourhood shop/Courts/Audiohouse/Giant.	5 years	Giant: TEFAL 1.5L blender 350W	39.90	1	0.15
Kitchen	h7a	Oven toaster	1 unit. NTUC/Best Denki, about \$30, for toasting bread.	15 years	Best Denki: MISTRAL oven toaster	39.00	1	0.05
Kitchen	h7a	Fridge	1 unit. Neighbourhood shop/Courts/Audiohouse/Giant. 200L, LG/Panasonic/Mistubishi/Samsung, average price.	10 years	Courts: PANASONIC 2 door fridge 205L	489.00	1	0.94
Kitchen	h7a	Stove	1 unit. Courts/NTUC/Gain City. Average price, cheapest breaks down very fast, not safe. 2-hob.	10 years	Gain City: EF GAS Hob-2 burner	379.00	1	0.73
Kitchen	h7a	Pot	1 piece. Neighbourhood shop. Large size, average price.	20 years	Neighbourhood shop: ZEBRA cooking pot "22 high body"	51.90	1	0.05
Kitchen	h7a	Pot	1 piece. Neighbourhood shop. Small size, average price.	20 years	Neighbourhood shop: ZEBRA cooking pot "20 high body"	43.90	1	0.04
Kitchen	h7a	Wok	1 piece. Neighbourhood shop. Average price.	20 years	Neighbourhood shop: Black wok medium	13.90	1	0.01
Kitchen	h7a	Wok lid	1 piece. Neighbourhood shop. Average price.	20 years	Neighbourhood shop: Medium stainless steel wok lid	6.50	1	0.01
Kitchen	h7a	Frying pan	1 piece. Small-sized. Low price.	2 years	IKEA: KAVALKAD 24cm frying pan	5.90	1	0.06
Kitchen	h7a	Steam rack	1 piece. Neighbourhood shop. Average price.	20 years	Neighbourhood shop: Stainless steel steamer rack	5.00	1	0.005
Kitchen	h7a	Spatula/turner	2 pieces. One wooden (stir fry vegetables), one silicone (fry fish, omelette). Low price.	10 years	Neighbourhood shop: Spatula/turner wooden/silicone	3.90	2	0.01
Kitchen	h7a	Ladle	1 piece. For soup. Low price.	5 years	Neighbourhood shop: Stainless steel ladle large	2.20	1	0.01
Kitchen	h7a	Rice scoop	1 piece.	10 years	Neighbourhood shop: Plastic rice scoop	1.60	1	0.003
Kitchen	h7a	Knife (large)	1 piece. Neighbourhood shop.	5 years	Neighbourhood shop: Knife 7.5"	7.40	1	0.03
Kitchen	h7a	Knife (small)	1 piece. Neighbourhood shop.	5 years	Neighbourhood shop: Knife 3.5"	3.00	1	0.01
Kitchen	h7a	Cleaver ("chopper")	1 piece. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: 8.5" cleaver	13.00	1	0.05
Kitchen	h7a	Knife sharpener	1 piece. Low price.	10 years	Neighbourhood shop: Sharpening stone	3.90	1	0.01

