

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Household goods

Total: 103.07

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Household / mother								
Housing	h6b	Flooring	Non-slip tiles for the whole flat, 4-room flat. Low price.	30 years	Non-slip tiles, \$6psf x 90sqm (=968.75sqf)	5812.50	1	3.72
Housing	h7a	Night curtain	4-room flat, 2 sets for each bedroom, total 6 sets. Neighbourhood shop. Ready-made. Average price.	5 years	IKEA: MERETE room darkening curtains, 1 pair, 145x250cm	59.00	6	1.36
Housing	h7a	Day curtain	2 sets for living room. Neighbourhood shop. Ready-made. Low price.	5 years	IKEA: HANNALILL curtains, 1 pair, 145x250m	29.90	2	0.23
Housing	h7a	Curtain rods	4-room flat, 1 set for living room and each bedroom, total 4 sets. IKEA. Low price.	30 years	IKEA: BETYDLIG curtain rod holder (\$1.90 x 2); BETYDLIG wall ceiling bracket (\$2.90 x 2); RÄCKA curtain rod (120-210cm) (\$6.90).	16.50	4	0.04
Housing	h7a	Light bulbs	4-room flat, 2 for living room and dining area, 3 for 3 bedrooms, 2 for 2 bathrooms, 1 for kitchen and 1 for laundry/service yard. Neighbourhood hardware shop. LED energy-saving bulbs, protect eyesight, brightest.	5 years	Neighbourhood shop: LED energy saving bulbs	4.90	9	0.17
Housing	h7a	Light casing	4-room flat. Neighbourhood hardware shop. Plastic casing.	10 years	IKEA: BJÄRESJÖ ceiling lamp	3.90	9	0.07
Housing	h7a	Night light	1 for kitchen, 1 for living room. Neighbourhood hardware shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night light	1.90	2	0.01
Housing	h7a	Ceiling fans	Space-saving. Only for master bedroom and living room.	8 years	Courts: D'Fan 511BK 36in ceiling fan with remote control (\$199); installation fee (\$40).	239.00	2	1.15
Housing	h7a	Standing fans	1 unit per children's bedroom. NTUC. Wall fan is safer for children 0-6 and children aged 7 or above can have standing fan. Average price.	8 years	NTUC: PowerPac (PPFS616) 16" stand fan	55.90	2	0.27
Housing	h6b	Painting	Odour-free. Cheapest.	20 years	Whole flat, including all walls, ceilings and base coat with Nippon light-coloured paint	1080.00	1	1.04
Housing	h6b	Window grilles	For safety, to prevent children from accidentally falling.	20 years	All windows in living room, service yard, 3 bedrooms, aluminium grilles in silver or bronze.	1200.00	1	1.15
Entrance	h7a	Padlock	1 piece. Horizontal type, trusted brand.	30 years	Neighbourhood shop: Yale horizontal lock	65.90	1	0.04
Entrance	h7a	Doorbell	1 piece. Neighbourhood hardware shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Battery operated wireless doorbell	10.90	1	0.04
Entrance	h7a	Shoe rack	1 piece. Plastic. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Plastic shoe rack	13.90	1	0.05
Living room	h7a	Door stoppers	3 for bedrooms and 1 for main door.	3 years	Neighbourhood shop: Rubber stopper, pack of 2 pieces	1.80	2	0.02
Living room	h7a	Sofa	1 set. IKEA. PVC. Average price.	7 years	IKEA: KIVIK 3-seat sofa	625.00	1	1.71
Living room	h7a	Coffee table	1 unit. IKEA. Glass, easy to clean. Low price.	5 years	IKEA: SAMMANHANG coffee table, 70x70cm	99.00	1	0.38
Living room	h10a	Television	1 set. Courts/Challenger/Harvey Norman. 43", smart TV, Samsung/LG. Cheapest.	10 years	Courts: LG 43" Full HD Smart LED TV	549.00	1	1.05
Living room	h7a	Television cabinet	1 unit. IKEA. With display and storage. Low price.	10 years	IKEA: PLLASTA TV bench, 160x40x54cm	165.00	1	0.32
Living room	h7a	Bookcase	1 unit. IKEA. Standalone unit. Low price.	15 years	IKEA: BILLY bookcase, 80x28x237cm	109.00	1	0.14
Living room	h12b	Clock	1 piece. Neighbourhood shop. Cheapest.	10 years	Neighbourhood shop: Digital clock	4.90	1	0.01
Living room	h9	Mobile phone	1 set. Handphone with good camera, Huawei/Xiaomi/Oppo.	2 years	Xiaomi store: Xiaomi redmi 9C (2GB RAM + 32GB ROM)	159.00	1	1.52
Living room	h9	Mobile plan	SIM-only plan.	1 month	Circles Life: Monthly 20GB, 100min talk time, 25 SMS	18.00	1	4.14

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Living room	h9	Internet	Cheapest.	1 month	WhizComms: Monthly plan 1Gbps fibre broadband plan with router, 2-year contract	39.00	1	8.98
Living room	h10a	Laptop	1 unit. Courts/Challenger/Harvey Norman. HP/Acer. Average price.	5 years	Courts: Acer A514-52G-59Zn (Silver) 14" Intel Core i5-10210U 8Gb 512Gb SSD Win 10 Home	930.00	1	3.57
Living room	h10a	Software	Microsoft Office. Individual plan (\$108/year) for parent(s) with child(ren) 18 and below; family plan (\$148/year) for parent(s) and at least one child 19 and above. School-going children can use MS Office in school or school will provide access. Parents can share one personal licence.	1 year	Microsoft: Office 365 personal annual plan	108.00	1	2.07
Living room	h10a	Printer	Family share 1 printer regardless of number and ages of children. Inkjet printer. Cheapest.	3 years	Courts: CANON MG2570S colour aio	59.00	1	0.38
Living room	h10a	Toner (B&W)	Cheapest.	6 months	Courts: CANON PG-745 black ink cartridge for Canon MG2570s	24.85	1	0.95
Living room	h10a	Toner (colour)	Cheapest.	6 months	Courts: CANON CL-746 colour cartridge for Canon MG2570s	38.20	1	1.47
Living room	h7a	Decorations	Annual budget \$200.	1 year	-	200.00	1	3.84
Dining	h7a	Dining table and chairs	1 set. IKEA. Wooden. Cheapest.	10 years	IKEA: JOKKMOKK table and 4 chairs	199.00	1	0.38
Dining	h7a	Stools	4 pieces. Neighbourhood shop. Stackable, no-back. Cheapest.	15 years	Neighbourhood shop: Plastic stools, stackable, no backing	7.90	4	0.04
Dining	h7a	Plates	10 pieces. IKEA. Ceramic. Cheapest.	5 years	IKEA: FLITIGHET plate, 26cm	2.90	10	0.11
Dining	h7a	Bowls	10 pieces. IKEA. Ceramic. Cheapest.	5 years	IKEA: OFTAST bowl, 15cm	0.90	10	0.03
Dining	h7a	Forks	10 pieces. IKEA. Stainless steel. Cheapest.	10 years	IKEA: FÖRNUFT fork, pack of 4	2.90	3	0.02
Dining	h7a	Spoons	10 pieces. IKEA. Stainless steel. Cheapest.	10 years	IKEA: FÖRNUFT spoon, pack of 4	2.90	3	0.02
Dining	h7a	Knives	10 pieces. IKEA. Stainless steel. Cheapest.	10 years	IKEA: FÖRNUFT knife, pack of 4	3.50	3	0.02
Dining	h7a	Soup spoons	10 pieces. Neighbourhood shop. Cheapest.	30 years	Neighbourhood shop: Melamine soup spoons	0.70	10	0.00
Dining	h7a	Chopsticks	10 pieces. IKEA. Wooden. Cheapest.	5 years	IKEA: MEDHJÄLPARE bamboo chopsticks, pack of 10 pairs	1.90	1	0.01
Dining	h7a	Mugs	10 pieces. IKEA. Coffee mugs. Cheapest.	5 years	IKEA: FÄRGRIK mug, 25cl	0.90	10	0.03
Dining	h7a	Glasses	12 pieces. IKEA. Transparent.	5 years	IKEA: REKO glass, 17cl, pack of 6	1.90	2	0.01
Dining	h7a	Water jugs	2 pieces. Daiso. Glass.	5 years	Daiso: Glass water jug, 1L	2.00	2	0.02
Dining	h7a	Teapot	1 piece. Neighbourhood shop. Stainless steel, smallest. Cheapest.	5 years	Neighbourhood shop: Stainless steel teapot	16.90	1	0.06
Dining	h7b	Facial tissue	NTUC. Cheapest.	4 months	NTUC: FairPrice facial tissues, 2ply, soft pack, 200 pieces per pack, 4 packs	3.70	1	0.21
Kitchen	h7a	Kitchen cabinet set	Includes sink and tap, cooker and hood. 1 set. Top-bottom, 1 side, custom-made. Average price.	30 years	All-In-One kitchen renovation package: Installation of 10ft 20mm thick profile quartz kitchen work-top, design, fabrication and installation of 20ft kitchen cabinet, full upgrade to BOXX mechanism, cooker hob and hood, sink bowl and tap.	3988.00	1	2.55
Kitchen	h7a	Oven	1 piece. Harvey Norman. Standalone, 30L. Average price.	10 years	Harvey Norman: Panasonic NB-H3203KSP (32L) electric oven	199.00	1	0.38
Kitchen	h7a	Microwave	1 piece. Harvey Norman. Cheapest.	10 years	Harvey Norman: Cornell DMO-68 20L microwave oven	77.00	1	0.15
Kitchen	h7a	Fridge	1 unit. Harvey Norman. Single column, 2-door. Average price.	10 years	Harvey Norman: Hitachi R-V450P8MS-PWH stylish line (366L) refrigerator - pure white	765.00	1	1.47
Kitchen	h7a	Rice cooker	1 piece. Harvey Norman. For 4 persons. Low price.	5 years	Harvey Norman: Takahi 2018 10-Cup electric rice cooker (1.8L) with warmer	48.00	1	0.18
Kitchen	h7a	Kettle	1 piece. Harvey Norman. Cheapest.	5 years	Harvey Norman: Cornell CJKS17 1.7L jug kettle	21.90	1	0.08
Kitchen	h7a	Blender	1 piece. Harvey Norman. Low price.	5 years	Harvey Norman: Panasonic MX-M200WSP blender with dry mill	59.90	1	0.23

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Kitchen	h7a	Pot (small)	1 piece. Neighbourhood shop/IKEA. Small size, stainless steel. Cheapest.	5 years	Neighbourhood shop: Stainless steel 555 pot, 16cm	18.90	1	0.07
Kitchen	h7a	Pot (medium)	1 piece. Neighbourhood shop/IKEA. Medium size, stainless steel. Cheapest.	5 years	Neighbourhood shop: Stainless steel 555 pot, 20cm	27.90	1	0.11
Kitchen	h7a	Pot (large)	1 piece. Neighbourhood shop/IKEA. Large size, stainless steel. Cheapest.	5 years	Neighbourhood shop: Stainless steel 555 pot, 22cm	29.90	1	0.11
Kitchen	h7a	Frying pans	1 piece. Neighbourhood shop/IKEA. Flat, non-stick. Cheapest.	5 years	Neighbourhood shop: Frying pan, non-stick, 28cm	27.90	1	0.11
Kitchen	h7a	Wok	1 piece. Neighbourhood shop/IKEA. Medium size. Low price.	10 years	Neighbourhood shop: Wok, 36cm	27.00	1	0.05
Kitchen	h7a	Wok lid	1 piece. Neighbourhood shop/IKEA. Stainless steel. Low price.	10 years	Neighbourhood shop: Lid for wok, 38cm, stainless steel	6.50	1	0.01
Kitchen	h7a	Steam rack	1 piece. Neighbourhood shop. Cheapest.	15 years	Neighbourhood shop: Steam rack	2.50	1	0.00
Kitchen	h7a	Soup ladle	2 pieces. Neighbourhood shop/IKEA. Stainless steel.	3 years	Neighbourhood shop: Soup ladle, stainless steel	3.90	2	0.05
Kitchen	h7a	Spatula	2 pieces. Neighbourhood shop/IKEA. Stainless steel.	5 years	Neighbourhood shop: Spatula, stainless steel	4.50	2	0.03
Kitchen	h7a	Baking tray	1 set of 3. NTUC. Different sizes (S/M/L). Cheapest.	5 years	NTUC: Bocaw carbon steel gold baking tray (\$12.90), classic black premium muffin tray (\$14.90), AMW black madeleine tray (\$19.90).	47.70	1	0.18
Kitchen	h7a	Oven gloves	1 pair. NTUC. Baking gloves. Cheapest.	3 years	Neighbourhood shop: Oven mitt	2.90	1	0.02
Kitchen	h7a	Food brush	1 piece. NTUC. Cheapest.	3 years	NTUC: HomeProud basting brush	1.50	1	0.01
Kitchen	h7a	Weighing scale	1 unit. Neighbourhood shop. Low price.	5 years	Neighbourhood shop: Digital weighing scale	9.95	1	0.04
Kitchen	h7a	Measuring cup	1 unit. Neighbourhood shop. Cheapest.	5 years	IKEA: VARDAGEN measuring cups, set of 5	7.90	1	0.03
Kitchen	h7a	Knife (small)	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Small fruit knife	2.90	1	0.02
Kitchen	h7a	Knives (medium)	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Medium all-purpose knife	7.00	1	0.04
Kitchen	h7a	Knives (large)	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Cleaver for meat	13.00	1	0.08
Kitchen	h7a	Chopping board	2 pieces. Neighbourhood shop. Plastic, different ones for vegetables and meat. Low price.	3 years	Neighbourhood shop: Chopping board	5.90	2	0.08
Kitchen	h7a	Sharpening stone	1 piece. Neighbourhood shop. Cheapest.	30 years	Neighbourhood shop: Sharpening stone	2.50	1	0.00
Kitchen	h7a	Colander	1 piece. Neighbourhood shop. Stainless steel. Cheapest.	15 years	Neighbourhood shop: Strainer, metal	5.90	1	0.01
Kitchen	h7a	Mixing bowls	2 pieces. Neighbourhood shop. Large and medium, stainless steel. Cheapest.	5 years	Neighbourhood shop: Stainless steel mixing bowls, medium size (\$11.90); large size (\$15.90).	27.80	1	0.11
Kitchen	h7a	Kitchen scissors	1 piece. Neighbourhood shop. Average price.	15 years	Neighbourhood shop: Kitchen scissors	13.90	1	0.02
Kitchen	h7a	Peeler	1 piece. Neighbourhood shop. Cheapest.	15 years	Neighbourhood shop: Peeler	1.90	1	0.00
Kitchen	h7a	Can opener	1 piece. Neighbourhood shop. Cheapest.	15 years	Neighbourhood shop: Can opener	1.90	1	0.00
Kitchen	h7a	Kitchen tongs	1 piece. Neighbourhood shop. Cheapest.	15 years	Neighbourhood shop: Tongs	1.80	1	0.00
Kitchen	h7a	Dish rack	1 piece. Neighbourhood shop. Plastic. Cheapest.	5 years	Neighbourhood shop: Plastic dish rack	6.90	1	0.03
Kitchen	h7a	Dustbin	1 piece. NTUC. Plastic, closed step bin. Cheapest.	2 years	Neighbourhood shop: Plastic peddle dustbin	7.90	1	0.08
Kitchen	h7a	Plastic containers	1 set. IKEA. Plastic.	4 years	IKEA: PRUTA food container, set of 17, transparent	5.90	1	0.03
Kitchen	h7b	Ziploc bags	1 pack. NTUC. Sandwich size, 20 pieces in a pack. Cheapest.	6 months	NTUC: Ziploc quart sized bags, pack of 20	4.30	1	0.16
Kitchen	h7b	Aluminium foil	1 roll. Neighbourhood shop. Low price.	6 months	NTUC: OEM aluminium foil, 5x300mm	2.00	1	0.08
Kitchen	h7b	Cling wrap	1 roll. Neighbourhood shop. Low price.	6 months	NTUC: HomeProud cling wrap, 120 square feet	2.40	1	0.09
Kitchen	h7b	Baking paper	1 roll. Neighbourhood shop. Low price.	6 months	NTUC: Lacy's chefbake baking paper, 5m	2.50	1	0.10
Kitchen	h7b	Kitchen towels	1 piece. NTUC. House brand. Cheapest.	6 months	NTUC: Budget kitchen towels, pack of 6	3.05	1	0.12
Kitchen	h7b	Cleaning cloth	3 pieces. NTUC. Micro-fibre. Cheapest.	1 year	NTUC: Mr Clean microfibre super cloths, pack of 3	4.95	1	0.09
Kitchen	h7b	Hand towel	3 pieces. NTUC. Cheapest.	3 years	NTUC: HomeProud hand towel	2.00	3	0.04
Kitchen	h7b	Dishwashing liquid	1 bottle. NTUC. Cheapest.	3 months	NTUC: Glo dishwashing liquid, 900ml	2.75	1	0.21

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Kitchen	h7b	Scouring pad	1 pack. NTUC. Cheapest.	6 months	NTUC: FairPrice multipurpose scouring pad, pack of 5	1.80	1	0.07
Kitchen	h7b	Sponge	1 pack. NTUC. Cheapest.	6 months	NTUC: FairPrice multipurpose 2-in-1 scouring sponge, pack of 4	2.10	2	0.16
Kitchen	h7b	Cif	1 bottle. NTUC. Cheapest.	6 months	NTUC: Cif cream surface cleanser, 500ml	1.90	1	0.07
Kitchen	h7b	Hand soap	1 bottle. NTUC. Liquid soap. Cheapest.	3 months	NTUC: FairPrice moisturising hand soap, 500ml	2.85	1	0.22
Laundry/ cleaning	h7a	Washing machine	1 unit. Courts/Harvey Norman. Top load, 8kg. Average price.	10 years	Courts: TOSHIBA AWJ900DS top load washer, 8kg	399.00	1	0.77
Laundry/ cleaning	h7b	Washing machine cleaner	Cheapest.	2 months	NTUC: Nichigo washing machine cleaner, 250g	5.00	1	0.58
Laundry/ cleaning	h7b	Laundry detergent	1 bag. NTUC. Low price. Laundry 3 times per week.	1 month	NTUC: Somat detergent powder, 1.2kg	13.95	1	3.21
Laundry/ cleaning	h7b	Softener	1 unit. Courts/Harvey Norman. Philips, steam. Low price.	1 month	NTUC: FairPrice fabric softener refill - lavender, 1L	1.15	1	0.26
Laundry/ cleaning	h7a	Iron	1 unit. Courts, Harvey Norman. Phillips; Steam. Low price.	5 years	Courts: Philips Gc1756 steam iron, 2000W	79.00	1	0.30
Laundry/ cleaning	h7a	Ironing board	1 piece. Neighbourhood shop. Low price.	10 years	Neighbourhood shop: Basic and standard ironing board, oval shaped	35.90	1	0.07
Laundry/ cleaning	h7a	Drying rack	1 piece. Neighbourhood shop. Foldable rack. Cheapest.	5 years	Neighbourhood shop: Drying rack, stainless steel	29.90	1	0.11
Laundry/ cleaning	h7a	Bamboo poles	5 pieces. Neighbourhood shop. Bamboo. Cheapest.	10 years	Neighbourhood shop: Wooden pole, with aluminium coat	2.00	5	0.02
Laundry/ cleaning	h7a	Hangers	100 pieces. Neighbourhood shop. For airing and hanging clothes in wardrobe. Cheapest.	10 years	Neighbourhood shop: Hangers, pack of 10	1.00	10	0.02
Laundry/ cleaning	h7a	Clothes pegs	60 pieces. Neighbourhood shop. Plastic. Cheapest.	10 years	Neighbourhood shop: Clothes pegs, pack of 10	1.00	6	0.01
Laundry/ cleaning	h7a	Laundry baskets	2 pieces. Neighbourhood shop. Plastic, 3 days' load. Cheapest.	5 years	Neighbourhood shop: Small size laundry basket	3.90	2	0.03
Laundry/ cleaning	h7a	Laundry bags	8 pieces. Neighbourhood shop. Low price.	5 years	Neighbourhood shop: Jumbo-sized laundry bag	3.50	8	0.11
Laundry/ cleaning	h7a	Vacuum cleaner	1 unit. Courts/Harvey Norman. Standing, pull-along. Low price.	5 years	Harvey Norman: Tefal TW3969 compact power bagged vacuum cleaner	165.00	1	0.63
Laundry/ cleaning	h7a	Broom	1 piece. Neighbourhood shop. With handle. Cheapest.	1 year	Neighbourhood shop: Regular plastic broom	2.30	1	0.04
Laundry/ cleaning	h7a	Dustpan	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Dustpan without stick handle	2.50	1	0.01
Laundry/ cleaning	h7a	Mop head	1 piece. Neighbourhood shop. Changeable mop head. Low price.	6 months	Neighbourhood shop: Regular mop head	2.90	1	0.11
Laundry/ cleaning	h7a	Mop stick	1 piece. Neighbourhood shop. Handle. Low price.	2 years	Neighbourhood shop: Metal mop stick	1.00	1	0.01
Laundry/ cleaning	h7a	Pails	2 pieces. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Small size pail	4.90	2	0.04
Laundry/ cleaning	h7a	Plastic basins	1 piece. Cheapest.	5 years	Giant: MCPW plastic rectangle basin, 11"	4.90	1	0.02

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Laundry/cleaning	h7b	Bleach	1 bottle. NTUC. Cheapest.	3 months	NTUC: FairPrice anti-bacterial bleach white, 1L	1.15	1	0.09
Laundry/cleaning	h7b	Dettol	1 bottle. 2L.	1 year	NTUC: Dettol antiseptic germicide liquid, 2L	22.95	1	0.44
Laundry/cleaning	h7b	Floor cleaner	1 bottle. 2L.	3 months	NTUC: Magiclean floor cleaner - aromatic lavender, 2L	5.95	1	0.46
Laundry/cleaning	h7b	Kitchen cleaner	1 bottle. 500ml.	6 months	NTUC: Tesco clean spray, with bleach, 500ml	2.95	1	0.11
Laundry/cleaning	h7b	Toilet cleaner	1 bottle. Neighbourhood shop, NTUC. 500ml. Cheapest.	6 months	NTUC: Magiclean toilet bleach power cleaner, 500ml	2.95	1	0.11
Laundry/cleaning	h7b	Toilet bowl brush	1 piece. Neighbourhood shop, NTUC. Cheapest.	6 months	NTUC: HomeProud toilet brush	2.70	1	0.10
Laundry/cleaning	h7b	Hard brush	1 piece. Neighbourhood shop. Cheapest.	6 months	Neighbourhood shop: Hard brush without stick handle	0.60	1	0.02
Laundry/cleaning	h7a	Toilet plunger	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Regular plunger	1.80	1	0.01
Laundry/cleaning	h7b	Rubber gloves	1 pair. Cheapest.	1 year	NTUC: Vesta rubber gloves, 30cm (large)	2.90	1	0.06
Laundry/cleaning	h7a	Water scoop	1 piece. Cheapest.	5 years	Neighbourhood shop: Plastic scoop with handle	2.00	1	0.01
Bathroom	h7a	Water heater	1 unit per bathroom. Neighbourhood hardware shop. Instant. Average price.	10 years	Courts: MISTRAL MSH909 instant water heater (\$149); Installation fee (\$180)	329.00	2	1.26
Bathroom	h7a	Shower head	1 piece per bathroom. Neighbourhood hardware shop. Average price.	5 years	Neighbourhood shop: Regular shower head	6.90	2	0.05
Bathroom	h7a	Bidet	1 piece per bathroom. Neighbourhood hardware shop. Low price.	5 years	Neighbourhood shop: Premium superflex bidet	15.90	2	0.12
Bathroom	h7a	Mirror cabinet	1 unit per bathroom. Neighbourhood hardware shop. Low price.	10 years	Neighbourhood shop: Vanity drawer	228.00	2	0.87
Bathroom	h7a	Towel rail	1 set per bathroom. Neighbourhood hardware shop. Fixed, self-assemble, drilled. Cheapest.	10 years	Neighbourhood shop: Towel rack, stainless steel	22.90	2	0.09
Bathroom	h7a	Hooks	5 pieces per bathroom. Daiso.	10 years	Daiso: Regular plastic hooks	2.00	10	0.04
Bathroom	h7a	Shower caddy	1 piece per bathroom. Neighbourhood shop. Stainless steel. Low price.	10 years	Neighbourhood shop: Shower caddy, stainless steel	25.90	2	0.10
Bathroom	h7a	Shower curtains	1 set per bathroom. Neighbourhood shop. With rings. Cheapest.	2 years	IKEA: BJÄRSEN shower curtain, white, 180x200cm	5.90	2	0.11
Bathroom	h7a	Shower curtain rod	1 set per bathroom. Neighbourhood shop. Cheapest.	30 years	IKEA: BOTAREN shower curtain rod, white, 120-200 cm	9.90	2	0.01
Bathroom	h7a	Toilet roll holder	1 unit per bathroom. Cheapest.	10 years	Neighbourhood shop: Plastic toilet roll holder	4.50	2	0.02
Bathroom	h7b	Hand soap	1 bottle. NTUC. Liquid soap. Cheapest.	3 months	NTUC: FairPrice moisturising hand soap, 500ml	2.85	2	0.44
Bathroom	h7a	Bath mat	2 per bathroom. Neighbourhood shop. Washable. Cheapest.	1 year	Neighbourhood shop: Regular bathroom mat	2.90	4	0.22
Bedroom	h7a	Bedframe	1 piece. Neighbourhood furniture shop. Queen-sized, no storage. Average price.	10 years	Courts: Laurence collection farfalla bedframe, queen-sized	499.00	1	0.96
Bedroom	h7a	Mattress	1 piece. Neighbourhood furniture shop. Queen-sized. Low price.	10 years	IKEA: HOVAG mattress, 150 x 200cm	499.00	1	0.96
Bedroom	h7a	Mattress protector	1 set. Giant. Cheapest.	2 years	NTUC: Domus, queen-sized	19.90	1	0.19
Bedroom	h7a	Pillows	2 pieces. Giant. Low price.	5 years	Giant: Novelle polyester pillow	11.90	2	0.09
Bedroom	h7a	Blanket	2 pieces. Giant. Low price.	10 years	Giant: Solid coral fleece blanket, 160x210cm	10.00	2	0.04