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Kitchen	h7a	Peeler	1 piece. Low price.	5 years	Neighbourhood shop: Peeler	1.90	1	0.01
Kitchen	h7a	Chopping board	2 pieces. Neighbourhood shop. Wooden, separate boards for uncooked food and others, for hygiene.	2 years	Neighbourhood shop: Wooden chopping board A4 size	10.90	2	0.21
Kitchen	h7a	Tongs	1 pair. Neighbourhood shop. Average	5 years	Neighbourhood shop: Aluminium tongs	1.50	1	0.01
Kitchen	h7a	Can opener	1 piece. Neighbourhood shop. Average price	5 years	Neighbourhood shop: Can opener	3.90	1	0.01
Kitchen	h7a	Kitchen scissors	1 pair. Neighbourhood shop. Average	5 years	Neighbourhood shop: Kitchen scissors	9.90	1	0.04
Kitchen	h7a	Colander	1 piece. IKEA/NTUC. Low price.	5 years	Neighbourhood shop: Plastic bowl and colander set	6.90	1	0.03
Kitchen	h7a	Potholder gloves	1 pair. Low price.	2 years	Neighbourhood shop: Kitchen mittens	2.00	1	0.02
Kitchen	h7a	Plastic container	1 set. IKEA. 15 in a set. Low price.	3 years	IKEA: PRUTA food container set of 17	5.90	1	0.04
Kitchen	h7b	Hand/dish towels	4 pieces. Neighbourhood shop/Giant. Cheapest	6 months	Giant: SIMPLY WIPE kitchen hand towel 27 x 41cm, pack of 4	2.90	1	0.11
Kitchen	h7b	Wiping cloth	2 pieces. Neighbourhood shop/Giant. Cheapest.	6 months	Giant: 6pc kitchen towels 28 x 40cm	3.00	1	0.12
Kitchen	h7b	Dishwashing liquid	1 pack. Neighbourhood shop/Giant. Mama Lemon, may come in packs of 3, cheapest.	9 months	Giant: MAMA LEMON dishwashing liquid refill, pack of 3, 600ml each.	4.15	1	0.11
Kitchen	h7b	Sponge	1 piece. Neighbourhood shop/Giant. Comes in pack. Cheapest.	6 months	Neighbourhood shop: Kitchen cleaner sponge, pack of 6.	1.50	1	0.06
Kitchen	h7a	Dustbin	1 piece. Neighbourhood shop/Giant. Plastic pedal bin, cheapest.	2 years	Neighbourhood shop: Plastic bin with lid and pedal	9.90	1	0.09
Kitchen	h7a	Dish drying rack	1 piece. Neighbourhood shop. Stainless steel.	10 years	Neighbourhood shop: Stainless steel drainer	9.90	1	0.02
Laundry/cleaning	h7a	Washing machine	1 unit. Courts/Big Box, LG. 7kg, topload, laundry once a week, average price.	7 years	Courts: LG 7.5kg topload, T2175VSPW, 3 ticks water efficiency.	429.00	1	1.18
Laundry/cleaning	h7a	Iron	1 unit. Neighbourhood shop. Steam iron, most clothes do not require ironing now, cheapest.	10 years	Not available at neighbourhood shop. Courts: Tefal Steam Iron FV1320 Virtuo 1400W	29.90	1	0.06
Laundry/cleaning	h7a	Ironing board	1 piece. Neighbourhood shop. Cheapest might collapse on her, low price.	10 years	Neighbourhood shop: Small ironing board, low price.	20.90	1	0.04
Laundry/cleaning	h7a	Ironing board cover	1 piece. Neighbourhood shop. Change once a year as it turns yellow. Cheapest.	5 years	Neighbourhood shop: Ironing board cover cotton	4.50	1	0.02
Laundry/cleaning	h7a	Drying rack	Neighbourhood shop, low priced. Poles are too heavy and dangerous, drying rack preferred to poles because safer to use.	5 years	Neighbourhood shop: Foldable drying rack for clothes	21.90	1	0.08
Laundry/cleaning	h7a	Pegs (big)	12 pieces. Neighbourhood shop. Plastic, cheapest.	10 years	Neighbourhood shop: Big clothes pegs 12pc	1.50	1	0.003
Laundry/cleaning	h7a	Pegs (small)	12 pieces. Neighbourhood shop. Plastic, cheapest.	10 years	Neighbourhood shop: Small plastic pegs 20pc	1.90	1	0.004
Laundry/cleaning	h7a	Hangers	30 pieces. Neighbourhood shop, cheapest.	10 years	Neighbourhood shop: Plastic clothes hangers 5pc bundle	1.90	6	0.02
Laundry/cleaning	h7b	Detergent	1 pack. TOP/Grease. Laundry once a week. 5kg pack, no need for softener.	4 months	NTUC: TOP detergent powder 5kg	13.55	1	0.78
Laundry/cleaning	h7a	Laundry net	1 piece. Neighbourhood shop. 1 big, cheapest.	10 years	Neighbourhood shop: Laundry net 50cm x 60cm	1.50	1	0.003
Laundry/cleaning	h7a	Laundry net	1 piece. Neighbourhood shop. 1 small, cheapest.	10 years	Neighbourhood shop: Laundry net 30cm x 40cm	1.00	1	0.002
Laundry/cleaning	h7a	Laundry basket	1 piece. IKEA/neighbourhood shop. Plastic, foldable, cheapest.	10 years	Neighbourhood shop: Collapsible laundry basket 40cm x 40cm x 80cm	3.30	1	0.01
Laundry/cleaning	h7a	"Magic clean" duster/mop	1 unit. Neighbourhood shop. For dust on floor, windows, cheapest.	10 years	Magic Clean brand not available at neighbourhood shop. C-Fresh brand, similar to Magic Clean.	3.90	1	0.01
Laundry/cleaning	h7b	"Magic clean" wipes	2 packs. Neighbourhood shop. Dry and wet wipes, cheapest.	4 months	Neighbourhood shop: C-Fresh wipes 20 pieces	1.00	2	0.12
Laundry/cleaning	h7a	Pail	1 piece. Neighbourhood shop. Big, plastic, cheapest.	5 years	Neighbourhood shop: Plastic pail	5.50	1	0.02