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Bedroom	h7a	Bedsheet set	2 sets. Supermarket, in a set with pillow cases. Average price.	2 years	NTUC: Fitted queen-sized bedsheet set with 2 pillow cases, solid colours, 880 threadcount	24.00	2	0.46
Bedroom	h7a	Wardrobe	1 unit. Neighbourhood furniture shop. Wooden, 2 doors. Average price.	10 years	Neighbourhood shop: Single cupboard with mirror	268.00	1	0.51
Bedroom	h7a	Dressing table	1 piece. Courts. Low price.	10 years	IKEA: Syvde dresser	249.00	1	0.48
Bedroom	h7a	Night light	1 piece. Neighbourhood shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night/side light, battery-operated	1.90	1	0.01
Storeroom/ DIY	h7a	Repairs/DIY	For plumbing, appliance repairs. Annual budget \$200.	1 year	-	200.00	1	3.84
Storeroom/ DIY	h7a	Shelves	1 unit. Neighbourhood shop. Steel. Average price.	30 years	Shopee: 4-tier boltless racking with plywood shelves, 184x45x60cm, free delivery and installation	85.00	1	0.05
Storeroom/ DIY	h7a	Ladder	1 unit. Cheapest.	10 years	Neighbourhood shop: Regular ladder	45.90	1	0.09
Storeroom/ DIY	h7a	Storage boxes	5 boxes. Neighbourhood shop.	10 years	NTUC: Plastic storage box, 39L with wheels	15.90	5	0.15
Storeroom/ DIY	h7a	Toolbox and tools	1 set. IKEA. Average price.	30 years	IKEA: 17-piece tool set with hammer, spanner, pliers, screwdriver and bits, allen keys, bradawl	14.90	1	0.01
Storeroom/ DIY	h7a	Fire extinguisher	1 piece. Replace upon expiry.	1 year	Firesafety.sg: 1kg dry power fire extinguisher	38.00	1	0.73
Storeroom/ DIY	h10b	Stationery	Annual budget \$10. Items such as pencil, pen, eraser, ruler, glue, scissors, writing paper, stapler, hole puncher, scotch tape.	1 year	-	10.00	1	0.19
Storeroom/ DIY	h7a	Extension cords and plugs	1 set. Neighbourhood shop. 5m, multi-plugs. Cheapest.	5 years	Neighbourhood shop: Multi-socket extension plug, 3m (\$13.90); Multi-plugs (\$4.50 x 3).	27.40	1	0.11
Storeroom/ DIY	h7a	Batteries	Neighbourhood shop. 1 pack of 4 (AA) and 1 pack of 4 (AAA) for clocks, remote control. Cheapest.	6 months	Neighbourhood shop: AA and AAA batteries, pack of 4	1.30	2	0.10
Storeroom/ DIY	h7b	WD40	1 can. NTUC.	5 years	Neighbourhood shop: WD40	7.50	1	0.03
Storeroom/ DIY	h7b	Insecticide	1 can. NTUC.	6 months	Giant: Shieldtox powerguard all insect killer, 270ml	4.25	1	0.16
Storeroom/ DIY	h4a	Sewing kit	1 piece. Neighbourhood shop. Cheapest.	5 years	Daiso: Sewing kit with needles, mini scissors and threads	2.00	1	0.01
Storeroom/ DIY	h7a	Shopping trolley	1 piece. Neighbourhood shop. Cage-type. Cheapest.	3 years	Neighbourhood shop: Metal shopping trolley	16.90	1	0.11
7-12 years old, boy								
Living room	h9	Mobile phone	Use parents' old phones. Cheapest. For games, WhatsApp with friends, online news.	5 years	Use parents' old phone.	0.00	1	0.00
Living room	h9	Mobile plan	Prepaid SIM card to control data usage. Cheapest.	1 month	Singtel: \$8 hi! SIM card with 1.5GB data. Top-up of \$8 month.	8.00	1	1.84
Living room	h10a	Tablet	Tablet is needed especially during home-based learning. Samsung, can be older model, around \$200. Every child should have their own as they may need it at the same time.	3 years	Courts: Samsung SM-T295NZKAXSP (black) 8 inch Galaxy Tab A Lte, 32GB	198.00	1	1.27
Living room	h10a	Toys, books	E.g. video games, mobile apps, children's books. Annual budget \$200. Younger child can inherit toys if older sibling is no more than 2 years older.	1 year	-	200.00	1	3.84

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Laundry/cleaning	h7a	Hangers	20 pieces.	10 years	Neighbourhood shop: Hangers, pack of 10	1.00	2	0.00
Bathroom	h7a	Step-stool	1 piece. Neighbourhood shop. Plastic. Average (\$5-10). For children aged 2-12.	5 years	IKEA: BOLMEN step stool	7.90	1	0.03
Bedroom	h7a	Bed	1 piece. IKEA. Cheapest.	3 years	IKEA : GRIMSBU bed frame, 90x200cm	49.00	1	0.31
Bedroom	h7a	Mattress	1 piece. IKEA. Single bed. Average price.	5 years	IKEA: MALFORS foam mattress, 90x200cm	139.00	1	0.53
Bedroom	h7a	Mattress protector	2 pieces. IKEA. Average price.	3 years	IKEA: STJÄRNLÖK mattress protector, 90x200cm	4.90	2	0.06
Bedroom	h7a	Pillow	1 piece. NTUC. Change yearly because of hygiene. Average price.	5 years	NTUC: Anti-dustmite pillow	24.90	1	0.10
Bedroom	h7a	Bolster	1 piece. NTUC. Change yearly because of hygiene. Average price.	5 years	NTUC: Bolster	19.90	1	0.08
Bedroom	h7a	Blanket	2 pieces. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: Single bed blanket	25.00	2	0.19
Bedroom	h7a	Bedsheets	2 pieces. NTUC. Average price.	3 years	Giant: Single bed bedsheet	13.90	2	0.18
Bedroom	h7a	Pillow cases	2 pieces. IKEA.	2 years	IKEA: Pillow cases 50x80cm, pack of 2	7.90	1	0.08
Bedroom	h7a	Bolster cases	2 pieces. IKEA. Average price.	2 years	IKEA: Bolster case, 38x110cm	7.90	2	0.15
Bedroom	h7a	Wardrobe	1 unit. IKEA. Wooden cabinet with 2 doors. Average price.	5 years	IKEA: PAX wardrobe, bergsbo white, 100x60x236cm	410.00	1	1.57
Bedroom	h7a	Study table	1 piece. IKEA. Average price. Shared by children in same bedroom.	10 years	IKEA: LINNMON table, black-brown, blue, 150x75cm	188.00	1	0.36
Bedroom	h7a	Chair	1 piece. IKEA. Average price. No sharing of chairs, every child needs their own.	10 years	IKEA: BLECKBERGET swivel chair, Idekulla beige, cushiony seat	79.00	1	0.15
Bedroom	h7a	Bookcase	1 unit. Buy online. 5-tier, to encourage reading habit. Around \$80. Shared among children in same bedroom.	10 years	Shopee: Solid wood bookcase for children in elementary level, 60cm wide, 6-tier	80.00	1	0.15
Bedroom	h7a	Desk lamp	1 piece. IKEA. White LED Light. Cheapest.	5 years	IKEA: NÄVLINGE LED work lamp, black	19.90	1	0.08
Bedroom	h7a	Night light	1 piece. Neighbourhood shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night light	1.90	1	0.01
Bedroom	h12b	Alarm clock	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Alarm clock	1.90	1	0.01
Bedroom	h12b	Wall clock	1 piece per bedroom. IKEA. Cheapest.	5 years	IKEA: STOMMA wall clock, white, 20cm	2.90	1	0.01
Storeroom/DIY	h7a	Storage boxes	4 boxes. NTUC. Plastic, can store books. Cheapest.	10 years	NTUC: Plastic storage container with wheels, 39L	15.90	4	0.12
Storeroom/DIY	h7a	Watch battery	Digital watch battery replacement.	2 years	Neighbourhood shop: Battery change for watch	12.00	1	0.12
13-18 years old, girl								
Living room	h9	Mobile phone and plan	1 set. Any smart phone, with data, talk time, SMS. Cheapest.	1 month	Singtel: Post-paid 2-year contract with Samsung Galaxy A11 (\$0), monthly mobile plan 5GB of data, 100min talk time (unlimited for weekends), 100 SMS	48.00	1	11.05
Living room	h10a	Laptop	1 unit. School's recommended list. Cheapest. No sharing between children as they may need it at the same time.	3 years	Courts: Acer A514-52G-59ZN (Silver) 14 In Intel Core i5-10210U 8Gb 512Gb SSD Win 10 Home	930.00	1	5.95
Living room	h10b	Reading materials	Books, magazines, subscriptions. Annual budget \$50.	1 year	-	50.00	1	0.96
Laundry/cleaning	h7a	Hangers	30 pieces.	10 years	Neighbourhood shop: Hangers, pack of 10	1.00	3	0.01

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Bedroom	h7a	Bed	1 piece. IKEA. Single bed, wooden. Low price.	5 years	IKEA: MALM bed frame, high, 90x200cm	199.00	1	0.76
Bedroom	h7a	Mattress	1 piece. IKEA. Single bed. Low (\$159-199).	3 years	IKEA: HAFSLO sprung mattress, firm/beige, 90x200cm	99.00	1	0.63
Bedroom	h7a	Mattress protector	2 pieces. IKEA. Average price.	2 years	IKEA: STJÄRNLÖK mattress protector, 90x200cm	4.90	2	0.09
Bedroom	h7a	Pillow	1 piece. IKEA. Average price.	5 years	IKEA: GULDPALM pillow, softer, 50x80cm	79.00	1	0.30
Bedroom	h7a	Bolster	1 piece. IKEA. Cheapest.	5 years	IKEA: FIALISA bolster, 20x60cm	6.90	1	0.03
Bedroom	h7a	Blanket	1 piece. IKEA. Low price.	2 years	IKEA: STINAMAJ throw, 130x170cm	19.90	2	0.38
Bedroom	h7a	Bedsheets	2 sets. IKEA. Cheapest.	2 years	IKEA: KNOPPA fitted sheet, 90x200cm	4.90	2	0.09
Bedroom	h7a	Pillow cases	3 sets. IKEA. Cheapest.	2 years	IKEA: ARGMARA pillow case, 50x80cm	4.90	3	0.14
Bedroom	h7a	Bolster cases	4 sets. IKEA. Cheapest.	2 years	IKEA: DVALA bolster case, 38x110cm	7.90	4	0.30
Bedroom	h7a	Wardrobe	1 unit. IKEA. 2-door, mirror inside or outside. Low price.	10 years	IKEA: PAX wardrobe with mirror, 150x60x201cm	520.00	1	1.00
Bedroom	h7a	Study table	1 unit. IKEA. With drawers. Table can be shared by children in same bedroom.	5 years	IKEA: MICKE desk, 105x50 cm, with drawer and small cabinet	149.00	1	0.57
Bedroom	h7a	Chair	1 piece. Each child needs one, no sharing.	10 years	IKEA: BLECKBERGET swivel chair, Idekulla beige, cushiony seat	79.00	1	0.15
Bedroom	h7a	Bookcase	1 unit. IKEA. Narrow (single).	10 years	IKEA: LERBERG shelf unit, 60x148 cm, steel	29.00	1	0.06
Bedroom	h7a	Desk lamp	1 piece. IKEA. For both bedroom and dining area, movable. Cheapest.	5 years	IKEA: FORSA work lamp	19.90	1	0.08
Bedroom	h12b	Alarm clock	1 piece. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Alarm clock	1.90	1	0.02
Bedroom	h12b	Wall clock	1 piece per bedroom. IKEA. Cheapest.	5 years	IKEA: STOMMA wall clock, white, 20cm	2.90	1	0.01
Storeroom/ DIY	h7a	Storage boxes	4 boxes. NTUC. Plastic, can store books. Cheapest.	10 years	NTUC: Plastic storage container with wheels, 39L	15.90	4	0.12
Storeroom/ DIY	h7a	Watch battery	Digital watch battery replacement.	2 years	Neighbourhood shop: Battery change for watch	12.00	1	0.12
Storeroom/ DIY	h7a	Calculator battery	1 piece. Neighbourhood shop. CR2032. Cheapest.	1 year	Neighbourhood shop: Calculator battery (CR2032), 1 piece	1.20	1	0.02

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Personal goods

Total: 60.62

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Bathroom	h12a	Bath towels	3 pieces. Neighbourhood shop. Low price.	5 years	Neighbourhood shop: Medium-sized bath towel	6.90	3	0.08
Bathroom	h12a	Hand towels	2 pieces per bathroom. Neighbourhood shop/NTUC. Cheapest.	3 years	NTUC: HomeProud hand towel - assorted	2.00	4	0.05
Toiletries	h12a	Toilet rolls	1 roll every 4 days per household member. NTUC. Low price.	17 weeks	NTUC: FairPrice Onwards toilet tissue roll (2 ply), pack of 30 rolls	18.95	1	1.11
Toiletries	h12a	Hair dryer	1 unit. NTUC Extra. Low price.	5 years	NTUC: PowerPac hair dryer with cool air 1700W	39.90	1	0.15
Toiletries	h12a	Shampoo	1 bottle. NTUC. Around 900ml. Low price.	3 months	NTUC: Pantene Pro-V shampoo, 750ml	9.95	1	0.76
Toiletries	h12a	Hair conditioner	1 bottle. NTUC. Around 900ml. Low price.	3 months	NTUC: Pantene Pro-V conditioner, 680ml	9.95	1	0.76
Toiletries	h12a	Shower cream	1 bottle. NTUC. Around 900ml. Low price.	2 months	NTUC: Lux shower cream - soft touch, 950ml	8.90	1	1.02
Toiletries	h12a	Toothbrush	1 piece. NTUC. Low price.	9 months	NTUC: Systema gum care toothbrush - large (soft), 2 + 1 free	7.90	1	0.20
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	3 months	NTUC: Systema gum care toothpaste - sakura mint, 160g	3.95	1	0.30
Toiletries	h12a	Mouthwash	1 bottle. NTUC. Low price.	3 months	NTUC: Pearlie white fluoride mouth rinse - mint, 2 x 750ml	7.95	1	0.61
Toiletries	h12a	Dental floss	1 piece. NTUC. Low price.	3 months	NTUC: Systema 3D expandable floss (40m)	5.45	1	0.42
Toiletries	h12a	Cotton buds	1 pack. NTUC. Low price.	3 months	NTUC: Tollyjoy cotton buds - slim, 100 per pack	2.20	1	0.17
Toiletries	h12a	Nail clipper	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Nail clippers	3.90	1	0.01
Toiletries	h12a	Tweezer	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Tweezer	3.90	1	0.01
Toiletries	h12a	Hairbrush	1 piece. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Hairbrush	3.90	1	0.02
Toiletries	h12a	Body moisturiser	1 piece. NTUC. Low price.	3 months	Watsons: NIVEA express hydration body lotion, 400ml	9.95	1	0.76
Toiletries	h12a	Sunscreen	1 bottle. Watsons. Low price.	6 months	Watsons High protection sunscreen SPF50 + body lotion, 100ml	12.90	1	0.49
Toiletries	h12a	Face moisturiser	1 bottle. Watsons. Average	3 months	Watsons: Olay moisturising lotion, 150ml	18.80	1	1.44
Toiletries	h12a	Facial wash	1 bottle. NTUC. Low price.	3 months	NTUC: Clean & Clear essentials foaming facial wash	4.10	1	0.31
Toiletries	h12a	Cotton pads	1 piece. Watsons/Neighbourhood shop. For make-up. Low price.	3 months	Venus: Athena cosmetic cotton pads, pack of 120	2.20	1	0.17
Toiletries	h12a	Make-up budget	Pharmacy. For basic make-up, e.g. powder, foundation, lipstick. Average price.	1 year	Watsons: [First six months] Silkygirl Shine Free loose powder (natural light) (\$15.90); Maybelline fit me matte and poreless liquid foundation 115 Ivory SPF (pump) 30ml (\$19.90); Rimmel Stay Matte liquid lipstick - 600 coral sass (\$12.90); [next six months] an additional \$20 to replace used-up items.	68.70	1	1.32
Toiletries	h12a	Perfume/cologne	1 bottle. For good impression. Average price.	6 months	Venus Beauty: Davidoff cool water EDT 100ml ladies, \$49.90 (on sale around \$39.90)	39.90	1	1.53
Toiletries	h12a	Deodorant	1 piece. NTUC. Low price.	3 months	NTUC: Nivea anti-perspirant roll-on deodorant - extra whitening, 50ml	4.65	1	0.36
Toiletries	h12a	Shaver	1 pack. NTUC. Manual. Average price.	2 years	NTUC: Gillette Venus razor 'Embrace' with cartridge refill, 1 + 2 cartridges per pack	21.40	1	0.21
Toiletries	h12a	Shaver blades	1 pack. NTUC. Average price.	6 months	NTUC: Gillette Venus razor cartridge refill - 'Embrace', pack of 4	16.90	1	0.65
Toiletries	h12a	Sanitary pads (day)	1 pack. Neighbourhood shop. Sofi/Kotex (day regular pad). Low price.	2 months	Neighbourhood shop: Laurier slimguard day, pack of 14	3.20	3	1.10
Toiletries	h12a	Sanitary pads (night)	1 pack. Neighbourhood shop. Sofi/Kotex (night pad). Low price.	3 months	Neighbourhood shop: Kotex relax night wing 35cm, pack of 16	3.50	1	0.27
Toiletries	h12a	Sanitary pads (liners)	1 pack. Neighbourhood shop. Sofi/Kotex (pantyliner). Low price.	3 months	Neighbourhood shop: Kotex pantyliners, pack of 40	1.60	1	0.12

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Personal care	h8a	Spectacles	Owndays. Frame can last for 3 years. Additional \$100 a year for changing lenses.	3 years	Owndays: Frame and lens (\$100.00); lens replacement (\$98.00 x 2).	296.00	1	1.89
Personal care	h8a	Thermometer	1 piece. Watsons/NTUC. Battery-operated. Cheapest.	3 years	Watsons: Watsons soft tip thermometer	9.90	1	0.06
Personal care	h8a	Face masks	1 mask every day per household member. Around \$12 for a box of 50 pieces.	5 months	NTUC: ALCARE V-shield surgical face mask, box of 50	15.00	3	2.07
Personal care	h8a	Hand sanitiser	1 bottle. Portable small bottles, one for each family member above 7. Cheapest.	3 months	Watsons: Lifebuoy hand sanitiser, 50ml	2.25	1	0.17
Personal care	h8a	Mosquito repellent	1 bottle. Watsons. Low price.	3 months	Watsons: Watsons mosquito repellent spray, 100ml	5.50	1	0.42
Personal care	h12a	Haircut	Once every 1.5 months for short hair, once every 3 months for long hair. Neighbourhood shop. Low price.	## months	kcuts: Multiple outlets around Singapore	12.00	1	1.84
Personal care	h8a	Birth control pill	Polyclinic for prescription for maximum 12-month supply; pharmacy for the pills. "Cannot be the cheapest because this is ingested and bodies react differently to different brands and some women may encounter side-effects."	1 year	Guardian pharmacy: Yasmin birth control pill (\$37.70/month); Polyclinic: Consultation fee (\$13.20).	465.60	1	8.93
Medication	h8a	Fever medicine (Paracetamol)	1 pack. Watsons.	1 year	Watsons: Panadol with optizorb, pack of 20 tablets	7.20	1	0.14
Medication	h8a	Cough syrup	1 bottle. Guardian/Watsons.	1 year	Watsons: Robitussin chesty cough syrup, 100ml	9.60	1	0.18
Medication	h8a	Antihistamine	1 pack. Guardian/Watsons.	1 year	Watsons: Zyrtec rapid relief filmcoated tablet, pack of 10 tablets	13.80	1	0.26
Medication	h8a	Lozenges	1 pack. Watsons. Average price.	1 year	Watsons: Strepisil soothing honey and lemon lozenges, pack of 24 tablets	4.75	1	0.09
Medication	h8a	Diarrhoea pills	1 pack. Watsons. Average price.	1 year	Watsons: Imodium original anti-diarrhoeal capsules, pack of 6 tablets	5.90	1	0.11
Medication	h8a	Indigestion medicine	1 pack. Watsons. Gaviscon. Average price.	1 year	Watsons: Gaviscon peppermint tablet, pack of 16 tablets	8.95	1	0.17
Medication	h8a	Chest rub	1 bottle. Watsons. Average price.	1 year	Watsons: VICKS VapoRub vaporizing ointment, 100g	10.95	1	0.21
Medication	h8a	Eyedrops	1 pack. Watsons. Average price.	1 year	Watsons: Regular eye drops, 7.5ml	4.90	1	0.09
Medication	h8a	Muscle rub	1 pack. Watsons. Cheapest.	1 year	Watsons: AMMELTZ YokoYoko plus massage, 46ml	6.90	1	0.13
Medication	h8a	Medicated oil	1 bottle. Watsons. Axe oil.	1 year	Watsons: Axe oil, 28ml	4.30	1	0.08
Medication	h8a	Zam-Buk	1 pack. Watsons/NTUC.	1 year	Watsons: Zambuk medicated ointment, 25g	6.90	1	0.13
Medication	h8a	First aid kit	Include plaster, antiseptic solution, alcohol swabs, bandage. Watsons.	1 year	Watsons: Hansaplast elastic strips plaster, pack of 20 pieces (\$2.50); ICM pharma eusol max antiseptic solution, 120ml (\$5.90); Watsons alcohol swabs, 100 pieces (\$4.90); 3M Newcare bandage (\$7.00).	20.30	1	0.39
7-12 years old, boy								
Bathroom	h12a	Bath towels	3 pieces. NTUC. Adult-sized. Cheapest.	5 years	NTUC: HomeProud bath towel, 65x137cm	6.90	3	0.08
Bathroom	h12a	Sports towels	2 pieces. Decathlon. Rectangular, smaller than bath towel. Cheapest.	5 years	Decathlon: DOMYOS small cotton fitness towel - black	5.00	2	0.04
Bathroom	h7a	Stool	1 piece. Neighbourhood shop. Cheapest.	10 years	IKEA: FORSIKTIG children's stool	3.90	1	0.01
Toiletries	h12a	Toilet rolls	1 roll every 4 days per household member. NTUC. Low price.	17 weeks	NTUC: FairPrice Onwards toilet tissue roll (2 ply), pack of 30 rolls	18.95	1	1.11
Toiletries	h12a	Shower cream	1 bottle. NTUC, around 900ml. Low price.	3 months	NTUC: Lux shower cream - soft touch, 950ml	8.90	1	0.68
Toiletries	h12a	Shampoo	1 bottle. NTUC, around 900ml. Low price.	3 months	NTUC: Pantene Pro-V shampoo, 750ml	9.95	1	0.76

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Toiletries	h12a	Toothbrush	1 piece. Neighbourhood shop. Child-sized. Cheapest.	3 months	NTUC: Kodomo children toothbrush - pro (9 - 12 years old)	1.95	1	0.15
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	3 months	NTUC: Systema gum care toothpaste - sakura mint, 160g	3.95	1	0.30
Toiletries	h12a	Dental floss	1 piece. NTUC. Low price.	3 months	NTUC: Systema 3D expandable floss (40m)	5.45	1	0.42
Toiletries	h12a	Comb	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Comb	1.90	1	0.01
Personal care	h8a	Mosquito repellent	1 bottle. Watsons. Low price.	3 months	Watsons: Watsons mosquito repellent spray, 100ml	5.50	1	0.42
Personal care	h8a	Spectacles	1 piece. Neighbourhood shop. Frame and lenses. Average price.	1 year	Neighbourhood shop: Frame and lens	88.00	1	1.69
Personal care	h8a	Digital thermometer	1 per child for school.	3 years	Watsons: Watsons digital thermometer	6.50	1	0.04
Personal care	h8a	Face masks	1 mask every day per household member.	5 months	NTUC: A+ disposable face mask for children - blue, box of 50	17.90	3	2.47
Personal care	h8a	Hand sanitiser	1 bottle. Portable small bottles, one for each family member above 7. Cheapest.	3 months	Watsons: Lifebuoy hand sanitiser, 50ml	2.25	1	0.17
Personal care	h12a	Haircut	Once a month. Neighbourhood shop. Cheapest.	1 month	kcuts: Multiple outlets around Singapore	12.00	1	2.76
Medication	h8a	Fever medicine (Paracetamol)	1 bottle. Guardian.	1 year	Watsons: Panadol chewable tablets for children, pack of 24 tablets	7.30	1	0.14
Medication	h8a	Fever patch	1 pack.	1 year	Watsons: ByeBye fever super cool, pack of 6 pieces	6.10	1	0.12
Medication	h8a	Cough syrup	1 bottle.	1 year	Watsons: Leftose syrup 2-In-1 remedy dissolves phlegm and soothes sore throats (ages 1 year+), 100ml	13.50	1	0.26
Medication	h8a	Antihistamine	1 pack. Watsons. Average price.	1 year	Watsons: Zyrtec R solution, 75ml	17.40	1	0.33
Medication	h8a	Diarrhoea pills	1 pack. Watsons. Average price.	1 year	Watsons: Imodium original anti-diarrhoeal capsules, pack of 6 tablets	5.90	1	0.11
Medication	h8a	Chest rub	For the flu and cough. "Usually the VICKS vaporiser."	1 year	Watsons: Vicks baby balsam moisturising and soothing baby care, 50g	6.95	1	0.13
Medication	h8a	Eyedrops	1 pack. Watsons. Average price.	1 year	Watsons: Regular eye drops, 7.5ml	4.90	1	0.09
Medication	h8a	Lozenges	1 pack. Watsons. Average price.	1 year	Watsons: Strepsils soothing honey and lemon lozenges, pack of 24 tablets	4.75	1	0.09
Medication	h8a	Zam-Buk	1 pack. Watsons/NTUC. Cheapest.	1 year	Watsons: Zambuk medicated ointment, 25g	6.90	1	0.13
13-18 years old, girl								
Bathroom	h12a	Bath towels	3 pieces. NTUC. Average price.	5 years	NTUC: HomeProud bath towel 65x137cm	6.90	3	0.08
Bathroom	h12a	Sports towels	2 pieces. Decathlon. Rectangular, smaller than bath towel. Cheapest.	3 years	Decathlon: DOMYOS small cotton fitness towel - black	5.00	2	0.06
Bathroom	h12a	Hair towels	3 pieces. NTUC. To tie up hair for drying. Average price.	3 years	NTUC: HomeProud bath towel, 65x137cm	6.90	3	0.13
Toiletries	h12a	Toilet rolls	1 roll every 4 days per household member. NTUC. Low price.	17 weeks	NTUC: FairPrice Onwards toilet tissue roll (2 ply), pack of 30 rolls	18.95	1	1.11
Toiletries	h12a	Shampoo	1 bottle. NTUC, around 900ml. Low price.	3 months	NTUC: Pantene Pro-V shampoo, 750ml	9.95	1	0.76
Toiletries	h12a	Hair conditioner	1 bottle. NTUC, around 900ml. Low price.	3 months	NTUC: Pantene Pro-V conditioner, 680ml	9.95	1	0.76
Toiletries	h12a	Shower cream	1 bottle. NTUC, around 900ml. Low price.	2 months	NTUC: Lux shower cream - soft touch, 950ml	8.90	1	1.02
Toiletries	h12a	Toothbrush	1 piece. NTUC. Low price.	9 months	NTUC: Systema gum care toothbrush - large (soft), 2 + 1 free	7.90	1	0.20
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	3 months	NTUC: Systema gum care toothpaste - sakura mint, 160g	3.95	1	0.30
Toiletries	h12a	Mouthwash	1 bottle. NTUC. Low price.	3 months	NTUC: Pearlie white fluoride mouth rinse - mint, 2 x 750ml	7.95	1	0.61
Toiletries	h12a	Acne cream	1 tube. Watsons. For girls and boys, Oxy brand.	6 months	Watsons: OXY 5 regular acne pimple medication, 25g	6.80	1	0.26