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Laundry/cleaning	h7a	Broom	1 piece, handle only. Neighbourhood shop.	10 years	Neighbourhood shop: Broom handle only	1.50	1	0.003
Laundry/cleaning	h7a	Hard bristle broom head	1 piece. Neighbourhood shop. For cleaning toilet.	1 year	Neighbourhood shop: Hard bristle broom head	3.20	1	0.06
Laundry/cleaning	h7a	Soft bristle broom head	1 piece. Neighbourhood shop.	1 year	Neighbourhood shop: Soft plastic bristles broom head	3.50	1	0.07
Laundry/cleaning	h7a	Dustpan	1 unit. Neighbourhood shop. Cheapest	10 years	Neighbourhood shop: Dustpan with tall handle	3.20	1	0.01
Laundry/cleaning	h7b	Floor cleaner	1 bottle. Neighbourhood shop. Cheapest.	4 months	NTUC: Fairprice M Purpose Disinfectant Floor Cleaner 2L	4.00	1	0.23
Laundry/cleaning	h7b	Vim/CIF	1 bottle. Neighbourhood shop. Mostly used for kitchen, can be used to clean toilet and sink too.	3 months	NTUC: CIF Cream Cleanser 500ml	1.90	1	0.15
Laundry/cleaning	h7b	Surface cleaning cloths	6 pieces. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Microfibre wiping cloths 3pc pack	1.90	2	0.07
Laundry/cleaning	h7b	Tissue	1 pack of 5 boxes. Neighbourhood shop. 2-ply, cheapest.	3 months	NTUC: Fairprice Facial Tissue 5 boxes pack	3.95	1	0.30
Bathroom	h7a	Non-slip tiles, grab bars and ramps	Might be pre-installed in the flat by HDB/Town council	20 years	Available through HDB EASE scheme. Residents of 2-room flexi flat pay \$125 for slip resistant bathroom tiles, ramps and grab bars.	125.00	1	0.12
Bathroom	h7a	Heater	Heater and shower set, 1 unit. Neighbourhood shop. Low price.	10 years	Gain City: PANASONIC Shower and heater set DH3DL2S T0011679	102.00	1	0.20
Bathroom	h7a	Bidet	1 piece	5 years	Neighbourhood shop: Bidet spray	18.90	1	0.07
Bathroom	h7a	Cabinet with mirror	1 unit. Neighbourhood shop. Plastic. Cheapest.	10 years	Not available at neighbourhood shop. IKEA: LILLÅNGEN Mirror cabinet with 1 door, black-brown.	55.00	1	0.11
Bathroom	h7a	Soap caddy	1 piece. Neighbourhood shop. Plastic. Low price.	2 years	Neighbourhood shop: Suction plastic caddy holding up to 2kg	3.90	1	0.04
Bathroom	h7a	Towel rail	1 piece. Hardware shop. Metal. Cheapest.	20 years	Neighbourhood shop: Metal towel rail	10.90	1	0.01
Bathroom	h7a	Towel hooks	1 pack of 4. Hardware shop. Metal. Cheapest.	10 years	Neighbourhood shop: Metal rail with hooks to place over door edge	1.00	1	0.002
Bathroom	h7a	Toilet brush	1 unit. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Toilet plastic brush and holder	1.90	1	0.04
Bathroom	h7b	Toilet cleaner	1 bottle. Neighbourhood shop. Can be bleach. Average price.	4 months	NTUC: Mr Muscle toilet cleaner 500ml	3.05	1	0.18
Bathroom	h7a	Non-slip mat (outside bathroom)	1 piece. Neighbourhood shop. Non-slip.	1 year	Neighbourhood shop: Non-slip mat woven	6.90	1	0.13
Bathroom	h7a	Toilet paper holder	1 unit. Average price.	20 years	Neighbourhood shop: Plastic toilet paper holder	4.90	1	0.005
Bedroom	h7a	Bed	1 piece. Neighbourhood shop, Courts. Queen size. Average price.	10 years	Neighbourhood shop: Max Coil Summer Island divan set with mattress queen size	999.00	1	1.92
Bedroom	h7a	Mattress	1 piece. Firm. Average price.	10 years	(with bed)	0.00	0	0.00
Bedroom	h7a	Mattress protector	1 piece. Courts/IKEA/Gain City. More comfortable, prevent staining, average price.	5 years	IKEA: Parlmalva mattress protector 150x200	39.90	1	0.15
Bedroom	h7a	Pillow	2 pieces. Courts/NTUC/Neighbourhood shop. Average price.	2 years	NTUC: Cocoro bamboo memory foam	29.90	2	0.57
Bedroom	h7a	Bolster	1 piece. Courts/NTUC/Neighbourhood shop. Average price.	2 years	NTUC: Domus Down Touch Hotel Collection	29.90	1	0.29
Bedroom	h7a	Blanket	2 pieces. Courts/NTUC/Neighbourhood shop. Although Singapore weather is warm, still need a blanket in case of sickness. Cotton, average price.	5 years	Neighbourhood shop: Cotton blanket	20.90	2	0.16
Bedroom	h7a	Bedsheets	2 sets. Courts/IKEA. One to use while the other is being dried, average price.	2 years	Queen size not available at neighbourhood shop. NTUC: Sleepilux queen with 2 pillow and 1 bolster cases	31.90	2	0.61
Bedroom	h7a	Bedside table	1 unit. Neighbourhood shop/IKEA. Wooden, cheapest.	10 years	IKEA: Rast wooden bedside table, 2 shelves.	14.90	1	0.03
Bedroom	h7a	Table lamp	1 unit. Neighbourhood shop/IKEA. Cheapest.	10 years	IKEA: Tvars table lamp	3.90	1	0.01

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Bedroom	h7a	Wardrobe	1 unit. IKEA/Courts. Wooden, 2-door wardrobe, 4 drawers, with full length mirror, cheapest.	10 years	Neighbourhood shop: Wooden wardrobe 2-door with drawers and mirror inside (IKEA: More expensive and with either drawers or mirror only)	160.00	1	0.31
Storeroom	h7a	Shelves	1 unit. Neighbourhood shop. Steel, to keep newspapers, cheapest.	5 years	Not available at neighbourhood shop. IKEA: Hyllis steel shelving unit 60 x 140cm 4-tier	19.90	1	0.08
Storeroom	h7a	Ladder	1 unit. Neighbourhood shop. 4-step, must be secure, low price.	20 years	Neighbourhood shop: 3 step + platform ladder	42.90	1	0.04
Storeroom	h7a	Stools	4 pieces. Neighbourhood shop. Stackable/foldable, no back, light, plastic, like in coffee shop, cheapest.	15 years	Neighbourhood shop: Stackable plastic stool no back	8.90	4	0.05
Storeroom	h10a	Gardening tools	1 set.	3 years	Neighbourhood shop: Plastic pot and tray \$2.20 x 3 sets, 1 spray bottle \$1.	7.60	1	0.05
Storeroom	h7a	Basic toolbox	1 box. Neighbourhood shop.	20 years	IKEA: Fixa 17-piece toolset with hammer, spanner, pliers, screwdriver and bits, Allen keys, bradawl.	14.90	1	0.01
Storeroom	h7b	Fire extinguisher	1 unit.	3 years	Neighbourhood shop: 16oz extinguisher	43.90	1	0.28
Storeroom	h7b	WD40 multipurpose oil	1 bottle. Neighbourhood shop.	1 year	Neighbourhood shop: WD40 100ml	3.50	1	0.07
Storeroom	h7b	Insecticide	1 bottle. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Shieldtox 270ml	4.90	1	0.09
Storeroom	h4a	Sewing kit	1 piece. Neighbourhood shop. Cheapest.	10 years	Neighbourhood shop: Needle set \$0.50, pack of 4 rolls of white thread \$0.50.	1.00	1	0.002
Storeroom	h10b	Stationery	1 set, includes pens, scissors, glue.	3 year	Neighbourhood shop: Pack of 4 pens \$1, scissors \$1, UHU stick glue \$1.90, sticky tape \$1, masking tape \$1, box of 12 x 2B pencils \$1.80, box cutter \$1, pencil sharpener \$1, A4 writing pad \$1.05.	10.75	1	0.07
Storeroom	h7b	Repairs, DIY	Annual budget \$100	1 year	-	100.00	1	1.92

Female, 65 years old and older, living alone

Personal goods

Total: \$ 23.87

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Bathroom	h12a	Face towels	Buy in a set of towels, with face, hand and body towels. Neighbourhood shop, low price.	1 year	Towel sets not found in neighbourhood shop: Neighbourhood shop: Face towel	3.00	2	0.12
Bathroom	h12a	Hand towels	Buy in a set of towels, with face, hand and body towels. Neighbourhood shop, low price.	1 year	Towel sets not found in neighbourhood shop: Neighbourhood shop: Hand towel	4.00	2	0.15
Bathroom	h12a	Bath towels	Buy in a set of towels, with face, hand and body towels. Neighbourhood shop, low price.	1 year	Towel sets not found in neighbourhood shop: Neighbourhood shop: Bath towel	7.90	2	0.30
Bathroom	h12a	Toilet rolls	1 roll per week. Neighbourhood shop/NTUC. Average price.	12 weeks	NTUC: Beautex Premium bathroom tissues 12-roll pack	5.95	1	0.50
Toiletries	h12a	Shower cream	1 bottle. NTUC/Guardian. Average price.	4 months	NTUC: Lux shower cream 950ml	8.90	1	0.51
Toiletries	h12a	Shampoo	1 bottle. NTUC/Guardian. Average price.	4 months	Neighbourhood shop: Dove 680ml	7.95	1	0.46
Toiletries	h12a	Hair conditioner	1 bottle. NTUC/Guardian. Average price.	3 months	Guardian: Dove conditioner 480ml	7.70	1	0.59
Toiletries	h12a	Shower cap	1 piece. Neighbourhood shop. Cheapest. Change monthly, for hygiene.	1 month	Neighbourhood shop: Shower cap	1.90	1	0.44
Toiletries	h12a	Toothpaste	1 tube. Neighbourhood shop. Cheapest.	9 months	NTUC: Colgate Dental 175g 3-pc pack	6.40	1	0.16
Toiletries	h12a	Toothbrush	1 piece. Neighbourhood shop/Giant. Low price. Change every 3 months.	9 months	Giant: Systema 3-pack Gum Care toothbrushes	7.90	1	0.20
Toiletries	h12a	Mouthwash	1 bottle. Neighbourhood shop, branded.	2 months	NTUC: Listerine antiseptic mouthwash 250ml	4.50	1	0.52
Toiletries	h12a	Dental floss	1 tube. NTUC/Guardian. Average price.	6 months	Guardian: Housebrand dental floss mint 60m	2.35	1	0.09
Toiletries	h12a	Hairbrush	1 piece. Neighbourhood shop, average price.	5 years	Neighbourhood shop: Plastic hair brush	4.90	1	0.02
Toiletries	h12a	Hairclips	2 clips. 1 hair clip might not be enough.	1 year	Neighbourhood shop: Hair clips pack of 4	1.90	1	0.04
Toiletries	h12a	Hairdryer	1 unit. Neighbourhood shop. Low price. Cheapest might take very long due to low heat, arm might ache.	10 years	No hairdryer at neighbourhood shop. Courts: Tefal hairdryer 1800W	29.90	1	0.06
Toiletries	h12a	Hair spray	1 bottle. NTUC/Guardian. Average price. Mdm M will have "Bad Hair Day" if she does not have this.	3 months	Watsons: Lucido-L Designing Air Hairspray (Super Hard) 200ml	9.20	1	0.71
Toiletries	h12a	Hair dye	1 bottle. NTUC/Guardian. Average price. DIY dyeing at home in between salon visits will help save money.	6 months	Guardian: Revlon Colour Silk Hair Colour	9.90	1	0.38
Toiletries	h12a	Facial cleanser	1 bottle. NTUC/Guardian. For sensitive skin. Average price.	3 months	Guardian: Neutrogena Pure Mild Facial Cleanser 174ml	11.25	1	0.86
Toiletries	h12a	Facial toner	1 bottle.	3 months	Guardian: Neutrogena Alcohol-Free Toner 200ml	11.00	1	0.84
Toiletries	h12a	Moisturizer (face)	1 bottle. Guardian/Watsons/Unity. 2-in-1 facial moisturiser and sunblock. Average price.	6 months	Guardian: Nivea Moisturising Sunscreen Lotion SPF 30+ 125 ml	16.30	1	0.63
Toiletries	h12a	Moisturizer (body)	1 bottle. Average price.	6 months	Guardian: Jergens Moisturiser 400ml	8.90	1	0.34
Toiletries	h12a	Face powder	1 piece. Average price.	6 months	Guardian: Maybeline Clear Smooth Pressed Powder	15.90	1	0.61
Toiletries	h12a	Eyebrow pencil	1 piece. Average price.	6 months	Guardian: Maybeline Fashion Brow Cream Pencil	9.90	1	0.38
Toiletries	h12a	Lipstick	1 piece. Average price.	6 months	Guardian: SilyGirl Moisture Rich Lipcolour	11.90	1	0.46
Toiletries	h12a	Perfume	1 bottle. Body Shop/Watsons/Guardian.	1 year	Body Shop: Eau De Toilette 30ml	22.90	1	0.44
Personal care	h12a	Haircut	1 visit. Neighbourhood salon. For trimming. Cheapest.	1.5 months	Neighbourhood salon	10.00	1	1.53
Personal care	h12a	Hair perm	Neighbourhood salon	6 months	Neighbourhood shop: Perm, mid-point price.	80.00	1	3.07
Personal care	h12a	Hair colour	Neighbourhood salon	6 months	Neighbourhood shop: Hair colour	60.00	1	2.30
Personal care	h12a	Handcream	1 tube, low price.	3 months	Guardian: Vaseline Healthy Hand and Nail Mosturizing Lotion 85ml	5.40	1	0.41
Personal care	h12a	Eye drops	1 bottle. Optrex, use every day. Partipants said 3 months but eyedrops can only last 1 month max.	1 month	Guardian: Optrex eyedrops 10ml	5.95	1	1.37