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Toiletries	h12a	Sunblock	1 bottle. Watsons. For girls and boys, banana boat brand.	6 months	Watsons: Banana Boat ultra protect sunscreen SPF50, 90ml	14.90	1	0.57
Toiletries	h12a	Hairbrush	1 piece. Daiso. For girls only.	3 years	Daiso: Hair brush	2.00	1	0.01
Toiletries	h12a	Facial wash	1 bottle. NTUC. Low price.	3 months	NTUC: Clean & Clear essentials foaming facial wash	4.10	1	0.31
Toiletries	h12a	Deodorant	1 piece. NTUC. Low price.	3 months	NTUC: Nivea anti-perspirant roll-on deodorant - extra whitening, 50ml	4.65	1	0.36
Toiletries	h12a	Shaver	1 pack. NTUC. Manual. Average price.	2 years	NTUC: Gillette Venus razor 'Embrace' with cartridge refill, 1 + 2 cartridges per pack	21.40	1	0.21
Toiletries	h12a	Shaver blades	1 pack. NTUC. Average price.	6 months	NTUC: Gillette Venus razor cartridge refill - 'Embrace', 4 per pack	16.90	1	0.65
Toiletries	h12a	Sanitary pads (day)	1 pack. Neighbourhood shop. Sofi/Kotex (day regular pad). Low price.	2 months	Neighbourhood shop: Laurier slimguard day, pack of 14	3.20	3	1.10
Toiletries	h12a	Sanitary pads (night)	1 pack. Neighbourhood shop. Sofi/Kotex (night pad). Low price.	3 months	Neighbourhood shop: Kotex relax night wing 35cm, pack of 16	3.50	1	0.27
Toiletries	h12a	Sanitary pads (liners)	1 pack. Neighbourhood shop. Sofi/Kotex (pantyliner). Low price.	3 months	Neighbourhood shop: Kotex pantyliners, pack of 40	1.60	1	0.12
Personal care	h8a	Mosquito repellent	1 bottle. Watsons. Low price.	3 months	Watsons: Watsons mosquito repellent spray, 100ml	5.50	1	0.42
Personal care	h8a	Spectacles	1 set. Neighbourhood shop. Around \$100.	1 year	Neighbourhood optical shop: Frame and lens	100.00	1	1.92
Personal care	h8a	Thermometer	1 piece. Guardian/school bookshop. Digital, mouth thermometer.	1 year	Watsons: Digital thermometer	6.50	1	0.12
Personal care	h8a	Face masks	1 mask every day per household member. Around \$12 for a box of 50 pieces.	5 months	NTUC: ALCARE V-shield surgical face mask, box of 50	15.00	3	2.07
Personal care	h8a	Hand sanitiser	1 bottle. Portable small bottles, one for each family member above 7. Cheapest.	3 months	Watsons: Lifebuoy hand sanitiser, 50ml	2.25	1	0.17
Personal care	h12a	Haircut	Once every 3 months. Neighbourhood shop/kcuts.	3 months	kcuts: Multiple outlets around Singapore	12.00	1	0.92
Medication	h8a	Fever medicine (Paracetamol)	1 pack. Watsons.	1 year	Watsons: Panadol with optizorb, pack of 20 tablets	7.20	1	0.14
Medication	h8a	Cough syrup	1 bottle. Guardian/Watsons.	1 year	Watsons: Robitussin chesty cough syrup, 100ml	9.60	1	0.18
Medication	h8a	Nasal spray	1 bottle. Watsons.	1 year	Watsons: NeilMed nasogel drip free gel spray (hydrate and lubricate dry and irritated nasal passages), 30ml	10.40	1	0.20
Medication	h8a	Antihistamine	1 pack. Guardian/Watsons.	1 year	Watsons: Zyrtec rapid relief filmcoated tablet, pack of 10 tablets	13.80	1	0.26
Medication	h8a	Lozenges	1 pack. Watsons. Average price.	1 year	Watsons: Strepisil soothing honey and lemon lozenges, pack of 24 tablets	4.75	1	0.09
Medication	h8a	Diarrhoea pills	1 pack. Watsons. Average price.	1 year	Watsons: Imodium original anti-diarrhoeal capsules, pack of 6 tablets	5.90	1	0.11
Medication	h8a	Chest rub	1 bottle. Watsons. Average price.	1 year	Watsons: VICKS VapoRub vaporizing ointment, 100g	10.95	1	0.21
Medication	h8a	Eyedrops	1 pack. Watsons. Average price.	1 year	Watsons: Regular eye drops, 7.5ml	4.90	1	0.09
Medication	h8a	Muscle rub	1 pack. Watsons. Cheapest.	1 year	Watsons: AMMELTZ YokoYoko plus massage, 46ml	6.90	1	0.13
Medication	h8a	Medicated oil	1 bottle. Watsons. Axe oil.	6 months	Watsons: Axe oil, 28ml	4.30	1	0.16
Medication	h8a	Zam-Buk	1 pack. Watsons/NTUC.	1 year	Watsons: Zambuk medicated ointment, 25g	6.90	1	0.13

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Transport

Total: 103.43

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Transport	h5b	MRT and bus	Concession plan	1 month	Adult Monthly Travel Card: Unlimited rides on basic bus services and trains (\$128.00 + \$8.10 application fee)	128.02	1	29.46
Transport	h5b	Taxi, private hire car	2 trips per month. For bad weather conditions, family outings, when late or carrying heavy loads, meeting teachers at child's school during working day lunch time. Long distance, \$20 per trip.	1 month	-	20.00	2	9.21
7-12 years old, boy								
Transport	h5b	School bus	Daily round trip during school term (9 months). Around \$200 per month.	1 year	MOE School Bus Service: Prices vary depending on school, distance and type of bus. Around \$291.00 per month.	291.00	9	50.23
Transport	h5b	MRT and bus	Take public transport on days where there are CCAs.	1 week	School Smartcard: 7 trips/week at \$0.52/trip	3.64	1	3.64
Transport	h5b	Taxi, private hire car	Once every 2 months. For bad weather conditions, exam days, parties, emergencies and long distances, \$20 per trip.	1 year	-	20.00	6	2.30
13-18 years old, girl								
Transport	h5b	MRT and bus	Up to 4 trips per school day.	1 month	School Smartcard: Monthly bus concession pass (secondary school)	29.00	1	6.67
Transport	h5b	Taxi, private hire car	5 trips per year. For CCAs, tuition, emergencies, long distances and when running late, \$20 per trip.	1 year	-	20.00	5	1.92

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Clothing

Total: 54.59

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Outerwear	h4a	Cardigan	2 pieces. H&M/Uniqlo. Average price.	5 years	H&M: Knited cardigan	29.95	2	0.23
Casual	h4a	T-shirts	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Ribbed cotton t-shirt	14.95	5	0.48
Casual	h4a	Blouses	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Cotton shirt	19.95	5	0.64
Casual	h4a	Dresses	3 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Cotton jersey dress	24.95	3	0.48
Casual	h4a	Shorts	2 pairs. H&M/Uniqlo. Low price.	3 years	H&M: Linen blend shorts	19.95	2	0.26
Casual	h4a	Skirts	1 piece. H&M/Uniqlo. Low price.	3 years	H&M: Cotton jersey skirt	19.95	1	0.13
Casual	h4a	Jeans	2 pairs. H&M/Uniqlo. Low price.	5 years	H&M: Skinny regular jeans	29.95	2	0.23
Casual	h4a	Leggings	1 pair. H&M/Uniqlo. Low price.	3 years	H&M: MAMA jersey leggings	16.95	1	0.11
Formal	h4a	Blouses	10 pieces. H&M/Uniqlo. For work. Average price. "If you're working you need to look presentable, cannot wear the same thing. Ms K will never get promoted if she wears clothes that look worn out."	3 years	H&M: V-necked satin buttoned-down blouse	29.95	10	1.91
Formal	h4a	Skirts	4 pieces. H&M/Uniqlo. For work. Low price.	3 years	H&M: Pencil skirt	29.95	4	0.77
Formal	h4a	Trousers	4 pairs. H&M/Uniqlo. For work. Low price.	3 years	H&M: Cigarette trousers	29.95	4	0.77
Formal	h4a	Dresses	3 pieces. H&M/Uniqlo. For work. Low price.	3 years	H&M: Knee length satin dress with tie belt	49.95	3	0.96
Exercise	h4a	Sports bras	2 pieces. Decathlon. Low price.	3 years	Decathlon: Kalenji classic running sports bra	15.00	2	0.19
Exercise	h4a	Sports t-shirts	2 pieces. Decathlon. Cheapest.	3 years	Decathlon: Kalenji run dry women's running tank top/t-shirt	6.00	2	0.08
Exercise	h4a	Gym bottoms	1 piece. Decathlon. Include option for long pants. Cheapest.	3 years	Decathlon: Women's gym bottoms	10.00	1	0.06
Exercise	h4a	Swimming attire	1 piece. Decathlon. Include option for modest swim wear. Cheapest.	5 years	Decathlon: Nabaiji women's one-piece swimsuit audrey sleeves (long-sleeved, comes with tights)	35.00	1	0.13
Exercise	h4a	Swimming goggles	1 piece. Decathlon. Cheapest.	5 years	Decathlon: Nabaiji X-base swimming goggles adult	4.90	1	0.02
Homewear	h4a	T-shirts	5 pieces. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: T-shirt/singlet	5.90	5	0.28
Homewear	h4a	Pants	5 pairs. Neighbourhood shop. Include option for those who prefer long pants rather than shorts. Cheapest.	2 years	Neighbourhood shop: Casual pants	11.90	5	0.57
Cultural item	h4a	Ethnic accessories	Budget \$100. For hijab, prayer garments for worship. Hijab must match colour of clothes, so must have a few pieces.	5 years	E.g. Muslimah prayer attire (\$10.00); prayer mat (\$10.00); inner shawl layer (\$7.90); tudung/shawl (\$10.00).	100.00	1	0.38
Special occasion	h4a	Ethnic/evening dress	Annual budget \$100. For fancy occasions and festivities. 1 or 2 outfits. "If you want to wear for special occasion, it has to look nice. People will judge if you repeat outfits."	1 year	E.g. Zalora: Zalia basic baju kurung (\$69.90); shawl for dress up occasions (\$25.00).	100.00	1	1.92
Underwear	h4a	Panties	10 pieces. Department store. Regular cotton panties. Low price.	2 years	OG: Sorella assorted lace, cotton, pack of 5	22.90	2	0.44
Underwear	h4a	Bras	10 pieces. Department store. Underwire bras with straps, cotton, with strap. Low price.	3 years	OG: Sorella underwire bra, semi-padded	32.90	10	2.10
Footwear	h4b	Ankle socks	3 pairs. Decathlon. Cheapest.	2 years	Decathlon: Kalenji ekiden running socks, pack of 3	3.90	1	0.04
Footwear	h4b	Hidden socks	2 pairs. Bata. Cheapest.	2 years	Bata: Hidden socks, pack of 2	9.95	1	0.10
Footwear	h4b	Heels	2 pairs. Bata. To match different colours and styles of dressing, comfortable, formal. Average price.	5 years	Bata: Red label ladies black pointed toe stilettos	69.95	2	0.54
Footwear	h4b	Casual pumps	1 pair. Bata. Low price.	2 years	Bata: Bata ladies flats	39.95	1	0.38
Footwear	h4b	Working flats	1 pair. Bata. Low price.	2 years	Bata: Gaia khaki ladies chevron stitch detail moccasins	44.95	1	0.43

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Footwear	h4b	Sports shoes	1 pair. Decathlon. Low price.	3 years	Decathlon: Women's active walking shoes	25.00	1	0.16
Footwear	h4b	Sandals	1 pair. Bata. Low price.	2 years	Bata: Ladies Tan infinite ring sandals	29.95	1	0.29
Footwear	h4b	Flip-flops	1 pair. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Slippers	8.90	1	0.09
Accessories	h12b	Backpack	1 piece. Decathlon. For sports. Low price.	5 years	Decathlon: Sports backpack, 20L	30.00	1	0.12
Accessories	h12b	Casual bag	1 piece. Department store. Low price.	2 years	OG: Perlini&Mel double handle bag with canvas sling	49.90	1	0.48
Accessories	h12b	Laptop bag	1 piece. Challenger. Low price.	5 years	Challenger: OKADE black laptop bag, sling	19.90	1	0.08
Accessories	h12b	Handbag	1 piece. Department store. Low price.	3 years	OG: Perlini&Mel PU leather handbag	49.90	1	0.32
Accessories	h12b	Evening bag	1 piece. Department store. For special occasions. Low price.	5 years	OG: Renoma evening bag	85.00	1	0.33
Accessories	h12b	Wallet	1 piece. Department store. Low price.	2 years	OG: Perlini&Mel trifold long purse	35.00	1	0.34
Accessories	h12b	Watch	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Casio sports watch, rubber strap water resistant 100	52.00	1	0.33
Accessories	h12b	Fashion accessories	Annual budget \$50. For hair ties, earrings, brooches.	1 year	-	50.00	1	0.96
Accessories	h12b	Cap	1 piece. Decathlon. Low price.	5 years	Decathlon: Artengo TC 500 racket sports cap	8.90	1	0.03
Accessories	h12b	Belt	1 piece. Metro. Low price.	5 years	BHG: Woven PU leather belt	29.00	1	0.11
Accessories	h12b	Earphones	1 set. Challenger. Wireless. Low price, around \$30.	3 years	Challenger: Ipipoo AP-7 wireless earphone	24.90	1	0.16
Accessories	h12b	Luggage	1 piece. Department store. Cabin size. Cheapest.	10 years	BHG: Travel Time trolley case TSA lock, 18"	49.00	1	0.09
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Foldable. Cheapest.	1 year	Neighbourhood shop: Foldable umbrella	4.90	1	0.09
Accessories	h12b	Water bottle	1 piece. NTUC. BPA-free, 500ml.	1 year	NTUC: BPA-free water bottle, 500ml	9.90	1	0.19
7-12 years old, boy								
Outerwear	h4a	Sweater/jacket	1 piece. H&M. Low price.	2 years	H&M: Hooded sweatshirt-type jacket	19.95	1	0.19
Outerwear	h4a	Windbreaker	1 piece. Decathlon. Cheapest.	2 years	Decathlon: Kalenji at 100 kids' athletics windproof jacket - ink blue	15.00	1	0.14
Casual	h4a	T-shirts	10 pieces. H&M. Low price.	2 years	H&M: Cotton t-shirt	8.95	10	0.86
Casual	h4a	Shirts	3 pieces. H&M. Children outgrow clothes very fast at this stage. Low price.	1 year	H&M: Cotton shirt long/short sleeves	17.95	3	1.03
Casual	h4a	Long bottoms	2 pairs. H&M. Children outgrow clothes very fast at this stage. Low price.	1 year	H&M: Slim fit twill trousers	19.95	2	0.77
Casual	h4a	Jeans	1 pair. H&M. Children outgrow clothes very fast at this stage. Low price.	1 year	H&M: Straight fit jeans	29.95	1	0.57
Formal	h4a	Shirts	3 pieces. H&M. Children outgrow clothes very fast at this stage. Low price.	1 year	H&M: Grandad shirt	19.95	3	1.15
Formal	h4a	Trousers	2 pairs. H&M. Children outgrow clothes very fast at this stage. Low price.	1 year	H&M: Slim fit chinos	27.95	2	1.07
Uniform	h4a	School uniform	3 sets.	1 year	Uniform Shirt (\$8.50); shorts (\$8.50).	17.00	3	0.98
Uniform	h4a	PE uniform	2 sets.	1 year	T-shirt (\$10); shorts (\$9).	19.00	2	0.73
Uniform	h4a	School tie	1 piece.	6 years	School tie	6.50	1	0.02
Uniform	h4a	School badge/name tag	1 piece every year, easily misplaced.	1 year	Bookshop: School badge	3.00	1	0.06
Uniform	h4a	Student centre attire	3 sets.	1 year	In-school student care: T-shirt & shorts	10.00	3	0.58
Exercise	h4a	Swimming trunks	1 pair. Decathlon. Cheapest.	2 years	Decathlon: Boys swimming wetsuit shorty	25.00	1	0.24
Exercise	h4a	Swimming goggles	1 pair. Decathlon. Cheapest.	3 years	Decathlon: Swimming goggles	4.50	1	0.03
Homewear	h4a	T-shirts	10 pieces. Decathlon. Cheapest.	2 years	Neighbourhood shop: T-shirt	7.00	10	0.67

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Homewear	h4a	Shorts	10 pairs. Decathlon. Cheapest.	2 years	Neighbourhood shop: Cotton shorts	5.00	10	0.48
Underwear	h4a	Underwear	10 pieces. Neighbourhood shop. Children outgrow their clothes very fast. Average price.	1 year	Neighbourhood shop: Boys' underwear, pack of 5	12.90	2	0.49
Special occasion	h4a	Ethnic wear	2 sets. Geylang.	2 years	-	35.00	2	0.67
Footwear	h4b	Socks	5 pairs. Neighbourhood shop. Cheapest.	2 years	H&M: Socks, pack of 5	16.95	1	0.16
Footwear	h4b	School socks	5 pairs. Bibi & Baba.	1 year	School bookstore: Black/white socks depending on the school uniform	2.50	5	0.24
Footwear	h4b	Sports shoes	2 pairs. Neighbourhood shop, low price; or Decathlon, average price.	3 years	Decathlon: PW 100 kids run support shoes	20.00	2	0.26
Footwear	h4b	School shoes	2 pairs. Neighbourhood shop.	1 year	Neighbourhood shop: White school shoes	23.90	2	0.92
Footwear	h4b	Slippers	1 pair. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Slippers	6.90	1	0.07
Footwear	h4b	Formal shoes	1 pair. Bata. Average price.	1 year	H&M: Oxford shoes	49.95	1	0.96
Footwear	h4b	Sandals	1 pair. Bata. Cheapest.	1 year	Bata: Bubblegummers children black mesh sandals	34.95	1	0.67
Accessories	h12b	Casual/sling bag	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Sling bag	10.00	1	0.06
Accessories	h12b	School bag	1 piece. Popular. Must be large enough to hold many books, heavy load. Average price.	2 years	Popular: ergonomic bag	49.95	1	0.48
Accessories	h12b	Wallet	1 piece. Popular. Cheapest.	2 years	Popular: Velcro wallet	9.90	1	0.09
Accessories	h12b	Watch	1 piece. Casio digital watch.	5 years	Shopping centre photo shop: Casio digital watch	18.00	1	0.07
Accessories	h12b	Cap	1 piece. Decathlon. Cheapest.	3 years	Decathlon: Kid's cap	5.90	1	0.04
Accessories	h12b	Earphones	1 piece. Popular. Wired type. Cheapest.	2 years	Popular: Sony in-ear wired earphones	13.90	1	0.13
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Foldable umbrella	4.90	1	0.05
Accessories	h12b	Water bottle	1 piece. Popular. BPA-free. Average price.	1 year	Popular: Pop Bazic BPA free water bottle	9.90	1	0.19
13-18 years old, girl								
Outerwear	h4a	Windbreaker	1 piece. Decathlon. Low price.	2 years	Decathlon: Kalenji run wind women's running jacket	20.00	1	0.19
Outerwear	h4a	Sweater	1 piece. Cotton On. Low price.	2 years	Cotton On: Archy summer cardigan	39.99	1	0.38
Casual	h4a	T-shirts	7 pieces. Cotton On. Low price.	2 years	Cotton On: Classic band t-shirt	19.99	7	1.34
Casual	h4a	Blouses	3 pieces. Cotton On. Low price.	2 years	Cotton On: Emma tank	19.99	3	0.58
Casual	h4a	Skirts	2 pieces. Cotton On. Low price.	2 years	Cotton On: Brandy mini skirt	24.99	2	0.48
Casual	h4a	Dresses	3 pieces. Cotton On. Low price.	2 years	Cotton On: Woven margot slip dress	15.00	3	0.43
Casual	h4a	Skorts/shorts	3 pairs. Cotton On. Low price.	2 years	Cotton On: Soft utility shorts	15.00	3	0.43
Casual	h4a	Jeans/trousers	4 pairs. Cotton On. Average price.	2 years	Cotton On: Amelia drapey pant	29.99	4	1.15
Formal	h4a	Blouses	4 pieces. H&M. Average price.	2 years	H&M: Crepe blouse	19.95	4	0.77
Formal	h4a	Skirts	2 pieces. H&M. Low price.	2 years	H&M: Short skirt	29.95	2	0.57
Formal	h4a	Dresses	3 pieces. H&M. Low price.	2 years	H&M: V-neck dress	29.95	3	0.86
Formal	h4a	Trousers	2 pieces. H&M. Low price.	2 years	H&M: Cigarette trousers	29.95	2	0.57
Uniform	h4a	Tops	3 pieces.	1 year	School top	12.00	3	0.69
Uniform	h4a	Skirts	3 pieces.	1 year	School skirt	12.00	3	0.69
Uniform	h4a	PE uniform	3 sets.	1 year	PE uniform	12.00	3	0.69
Uniform	h4a	T-shirts	Annual budget \$30. For CCA/class/house t-shirts.	1 year	E.g. House t-shirt (\$5.50 each)	30.00	1	0.58
Uniform	h4a	Track pants for PE or camp activities	3 pieces. Decathlon. For children who prefer pants for PE and outdoor activities. Cheapest.	2 years	Decathlon: Regular jogging bottoms - black	16.00	3	0.46
Uniform	h4a	Tie	2 pieces throughout secondary school.	4 years	School tie	6.00	2	0.06

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Uniform	h4a	School badge/name tag	1 piece every year, easily misplaced.	1 year	Bookshop: School badge	3.00	1	0.06
Exercise	h4a	Sports bras	6 pieces. Decathlon. Low price.	2 years	Decathlon: Women zip up fitness cardio	8.00	6	0.46
Exercise	h4a	Swimming attire	1 piece. Decathlon. Must be suitable for different ethnic groups. Cheapest.	2 years	Decathlon: Nabaiji women's swimming covered	30.00	1	0.29
Exercise	h4a	Swimming goggles	1 piece. Decathlon. Cheapest.	5 years	Decathlon: Nabaiji X-base swimming goggles	4.90	1	0.02
Homewear	h4a	T-shirts	2 pieces. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: T-shirt	5.00	2	0.10
Homewear	h4a	Tank tops	3 pieces. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Top	5.90	3	0.17
Homewear	h4a	Shorts	5 pairs. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Shorts, pack of 3	10.00	2	0.19
Homewear	h4a	Long bottoms	2 pairs. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Long bottoms	5.00	2	0.10
Cultural item	h4a	Ethnic accessories	Budget \$35 for 5 years. E.g. Prayer garments, hijab.	5 years	E.g. Prayer mat (\$10); prayer garment (\$10); hijab (\$10).	35.00	1	0.13
Special occasion	h4a	Ethnic wear	Annual budget \$100.	2 years	-	100.00	1	0.96
Underwear	h4a	Panties	10 pieces. Metro/OG. Low price, sale range.	1 year	OG: Jockey cotton/bamboo blend, pack of 5	17.90	2	0.69
Underwear	h4a	Normal bras	6 pieces. Department store. Low price.	2 years	OG: Sorella/Pierre Cardin bra	32.90	6	1.89
Footwear	h4b	Socks	3 pairs. Cotton On. Low price.	1 year	Cotton On: Invisible mesh socks	4.95	3	0.28
Footwear	h4b	School socks	5 pairs.	1 year	School socks	2.00	5	0.19
Footwear	h4b	Slippers	1 pair. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Slippers	7.90	1	0.15
Footwear	h4b	Formal heels/flats	1 pair. Charles & Keith. Low price.	1 year	Charles & Keith: D'Orsay kitten heel pumps	49.90	1	0.96
Footwear	h4b	School shoes	2 pairs. Bata. Cheapest.	1 year	Bata: Power Youth school shoes	26.95	2	1.03
Footwear	h4b	Sports shoes	1 pair. Decathlon. For running. Low price.	1 year	Decathlon: Newfeel women's fitness walking shoes	25.00	1	0.48
Accessories	h12b	Casual bag	1 piece. Decathlon. Low price.	3 years	Decathlon: Compact travel trekking pouch travel 15L sling bag	8.50	1	0.05
Accessories	h12b	School bag	1 piece. Decathlon. Low price.	2 years	Decathlon: 35L backpack essential	25.00	1	0.24
Accessories	h12b	Duffle bag	1 piece. Decathlon. Low price.	10 years	Decathlon: 40L team sports bag	10.00	1	0.02
Accessories	h12b	Formal clutch	1 piece. BHG/Metro/Isetan. To match formal wear. Low price.	5 years	Bugis Junction: Clutch bag for girls	12.00	1	0.05
Accessories	h12b	Wallet	1 piece. Miniso. Around \$10.	2 years	Miniso: Wallet	7.90	1	0.08
Accessories	h12b	Watch	Neighbourhood shop. Casio watch. Around \$20.	3 years	Shopping centre photo shop: Casio digital watch	18.00	1	0.12
Accessories	h12b	Accessories	Budget \$50 every 2 years. For jewellery, hair band, hair colour, handphone case, etc.	2 years	-	50.00	1	0.48
Accessories	h12b	Earphones	1 piece. Popular. Wired type. Cheapest.	1 year	Popular: Sony in-ear wired earphones	13.90	1	0.27
Accessories	h12b	Luggage	1 piece. Small, cabin size. Children need their own luggage for their things.	10 years	BHG: Travel Time trolley case TSA lock, 18"	49.00	1	0.09
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Foldable umbrella	4.90	1	0.05
Accessories	h12b	Water bottle	1 piece. NTUC. BPA-free.	1 year	NTUC: BPA-free water bottle, 500ml	9.90	1	0.19