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Personal care	h12a	Spectacles	1 pair. For spectacles and optician check.	2 years	Owndays: Frame (\$158) and progressive (\$100) lenses	258.00	1	2.47
Personal care	h12a	Denture cleanser	Daily use. To clean stains and get rid of bacteria.	1 year	Guardian: Polident Denture Cleanser 36s (Overnight and 5min)	8.50	10	1.63
Personal care	h12a	Nail clipper	1 piece. Neighbourhood shop/pasar malam. Cheapest.	5 years	Neighbourhood shop: Medium-sized	1.90	1	0.01
Personal care	h12a	Nail polish	1 bottle. Watsons/Guardian. Cheapest.	6 months	Watsons: Essence Bloggers' Beauty Secrets Nail Polish	3.50	1	0.13
Personal care	h12a	Nail polish remover	1 bottle. Watsons/Guardian. Cheapest.	6 months	Watsons: Housebrand Revival Nail Polish Remover 150ml	3.50	1	0.13
Personal care	h12a	Cotton wool	1 pack. Watsons, Guardian. 1 pack will last 6 months.	18 months	Watsons: Housebrand Facial Cotton Square puffs 160s in 3-pack bundle	4.90	1	0.06
Personal care	h12a	Cotton buds	1 pack, daily usage.	20 months	NTUC: Fairprice Cotton Buds 3 x 200s	0.95	1	0.01
Medicine	h8a	Panadol	1 pack. Polyclinic/pharmacy. Cheapest.	1 year	Guardian: Panadol 20 caps	6.85	1	0.13
Medicine	h8a	Plasters	1 pack.	1 year	Guardian: Housebrand, assorted 20pcs.	2.95	1	0.06
Medicine	h8a	Medicated plasters	1 box. For aches, pain e.g. Koyok	1 year	Guardian: Salonpas pain relieving patch, hot, 20pcs.	6.10	1	0.12
Medicine	h8a	Antiseptic wash	1 bottle.	1 year	Guardian: Dettol wound disinfectant 100ml	3.80	1	0.07
Medicine	h8a	Antiseptic cream	1 tube. Pharmacy.	1 year	Guardian: Housebrand antiseptic cream 30g	3.10	1	0.06
Medicine	h8a	Indigestion pills	1 bottle. Pharmacy.	1 year	Guardian: Enzyplex digestive enzymes 30 tabs	15.20	1	0.29
Medicine	h8a	Diarrhea pills	1 pack.	1 year	Guardian: Ultracarbon 20 pills	5.30	1	0.10
Medicine	h8a	Ointment	1 bottle.	1 year	Guardian: Axe oil 56ml	5.40	1	0.10

Female, 65 years old and older, living alone

Transport

Total: \$ 25.32

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Transport	h5b	MRT and bus	3-4 times a week	1 month	Hybrid Concession Pass - Unlimited rides on basic bus services and trains, for senior citizens aged 60 years and above. [\$40 monthly unlimited travel pass (off-peak) was a two-year trial which ended in Dec 2017.]	60.00	1	13.81
Transport	h5b	Taxi	Taxi trips for visits to clinics; heavy shopping e.g. return journey from shopping with heavy items like rice, etc.; return journeys when out late or in unfamiliar, faraway locations; or when it is raining heavily. \$50 monthly budget for use on any type of taxi service.	1 month	-	50.00	1	11.51



Female, 65 years old and older, living alone

Clothing

Total: \$ 21.18

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Casual	h4a	Blouses (casual)	10 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Low price.	2 years	CK: Low price blouse	18.00	10	1.73
Casual	h4a	Dresses (casual)	4 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Low price.	2 years	CK: Dress soft-silk synthetic material	35.00	4	1.34
Casual	h4a	Trousers (casual)	4 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Low price.	2 years	CK: Low price trousers	30.00	4	1.15
Casual	h4a	Skirts	4 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Low price.	2 years	CK: Low price skirt	12.00	4	0.46
Formal	h4a	Blouses (formal)	3 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Soft, silk. Average price. Replace after 2 years for variety.	2 years	CK: Formal blouse	36.00	3	1.04
Formal	h4a	Dresses (formal)	3 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Average price.	2 years	CK: Dress soft-silk synthetic material	45.00	3	1.29
Formal	h4a	Trousers (formal)	2 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Average price.	2 years	CK: Polyester blend cotton, flowy trousers with zipper.	40.00	2	0.77
Formal	h4a	Long skirts	2 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Average price.	2 years	OG: Average price skirt	79.00	2	1.52
Exercise	h4a	Dri-fit top	1 piece, around \$12.	2 year	OG: Dri-fit top	12.00	1	0.12
Exercise	h4a	Track pants	1 pair.	1 year	Neighbourhood shop: Basic track pants	9.00	1	0.17
Exercise	h4a	Swim suit	1 piece. Department store. Arena brand.	5 years	BHG/OG: Cheapest branded swim suit	50.00	1	0.19
Homewear	h4a	T-shirt	5 pieces. Neighbourhood shop/market/pasar malam. Low price, can serve as pyjamas. There must be variety of designs, not plain, because "neighbors (might) think (we) never change clothes".	5 years	CK: Plain/printed cotton T-shirts	10.90	5	0.21
Homewear	h4a	Shorts/pyjamas bottoms	5 pieces. Neighbourhood shop/market/pasar malam. Low price, can be used for exercise.	5 years	CK: Cotton, elastic band/drawstring.	9.00	5	0.17
Special occasion	h4a	Ethnic wear	2 pieces. BHG/Metro/CK/neighbourhood shop/Geylang. Average price. Annual budget of \$100, can be used to purchase hijab for muslim women.	1 year	-	100.00	1	1.92
Underwear	h4a	Bras	5 or 6 bras. \$20-30, below that would be too cheap.	1 year	CK/OG: No underwire and wire	30.00	6	3.45
Underwear	h4a	Panties	12 pieces, 2 packs of 6. Neighbourhood shop. Low price. Elasticity does not last for cheapest.	1 year	CK: Basic panties, pack of 5 not 6.	11.00	3	0.63
Footwear	h4b	Pantyhose	2 pairs. Neighbourhood shop. Knee-length, cheapest. For special occasions.	2 years	BHG: Basic pantyhose	6.50	2	0.12
Footwear	h4b	Socks	3 pairs. Neighbourhood shop. Low price.	1 year	Neighbourhood shop: White/black cotton socks	1.50	3	0.09
Footwear	h4b	Track shoes	1 pair. Neighbourhood sports shop. Average price. Shoes that are too cheap will hurt feet.	5 years	Neighbourhood shop: Basic track shoes	60.00	1	0.23
Footwear	h4b	Low-heel shoes	1 pair. Department store. Around \$40, as long as it looks formal.	3 years	BHG/OG: Basic dress flats	40.00	1	0.26
Footwear	h4b	Sandals/slippers	2 pairs. Bata. Low price.	3 years	Bata: Basic sandals	25.00	2	0.32
Footwear	h4b	Indoor slippers	2 pairs. Neighbourhood shop. "Slippers needed at home as ceramic floors are cold".	3 years	Neighbourhood shop: Basic slippers	3.90	2	0.05
Footwear	h4b	Casual shoes	2 pairs. Bata/Isetan. Cheapest.	2 years	Bata: Basic shoes	30.00	2	0.58

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Purse/wallet	1 piece. Department store. Low price, so that leather will not peel. Might need to change often if cheapest.	5 years	BHG/OG: Low price purse	35.00	1	0.13
Accessories	h12b	Watch	1 piece. Department store. Around \$60.	5 years	BHG: Wrist watch with metal chain	60.00	1	0.23
Accessories	h12b	Watch battery	Replace at neighbourhood watch shop	1 year	Neighbourhood watch shop	5.00	1	0.10
Accessories	h12b	Casual bag	2 pieces. Neighbourhood shop. For marketing. Might last longer if from department store. Small.	2 years	BHG: Polyester tote-bag	19.00	2	0.36
Accessories	h12b	Handbag	1 piece. Neighbourhood shop. Low price.	1 year	Neighbourhood shop: Small shoulder bag	11.90	1	0.23
Accessories	h12b	Evening bag	1 piece. Department store. Low price, to also use as handbag. For formal occasions.	5 years	OG: Basic handbag	35.00	1	0.13
Accessories	h4a	Shawl	3 pieces, to use if cold, matching different clothing.	5 years	Arab street: Shawl with thicker material	10.00	3	0.12
Accessories	h12b	Jewellery	Including necklaces. Annual budget of \$100. To look pretty, gain respect when participating in social events. For hijab-wearing Muslim women, the amount can also be used to purchase shawls (tudung), up to 4 per year.	1 year	OG: Possible to get necklace, bracelet, ring, earrings and brooch for \$100. Hijab/shawls cost \$15 each.	100.00	1	1.92
Accessories	h12b	Cap	1 piece. Cheapest, Daiso.	5 years	Daiso: Basic cap	2.00	1	0.01
Accessories	h12b	Luggage	1 piece. Wheels must spin 360 degrees. Medium size (bigger than cabin size).	10 years	NTUC: Slazenger luggage	39.90	1	0.08
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Low price, foldable.	5 years	Neighbourhood shop: Foldable umbrella	7.50	1	0.03
Accessories	h12b	Water bottle	1 bottle, BPA free, around \$10, 500 ml.	2 years	Neighbourhood shop: BPA-free bottle 500ml	5.00	1	0.05

Female, 65 years old and older, living alone

Social participation

Total: \$ 64.95

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Activities	h10a	Leisure	Leisure three time a week, e.g. movies, excursions, exercise.	1 week	-	20.00	1	20.00
Activities	h10a	Education	\$100 for 2-3 short courses or 1 long course per year.	1 year	One-off short courses at the community centres cost around \$20, long courses (10 sessions) around \$150 . Subsidies available, e.g. National Silver Academy, SkillsFuture.	100.00	1	1.92
Activities	h10c	Holidays	\$500 for short vacation, twin-sharing.	1 year	\$500 will cover flights and twin-sharing room in Indonesia or Bangkok for 2-3 days. Planned tours are widely available, with community centres or tour groups.	500.00	1	9.59
Activities	h10c	Passport renewal	\$70 each time.	5 years	-	70.00	1	0.27
Activities	h10a	Home/hospital visiting	About \$50-\$60 per year, based on \$10 per visit, 5-6 visits per year. For same person, only necessary to bring something for first visit. Will bring fruit, instead of flowers which are expensive and not practical.	1 year	-	60.00	1	1.15
Activities	h3a	Restaurant meals	Once per month, \$50 per meal.	1 month	-	50.00	1	11.51
Special occasions	h10a	Festivals	\$300 per year for ang bao. \$100 per year for snacks and cookies, for variety.	1 year	-	400.00	1	7.67
Special occasions	h10a	Worship	Give alms, \$250 per year or around \$20 per month.	1 year	-	250.00	1	4.79
Special occasions	h10a	Birthdays	6 gifts or \$120 per year. Family do not expect older people to buy expensive gifts for children, "can still be respected".	1 year	-	120.00	1	2.30
Special occasions	h10a	Weddings	Costs depend on where the wedding is held. Annual budget of \$200 for one expensive wedding or a few smaller ones.	1 year	-	200.00	1	3.84
Special occasions	h10a	Funerals	\$100 per year.	1 year	-	100.00	1	1.92