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Social participation

Total: 84.77

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Activities	h10a	Leisure	Twice a month. E.g. movies, sports, hobbies, art and craft, cooking with friends, bowling, swimming, CC events, volunteering. Includes eating out at restaurants at the mall with family or friends. Monthly budget \$100.	1 month	E.g. Movie: Standard GV movie ticket (\$13.90 each); KTV: Teo Heng KTV studio (\$16.00 per hour after 6pm for small room); Bowling: Kallang Bowl (\$4.80 per game after 12pm on weekends); CC events: PA outings (around \$5.00 per person, to SEA Aquarium, Pasir Ris Park), etc.; Sports: CC Badminton courts peak rate (\$7.00-\$16.00); Restaurants: Saizeriya (\$5.90 to \$13.90), Pastamania (\$12.90).	100.00	1	23.01
Activities	h10a	Self-improvement classes	1 long course or 2 short courses, after office hours. For mental and emotional well-being, to uplift spirits and upgrade skills.	1 year	E.g. PA courses for adults: Evening cooking class (\$47 for 2 hours), ballroom dancing (\$99.00 for 10 sessions), breadmaking (\$97 for 2 sessions, with SkillsFuture); homegrown organic vegetables (\$103.50 for 1 session).	100.00	1	1.92
Activities	h10a	Work-related events	Twice a year, \$30 per occasion, for work activities not sponsored by company, e.g. colleagues' birthdays, Christmas gift exchanges. For team bonding, important for career.	1 year	E.g. Meal (\$20) and small contribution to colleague's farewell gift (\$10)	30.00	2	1.15
Activities	h10a	Home/hospital visiting	Twice a month, visit family or friends. Potluck, fruits, food, cake. Monthly budget \$20.	1 month	E.g. Bengawan Solo pandan chiffon cake (\$16.50); Polar curry puffs (\$2 each)	20.00	1	4.60
Activities	h10c	Passport renewal	Passport application or renewal	5 years	ICA passport processing fee	70.00	1	0.27
Special occasions	h10a	Festivals	Christmas, Deepavali, Hari Raya, Lunar New Year, including cash gifts, e.g. red packets.	1 year	E.g. Red packets (around \$10 x 20); special food or eating out, like Ramadan break fast eat-out, mooncakes, yusheng, festive beverages, and other items not in decoration or clothing (\$300)	500.00	1	9.59
Special occasions	h10a	Worship and donations to charitable causes	Religious donation. Annual budget \$50.	1 year	-	50.00	1	0.96
Special occasions	h10a	Birthdays	Gift for self, to get something special outside of 'normal' budget. Been giving to others, deserve a treat on birthday. Budget \$50.	1 year	E.g. Imprint: Personalised pouch (\$40.80); Bootstrap: 6 bottles of cold brew coffee set (\$36).	50.00	1	0.96
Special occasions	h10a	Weddings	Annual budget \$200.	1 year	E.g. 6 lunch receptions/Malay weddings (\$20-\$30 each); 2 Indian weddings (\$50-\$80 each); 1 hotel wedding (\$120-\$200).	200.00	1	3.84
Special occasions	h10a	Funerals	Once a year. Annual budget \$50.	1 year	-	50.00	1	0.96
7-12 years old, boy								
Activities	h10a	Leisure	\$80 every 6 months. Once per month or once per week during school holidays. Play dates, family days, CC events, volunteering.	6 months	E.g. CC events (around \$5.00); one PA outings (around \$5.00 per person, to SEA Aquarium, Pasir Ris Park); Kids Amaze SAFRA Toa Payoh indoor playground (\$16.00-\$20.00 per child and \$2.00 per accompanying adult).	80.00	1	3.07
Activities	h10c	Holidays	Additional budget of \$10 for own expenses.	1 year	-	10.00	1	0.19
Activities	h10c	Passport renewal	Passport application or renewal	5 years	ICA passport processing fee	70.00	1	0.27

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Special occasions	h10a	Worship and donations to charitable causes	Religious or charity donations, \$1 per week. To teach children the importance of giving to charitable causes.	1 week	-	1.00	1	1.00
Special occasions	h10a	Birthdays	One family birthday celebration every year. The kid must feel included and that their parents love them, especially when they see other children's parents organizing big parties for them. Annual budget \$80.	1 year	E.g. Food for family and friends (\$15 x 4 = \$60); Polar character cake for 8 (\$22.80).	80.00	1	1.53
Special occasions	h10a	Friends' birthdays	Annual budget \$50. \$10 per gift for 5 birthdays, or \$25 per gift for 2 best friends. "To avoid being discriminated."	1 year	E.g. Popular: Jigsaw puzzle 104 pieces (\$16.90); Roald Dahl's BFG (book) (\$13.38); Dog Man (book) (\$16.90); Diary of a Wimpy Kid (book) (\$23.50). NTUC Extra: Cookware set (\$19); Playdough kitchen set (\$19.90); Smiggle Whirl zip flip pencil case (\$18.95).	50.00	1	0.96
13-18 years old, girl								
Activities	h10a	Leisure	E.g. Movie, bowling, sports, arcade, sleepover, vacation activities. Monthly budget of \$25, so the child won't feel left out.	1 month	-	25.00	1	5.75
Activities	h10c	Holidays	Additional budget of \$20 for buying souvenirs, shopping or snacks. Learn to make decisions, independence, learn to budget.	1 year	-	20.00	1	0.38
Activities	h10c	Passport renewal	Passport application or renewal	5 years	ICA passport processing fee	70.00	1	0.27
Special occasions	h10a	Worship and donations to charitable causes	Religious class. Annual budget \$50.	1 year	-	50.00	1	0.96
Special occasions	h10a	Birthdays	No birthday parties as teenagers may not want it. Budget to buy teenager a gift.	1 year	E.g. Amazon.sg: Sketching from the imagination: Characters paperback illustrated (\$49.70); Holyton HS330 hand operated mini drone for kids beginners adults (\$45.99).	50.00	1	0.96
Special occasions	h10a	Friends' birthdays	Annual budget \$50. To buy birthday gifts for friends.	1 year	-	50.00	1	0.96
Household								
Activities	h10c	Holidays	Once a year. 4D3N or 3D2N trip to nearby countries, via budget airline.	1 year	E.g. WTS Travel: 4D3N Ipoh & Port Dickson, Syeun Hotel & PD Avilion Admiral Cove or similar, by coach, peak period (Nov-Dec 2020) (adult-twin \$379 x 2, 3rd pax \$348)	1106.00	1	21.21

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Education and care services

Total: 224.53

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
7-12 years old, boy								
Childcare	h7b	Babysitting	Grandparents and relatives may not be free to help, childcare services are not available after 1pm in the weekends. By-the-hour babysitters through agencies are not common and are considered too expensive; a more "reasonable" arrangement is to ask a neighbour to help, and paying them \$50 for 4 hours, once a month.	1 year	Participant said paying neighbours around \$50 each time	50.00	12	11.51
Student care	h12d	In-school student care	Around \$300 a month.	1 month	In-school student care: Monthly charge (\$295); registration fee (\$6, includes 2 free t-shirts)	295.08	1	67.91
Student care	h12d	Student care during holidays	Full-day student care, with lunch, shower facilities, homework checking, till 7pm. School holiday services with additional surcharges.	1 year	In-school student care: Extra surcharge for school holidays, full day (\$6 per day, around 60 days per year)	360.00	1	6.90
Student care	h12d	School holiday outings	Activities organised for the children, paid per outing. If children don't join, they will be the only ones left out. Around \$50 per holiday.	1 year	4 indoor activities (around \$15 each) and 4 outdoor activities (around \$40 each) per year	220.00	1	4.22
Education	h11a	Tuition	Once a week per subject. Small group tuition setting, fewer than 10 students. Must attend tuition when grades fall below 60%. Monthly budget of around \$200, for 10 months in an academic year.	1 year	PA: Maths for P3 (\$75.00 for 4 lessons); Maths for P6 (\$80.00 for 4 lessons); Chinese for P3 (\$90 for 4 lessons); English/Maths/Science P3 (\$60.00 for 4 lessons) [Approx. \$170 for two subjects (\$80+\$90)]	170.00	10	32.60
Education	h11b	Assessment books	For all subjects. Annual budget \$200.	1 year	-	200.00	1	3.84
Education	h11a	CCA expenses	Includes equipment for sports. \$300 from Primary 1 to 6.	6 years	-	300.00	1	0.96
Education	h11a	Enrichment	General courses offered by CC, religious classes to instil moral values. Monthly budget \$100, for 10 months in an academic year.	1 year	E.g. onePA: Mixed media art class (\$30 per session); Beginner piano (\$280 for 10 sessions); Grade 5 violin (\$340 for 8 sessions). Religious classes, around \$30-\$40 a month at mosque.	100.00	10	19.18
Education	h11a	Two-day school camp	Compulsory school camp for Primary 3 or Priary 5 students. Includes special attire, footwear, sleeping bags, etc. Can buy from school vendor or Decathlon.	6 years	E.g. Decathlon: ARPENAZ Camping Sleeping Bag (\$25); plastic cutlery set (\$4); kid's aquashoes (\$8).	50.00	1	0.16
Education	h11a	School fees	Around \$13 a month.	1 year	MOE: Monthly school fees (\$0); monthly miscellaneous fees (\$6.50); monthly second-tier miscellaneous fee (maximum) (\$6.50).	13.00	9	2.24
Education	h11b	Textbooks	Annual expense.	1 year	CHIJ Katong Primary School: P3 student taking Tamil as second language (\$145.10); Ngee Ann Primary School: P3 student taking Chinese as second language (\$204.10); Queenstown Primary School: P3 student taking Chinese as second language (\$209.30); Yishun Primary School: P3 student taking Tamil as second language (\$143.25)	204.10	1	3.91
Education	h10b	Stationery	Annual budget \$50.	1 year	-	50.00	1	0.96

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
13-18 years old, girl								
Education	h11a	Tuition (upper secondary)	Without tuition, results will be affected. The child will also ask for tuition. \$250 for 4 lessons, 1 subject, for 10 months in an academic year.	1 year	E.g. onePA: Elementary mathematics for Secondary 3 (\$130 for 4 lessons, in Bishan), Additional mathematics for Sec 3 and Sec 4 (\$150 for 4 lessons, in Punggol); Mavis Tutorial Centre: Sec 3 express English (\$181.90); Raymond Maths & Science Studio: Sec 3 science (\$250 for 4 lessons)	250.00	10	47.95
Education	h11b	Assessment books	Assessment books, guide books, 10 year series. Annual budget \$100.	1 year	E.g. Distinction in English: Grammar for reference and practice (\$19.80); Secondary 2 comprehensive maths exam package, 1110 questions (\$49.20); Lower secondary physics (\$11.90); 'O' Levels 10 year series (\$6.00-\$9.90 per subject); Laws of physics made intuitive, part 1 (\$23.95); 'A' Levels study smart H2 mathematics (calculus) (\$25.95); iChinese book 1 (IB/IGSCE) (\$57.75); Key guide 'A' Levels economics: Mastering short-answer questions and case-study questions (\$19.15)	100.00	1	1.92
Education	h10b	Calculator	1 unit. Popular.	5 years	Popular: Casio scientific calculator fx-96SGPlus	28.90	1	0.11
Education	h10b	E-dictionary	1 unit. Required for exams. MOE approved. For mother tongue.	5 years	Popular: BESTA e-dictionary (Chinese) All Pass 3, MOE approved	59.90	1	0.23
Education	h11a	CCA expenses	Overseas learning, excursions, sports equipment, uniforms, musical instruments.	2 years	-	200.00	1	1.92
Education	h11a	Enrichment	E.g. musical classes, dance classes. A child should be able to choose the classes they are interested in. School may not provide the options, school teams are competitive. Also includes religious classes. Monthly budget \$50, for 10 months in an academic year.	1 year	E.g. onePA: Guitar Pop (intermediate) (\$90 for 12 lessons, Sembawang CC); Abseiling Proficiency Course Level 2 (\$106.20). Religious classes, around \$30-\$40 a month at mosque.	50.00	10	9.59
Education	h11a	School fees	Basic need is to go to government-aided schools.	1 year	MOE: Monthly school fees (\$5); monthly miscellaneous fees (\$10); monthly second-tier miscellaneous fee (maximum) (\$10)	5.00	9	0.86
Education	h11b	Textbooks	Only purchase the non-optional items.	1 year	Textbooks for a Secondary 3 student in Express stream taking 8 subjects, including English language, Mother Tongue (Chinese), A Math, Math, Combined Humanities (Social Studies + History Elective), Chemistry, Physics, English Literature	344.50	1	6.61
Education	h10b	Stationery	E.g. pencil case, correction tape, pens, mathematical instruments set, writing pad, folders, stapler, hole puncher. Annual budget \$50.	1 year	-	50.00	1	0.96