Female, 65 years old and older, living alone

Food

Total: \$ 85.79

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Wholemeal bread	6 slices, OR high fibre white bread/soft meal bread. Will freeze for a week.	Fairprice Multigrain Wholemeal Bread, 10 slices, 320g.	1.00	1.15	1	1.15
Eating in	h1	Olive oil spread	1 tsp (5g)	Naturel Olive Spread 250g	26.07	3.65	1	0.14
Eating in	h1	Jam	1 tsp (5g)	Frezfruta Jam Strawberry 450g (Halal)	90.00	3.00	1	0.03
Eating in	h1	Peanut butter	1 flat tsp (5g)	Peter Pan peanut butter 462g	26.07	5.35	1	0.21
Eating in	h1	Reduced fat cheese	2 slices	FairPrice Cheese Slices Reduced Fat, 12 slices, 250g (Halal).	4.00	4.25	1	1.06
Eating in	h1	Egg	4.5 eggs	Pasar fresh eggs 10pcs	2.22	1.55	1	0.70
Eating in	h1	Tea	5 cups	Dilmah Variety Tea Bags 20 satchets x 2g (Halal)	4.00	4.25	1	1.06
Eating in	h1	Coffee	6 cups	Owl heritage blend ground coffee 500g, 70 cups (Halal).	11.67	5.70	1	0.49
Eating in	h1	Uncooked rolled oats	1 1/3 bowl (100g)	Fairprice rolled oats 1kg	10.00	4.35	1	0.44
Eating in	h1	Honey	2 tsp (10g)	Polleney Pure Honey 454g (Halal)	45.40	4.75	1	0.10
Eating in	h1	Fruit	11 pieces banana/apple/pear/grapes	1 x Sumifru Cavendish Banana, 5pcs, 700g (\$2.00), 2 x S.A Packham Pear, 5pcs (\$2.69).	1.36	7.38	1	5.41
Eating in	h1	Uncooked brown rice	350g	Fairprice Thai brown unpolished rice 2.5kg	7.14	5.50	1	0.77
Eating in	h1	Uncooked beehoon	100g	Starlion Rice Vermicelli 500g (Halal)	5.00	1.65	1	0.33
Eating in	h1	Egg noodles	100g	Sun Brand Egg Noodles 200g (Halal)	2.00	1.05	1	0.53
Eating in	h1	Broccoli	250g	Pasar Australian Broccoli 250g (\$0.69/100g)	1.00	1.73	1	1.73
Eating in	h1	Carrots	150g	Pasar Prepacked Carrots 500g	1.00	0.90	1	0.90
Eating in	h1	Chinese spinach	230g	Chef Chinese spinach 250g	1.00	1.65	1	1.65
Eating in	h1	Prawns	90g	Okeanoss IQF Shrimp Meat Tail Off 400g	4.44	8.80	1	1.98
Eating in	h1	Lettuce	150g	Pasar Local Lettuce 220g	1.00	1.30	1	1.30
Eating in	h1	Tomato	150g	Fresh Tomatoes 600g	1.00	1.55	1	1.55
Eating in	h1	Avocado	1/2 avocado	NZ/USA Avanza Avocado 2s	1.00	4.99	1	4.99
Eating in	h1	Yogurt	1 tbsp + '1 small tub' for snack	Marigold Plain/Low Fat Yogurt 2 x 140g	1.00	2.20	1	2.20
Eating in	h1	Fresh lemon juice	1 tsp (5ml)	Sunkist USA Lemon	1.00	0.85	1	0.85
Eating in	h1	Shiitake mushrooms	20g	VTP Shiitake Mushrooms 200g	1.00	2.30	1	2.30
Eating in	h1	Capsicum	50g	Green Capsicum 300g	1.00	1.65	1	1.65
Eating in	h1	Tofu	110g	FairPrice Chinese Tofu 300g (Halal)	1.00	0.80	1	0.80
Eating in	h1	Canned tuna	90g	Ayam Brand Tuna Chunks in Water 150g (Halal)	1.00	2.45	1	2.45
Eating in	h1	Kailan	150g	Pasar Kailan 220g	1.00	0.85	1	0.85
Eating in	h1	Spring onion	10g	MYS Spring Onion 80-100g	1.00	0.85	1	0.85
Eating in	h1	Low fat milk	1.33L (4 cups, 22tbsp)	FairPrice UHT Milk Low Fat 1L (Halal)	1.50	1.90	2	2.53
Eating in	h1	Spanish mackerel	180g	Okeanoss Frozen Saba Mackerel Fillet 400g	2.22	6.45	1	2.90
Eating in	h1	Chicken breast	270g	Zac Meat Fresh Chicken Breast 300g (Halal)	1.11	3.25	1	2.93
Eating in	h1	Roasted nuts	1/2 handful (20g)	Camel Roasted Cashew Nuts 400g (Halal)	20.00	11.90	1	0.60
Eating in	h1	Cake	1 pc, non-cream	1 slice of sugar roll from Polar Cakes OR butter cake from neighbourhood bakery	1.00	1.30	1	1.30
Eating in	h1	Steamed chicken pau	2 (small)	New Moon Wholemeal Vegetable Bun, 9pcs, 270g (Halal).	4.50	3.30	1	0.73
Eating in	h1	Plain wholemeal biscuits	4 packets	Hup Seng Wholemeal Cracker, 10 packs, 225g (Halal).	2.50	2.10	1	0.84

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Onion	50g	Chef Small Onion 500g	3.00	1.50	1	0.50
Eating in	h1	Garlic	2 tsp (10g)	Chef China Garlic 500g	3.00	2.55	1	0.85
Eating in	h1	Ginger	1 tbsp (6g), shredded	CHN/IDN Old Ginger 400g	3.00	1.80	1	0.60
Eating in	h1	Oyster sauce	2 tbsp (30ml)	Fairprice Oyster Sauce 430ml (Halal)	14.33	1.95	1	0.14
Eating in	h1	Sesame oil	2 tsp (10ml)	Double pagoda brand 250ml (Halal)	25.00	4.00	1	0.16
Eating in	h1	White pepper	8 pinches (8g)	Fairprice ground white pepper 25g	3.13	1.85	1	0.59
Eating in	h1	Olive oil	4 tsp (20ml)	Fairprice olive oil 1L	50.00	14.50	1	0.29
Eating in	h1	Low sodium chicken stock	1/2 cube	Maggi Homemade Low Sodium stock cube, 6 cubes, 60g.	12.00	1.60	1	0.13
Eating in	h1	Salt	1 pinch (1g)	Fairprice Fine Salt 500g	500.00	0.45	1	0.001
Eating in	h1	Light soya sauce	1 tsp (5ml)	FairPrice Soya Sauce Light 660ml	132.00	1.75	1	0.01
Eating in	h1	Dark soya sauce	Additional condiment (not in menu)	FairPrice Soya Sauce Dark 660ml	104.29	1.75	1	0.02
Eating in	h1	Sugar	Additional condiment (not in menu)	FairPrice Pure Cane Sugar Fine Grain 1kg	104.29	1.55	1	0.01
Eating out	h3b	Fruit	3 pieces watermelon/papaya	Pineapple (\$0.80), watermelon (\$0.70), papaya (\$0.80).	1.00	0.80	3	2.40
Eating out	h3b	Coffee/tea	3 cups si/siu dai/kosong	Kopi-si/teh-si \$1.10, kosong \$0.90.	1.00	1.10	3	3.30
Eating out	h3b	Lontong	OR mee rebus OR fried beehoon with fishcake (non-fried) and 1 vegetable	Lontong \$3.00, mee rebus \$2.50, fried beehoon with fishcake and vegetable \$2.20.	1.00	3.00	1	3.00
Eating out	h3b	Prawn mee soup	OR porridge with sliced fish/chicken/lean meat	Prawn mee soup \$3.50, chicken porridge at Halal stall \$2.50.	1.00	3.50	1	3.50
Eating out	h3b	Wonton noodle soup	OR chicken/lean meat porridge, twice a week.	Wonton noodle soup \$3.00, chicken porridge at Halal stall \$2.50.	1.00	3.00	2	6.00
Eating out	h3b	Char siew rice	OR chicken rice/duck breast rice, twice a week.	Char siew rice/chicken rice/braised duck rice \$3.00	1.00	3.00	2	6.00
Eating out	h3b	Nasi padang (1 meat 2 vegetables, minimal gravy)	OR economy rice with 1 meat 2 vegetables OR chicken rice	Nasi padang (1 meat/fish 2 vegetables) \$5.00, economy rice (1 meat 2 vegetables) \$3.10, chicken rice \$3.00.	1.00	5.00	1	5.00
Eating out	h3b	Yong tau foo with beehoon soup	-	Yong tau foo soup, 6 items+any noodle.	1.00	3.00	1	3.00

Female, 65 years old and older, living alone

Healthcare

Total: \$ 16.66

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Screening	h8b	Colorectal cancer	Follow guideline, once a year.	1 year	CHAS GP	32.00	1	0.61
Screening	h8b	Cervical cancer	Follow guideline, every 3 years.	3 years	CHAS GP	10.25	1	0.07
Screening	h8b	Breast cancer	Follow guideline, every 2 years.	2 years	Polyclinic	50.00	1	0.48
Screening	h8b	Diabetes, hypertension, high cholesterol, obesity	Guideline says every 3 years, participants said once a year.	1 year	CHAS GP	10.00	1	0.19
Screening	h8b	Dental check-ups	Guideline says once or twice a year, participants said twice a year.	6 months	Polyclinic	16.80	1	0.64
Vaccination	h8b	Flu	Follow guideline, once a year.	1 year	Polyclinic	30.00	1	0.58
Vaccination	h8b	Pneumococcal disease	Follow guideline, 1-2 doses in adulthood.	23 years	One-off, estimated \$150. Female Life Expectancy at 65 in 2017 = 22.5 years.	150.00	1	0.13
Vaccination	h8b	Zoster (shingles)	Follow guideline, 1 dose from 60 years old.	27 years	TTSH. Female Life Expectancy at 60 in 2017 = 27.0 years.	240.75	1	0.17
Treatment	h8b	GP visits	Three times a year, at polyclinic.	4 months	Polyclinic: Consultation and medication	14.00	1	0.81
Treatment	h8b	Cataract	Where necessary, up to two eyes.	23 years	Public hospital: Day surgery, P75 bill \$1193 per eye in 2017.	2386.00	1	2.03
Treatment	h8b	Dentures	Where necessary, up to two arches.	23 years	Polyclinic: Up to \$707 per arch	1414.00	1	1.21
Treatment	h8b	Implants	Where necessary, up to two units.	23 years	Polyclinic: Up to \$1944 per unit	3888.00	1	3.31
Treatment	h8b	Crowns	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$786 per tooth	1572.00	1	1.34
Treatment	h8b	Wisdom tooth extraction	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$825 per tooth	1650.00	1	1.41
Treatment	h8b	Root canal treatment	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$815 per tooth	1630.00	1	1.39
Emergency	h8b	A&E visits	Once a year.	1 year	Public hospital	120.00	1	2.30

Female, 65 years old and older, living alone

Housing, utilities

Total: \$ 53.66

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6a	Housing price	-	-	Two-room Flexi flat, 36sqm, 40-year lease, purchased at 55 years old. See details in report.	-	-	35.08
Housing	h12c	Fire insurance	Just fire insurance. Other home insurance not necessary as nothing valuable at home.	5 years	HDB Fire Insurance Scheme: Etiqa Insurance 5-year coverage. Home insurance does not typically cover 2-room flats, only 3-room flats and above.	2.50	1	0.01
Town council	h6c	Service and Conservancy Charges (SCC)	-	1 month	Lowest published rate (March 2017)	31.50	1	7.25
Utilities	h6c	Water	-	1 month	Water tariff: \$2.39 per cubic metre (July 2017). National average usage for 2-room flats: 12 cubic metres (July 2017).	28.68	1	6.60
Utilities	h6c	Electricity	-	1 month	Electricity Tariff: \$0.2072/kWh (1 Jul 17 - 30 Sep 17). National average usage for 2-room flats: 209kWh (July 2017).	43.30	1	9.97
Utilities	h6c	Gas	-	1 month	Gas Tariff: \$0.1768/kWh (1 Aug 17 - 31 Oct 17). National average usage for 2-room flats: 55 kWh (July 2017).	9.72	1	2.24
Utilities	h6c	GST Voucher, U-save	-	-	Permanent scheme with rates based on housing type. Annual subsidy of \$390 for 2-room flats is deducted from utilities costs.	-	-	-7.48