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Health care

Total: 35.59

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Vaccination	h8b	Influenza	Take all recommended vaccinations in NAIS. Staying healthy is a way to protect the children, especially for single parents.	1 year	NAIS: 1 dose annually/per season, \$35	35.00	1	0.67
Vaccination	h8b	Pneumococcal conjugate (PCV13)	Take all recommended vaccinations in NAIS.	29 years	NAIS: 1 dose from 18 years old, \$63; Lifespan equals the age range of 26 to 54 years.	63.00	1	0.04
Vaccination	h8b	Pneumococcal polysaccharide (PPSV23)	"	29 years	NAIS: 1 or 2 doses 18-64 years old, \$40 each	40.00	2	0.05
Vaccination	h8b	Hepatitis B (HepB)	"	29 years	NAIS: 3 doses from 18 years old, \$38 each	38.00	2	0.05
Vaccination	h8b	Measles, mumps and rubella (MMR)	"	29 years	NAIS: 2 doses from 18 years old, \$35 each	35.00	2	0.05
Vaccination	h8b	Varicella (VAR)	"	29 years	NAIS: 2 doses from 18 years old, \$45 each	45.00	2	0.06
Vaccination	h8b	Tetanus, reduced diphtheria and acellular pertussis (Tdap) – during pregnancy	"	29 years	NAIS: 1 dose during each pregnancy, \$40 each	40.00	2	0.05
Screening	h8b	Chronic illness: High blood pressure	Do all recommended health screenings.	2 years	SFL: From 18 years old, every 2 years, \$5	5.00	1	0.05
Screening	h8b	Chronic illness: Obesity	"	1 year	SFL: From 18 years old, every year, BMI/waist circumference (no cost)	0.00	1	0.00
Screening	h8b	Chronic illness: Diabetes	"	3 years	SFL: From 18 years old, every 3 years, fasting blood glucose, \$5	5.00	1	0.03
Screening	h8b	Chronic illness: High blood cholesterol	"	29 years	SFL: Above 40, every 3 years, fasting/non-fasting lipids, \$5	5.00	5	0.02
Screening	h8b	Colorectal cancer	"	29 years	SFL: Above 50, every year, Faecal Immunochemical Test, \$5 each	5.00	5	0.02
Screening	h8b	Dental care	2 times per year. General cleaning. Neighbourhood dental clinic.	1 year	Q&M Dental Group: Scaling and polishing (\$74.90); consultation (\$21.40).	96.30	2	3.69
Screening	h8b	Cervical cancer	Do all recommended health screenings.	4 years	SFL: 25-29 years old, pap test every 3 years, \$5	5.00	1	0.02
Screening	h8b	Cervical cancer	"	25 years	SFL: From 30 years old, HPV test every 5 years, \$5 each	5.00	5	0.02
Screening	h8b	Breast cancer	"	29 years	SFL: From 50 years old, every 2 years, mammogram, \$50 each	50.00	3	0.10
Treatment	h8b	GP visits - Public	2 times per year. Polyclinic.	1 year	\$30 per visit, including consultation (\$13.20) and medication	30.00	2	1.15
Treatment	h8b	GP visits - Private	2 times per year. Private GP, when polyclinics are closed.	1 year	\$50 per visit, including consultation (\$30) and medication	50.00	2	1.92
Treatment	h8b	Lactation consultation	2 sessions of home visits, for first child only. \$230 per session. "Breastfeeding support is important, especially for first baby as the mother is inexperienced."	29 years	Lifespan equals the age range of 26 to 54 years	230.00	2	0.30
Emergency	h8b	A&E visits	Once a year	1 year	NUH/SGH: A&E charges	121.00	1	2.32

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Emergency	h8b	Dental emergency	Neighbourhood dental clinic, when polyclinics are closed. Around \$400, for consultation and procedures.	4 years	-	400.00	1	1.92
Insurance	h12c	Life insurance	Basic plan, premium around \$50 per month.	1 month	NTUC Income Star Assure Plan: Monthly premium of \$50 from 30 to 64 years old provides \$34,000 payment for death, terminal illness or total permanent disability	50.00	1	11.51
Insurance	h12c	Travel insurance	Cheapest, for the family.	1 year	FWD: Family package, 4D3N, Malaysia or Thailand, regardless of number of travellers	41.22	1	0.79
7-12 years old, boy								
Vaccination	h8b	Childhood immunisation	Take all recommended vaccinations in NCIS.	1 year	Childhood immunisation is provided free of charge	0.00	1	0.00
Screening	h8b	Health screening	Do all recommended health screenings.	1 year	Free under School Health Service	0.00	1	0.00
Screening	h8b	Dental care	Follow recommended care.	1 year	Free under School Dental Service	0.00	1	0.00
Treatment	h8b	GP visits - Public	6 times per year. Polyclinic. Around \$10 per visit.	1 year	-	10.00	6	1.15
Treatment	h8b	GP visits - Private	Once per year. Private GP. Around \$50 per visit.	1 year	-	50.00	1	0.96
Emergency	h8b	A&E visits	Twice a year. KKH. Around \$120 per visit.	1 year	KK Hospital: A&E charges for children	120.00	2	4.60
13-18 years old, girl								
Vaccination	h8b	Childhood immunisation	Take all recommended vaccinations in NCIS.	1 year	Childhood immunisation is provided free of charge	0.00	1	0.00
Screening	h8b	Health screening	Do all recommended health screenings.	1 year	Free under School Health Service	0.00	1	0.00
Screening	h8b	Dental care	Follow recommended care.	1 year	Free under School Dental Service	0.00	1	0.00
Treatment	h8b	GP visits - Public	4 times per year. Polyclinic. Around \$10 per visit.	1 year	-	10.00	4	0.77
Treatment	h8b	GP visits - Private	Once per year. Private GP. Around \$50 per visit.	1 year	-	50.00	1	0.96
Emergency	h8b	A&E visits	Once a year.	1 year	NUH/SGH: A&E charges	121.00	1	2.32

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Food

Total: 252.91

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Grocery items (eating in)								
Eating in	h1	High-fibre white bread	24 slices	FairPrice high-fibre white bread, around 9 slices	0.38	1.90	1	5.07
Eating in	h1	Rolled oats	160g	FairPrice rolled oats 1kg	6.25	4.75	1	0.76
Eating in	h1	Special K original corn flakes	120g	Kellogg's Special K cereal - original 300g	2.50	6.90	1	2.76
Eating in	h1	Spaghetti	180g	San Remo pasta - instant spaghetti 500g	2.78	2.40	1	0.86
Eating in	h1	Pasta	300g	San Remo pasta - penne 500g	1.67	2.40	1	1.44
Eating in	h1	Brown rice	200g	FairPrice Thailand rice - brown (unpolished) 5kg	25.00	11.20	1	0.45
Eating in	h1	White rice	200g	FairPrice jasmine fragrant rice 11 kg	55.00	14.30	1	0.26
Eating in	h1	Wholegrain burger bun	2 buns	Gardenia wholemeal buns - hamburger 4 buns	1.00	1.80	1	1.80
Eating in	h1	Coffee	6 cups (30g coffee powder)	FairPrice instant coffee powder jar - original blend 200g	6.67	6.25	1	0.94
Eating in	h1	Milo	3 cups (60g milo powder)	Milo instant chocolate malt drink powder - regular 1.4kg	23.33	13.20	1	0.57
Eating in	h1	Milk	4250ml	FairPrice UHT milk - low fat 1L	0.24	1.70	1	7.23
Eating in	h1	Low-fat cheese	5 slices	FairPrice cheese slices, 12 slices per pack, 3 packs	7.20	9.55	1	1.33
Eating in	h1	Low-fat yoghurt, berry-flavoured	1 tub	Marigold low fat yoghurt - mixed berries, 2 small tubs	2.00	2.20	1	1.10
Eating in	h1	Low fat yoghurt, plain	1 tub	Marigold low fat yoghurt - natural, 2 small tubs	2.00	2.20	1	1.10
Eating in	h1	Butter	6 servings (30g)	FairPrice block butter - pure creamery 250g	8.33	4.15	1	0.50
Eating in	h1	Ice-cream	3 scoops (180g)	Magnolia chocolate ice-cream 1.5L (Halal)	8.33	5.45	1	0.65
Eating in	h1	Minced chicken	450g	Pasar fresh chicken minced 270g (Halal)	0.60	2.78	1	4.63
Eating in	h1	Skinless chicken thigh	450g	Pasar fresh skinless chicken thigh 268g (Halal)	0.60	2.44	1	4.10
Eating in	h1	Batang	180g	Pasar batang steak 234g	1.30	4.19	1	3.22
Eating in	h1	Eggs	4 eggs	Pasar fresh eggs, 10 eggs	2.50	1.90	1	0.76
Eating in	h1	Spinach	100g	Chef Chinese spinach 250g	1.00	1.60	1	1.60
Eating in	h1	Cauliflower	200g	China cauliflower 294g	1.00	0.91	1	0.91
Eating in	h1	Cucumbers	100g	Pasar Japanese Cucumber 250g	1.00	1.20	1	1.20
Eating in	h1	Zucchini	280g	Thygrace green zucchini 554g	1.00	2.49	1	2.49
Eating in	h1	Pumpkin	100g	Malaysian fresh pumpkin 730g	1.00	1.31	1	1.31
Eating in	h1	Tomatoes	7 medium tomatoes (861g)	Fresh tomatoes 861g	1.00	2.84	1	2.84
Eating in	h1	Carrots	315g	Pasar Australia carrot 416g	1.00	0.80	1	0.80
Eating in	h1	Garlic	5 cloves (20g)	Chef China garlic 500g	3.00	2.45	1	0.82
Eating in	h1	Ginger	2 knobs (12g)	Pasar yellow ginger 200g	3.00	1.10	1	0.37
Eating in	h1	French beans	200g	YK french beans 250g	1.00	2.00	1	2.00
Eating in	h1	Bananas	6 bananas	1 bunch of bananas, 6 bananas	1.00	1.92	1	1.92

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Oranges	13 oranges	Pasar Australian Valencia oranges, a bag of around 9 oranges	0.69	4.50	1	6.50
Eating in	h1	Apples	6 apples	USA Royal Gala apples, 6 apples	1.00	5.25	1	5.25
Eating in	h1	Melon	11 servings, around 130g per serving	Sweet Farm Malaysia quarter melon 1.5kg	1.00	4.25	1	4.25
Eating in	h1	Honey	6 tsp (42g)	FairPrice 100% pure honey 500g	11.90	5.50	1	0.46
Eating in	h1	Cinnamon	4.5g	Crab brand, bottled cinnamon powder 50g (Halal)	11.11	1.65	1	0.15
Eating in	h1	Salt	7g	FairPrice fine salt 500g	71.43	0.42	1	0.01
Eating in	h1	Black pepper	7g	FairPrice black pepper - ground 100g	14.29	4.05	1	0.28
Eating in	h1	Mixed herbs	3.5 tsp (3.5g)	Masterfoods mixed herb blend 10g	2.86	3.90	1	1.37
Eating in	h1	Light soya sauce	10ml	FairPrice soya sauce - light 660ml	66.00	1.85	1	0.03
Eating in	h1	Vegetable oil	210ml	FairPrice vegetable oil 2L	9.52	5.75	1	0.60
Eating in	h1	Vanilla essence	7.5ml	Bake King essences - vanilla 26ml (Halal)	3.47	1.45	1	0.42
Eating in	h1	Sugar-free jam	10g	St.Dalfour fruit spread - strawberry (no additional sugar) 284g	28.40	5.30	1	0.19
Eating in	h1	Oyster sauce	Last until expiry date	FairPrice oyster sauce 430g	151.00	2.00	1	0.01
Eating in	h1	Chilli sauce	"	FairPrice chilli sauce - garlic 320g	66.14	1.40	1	0.02
Eating in	h1	Tomato ketchup	"	FairPrice tomato ketchup 320g	66.00	0.90	1	0.01
Eating in	h1	Turmeric powder	"	Baba's turmeric powder 125g	19.00	1.35	1	0.07
Eating in	h1	Candlenuts	"	Pasar dried buah keras (candlenut) 100g	49.71	1.20	1	0.02
Eating in	h1	Cumin powder	"	Baba's cumin powder 250g	18.71	3.35	1	0.18
Eating in	h1	Curry powder	"	Baba's packet curry powder - meat 250g	18.71	1.75	1	0.09
Eating in	h1	Cinnamon sticks	"	Crab brand cinnamon sticks, around 5 sticks, 30g	37.86	1.65	1	0.04
Eating in	h1	Chilli powder	"	Baba's chilli powder 250g	18.71	2.55	1	0.14
Eating in	h1	Garam masala	"	Baba's garam masala 70g	15.71	2.30	1	0.15
Eating in	h1	Coconut milk/cream	"	FairPrice natural coconut cream 200ml	60.29	0.75	1	0.01
Eating in	h1	Salad dressing	"	FairPrice thousand island 340g	33.14	3.55	1	0.11
Eating in	h1	Sugar	"	FairPrice pure cane sugar - fine grain 1kg	96.14	1.50	1	0.02
Eating in	h1	Fish sauce	"	Tiparos Thai fish sauce 700ml	97.86	1.80	1	0.02
Eating in	h1	Diced tomatoes	1.5 cans	Hunt's diced tomato 411g	1.00	2.45	2	4.90
Eating in	h1	Chicken/beef patty	2 patties	Sadia frozen burger patties - chicken, 4 per pack, 320g (Halal)	2.00	4.85	1	2.43
Eating in	h1	Canned tuna in water	80g	FairPrice tuna flakes - water 185g	1.00	2.10	1	2.10
Eating in	h1	Frozen mixed vegetables	150g	FairPrice frozen fresh mixed vegetables 400g	2.67	2.10	1	0.79
Eating in	h1	Frozen french fries	200g	FairPrice french fries straight cut 1kg (Halal)	5.00	3.35	1	0.67
Eating in	h1	Pandan chiffon cake	3 slices	Pandan chiffon cake 1 slice	1.00	1.60	3	4.80
Eating in	h1	Plain crackers	1 packet	Meiji plain crackers - original, 7 pieces per pack, 4 packs	4.00	1.50	1	0.38
Eating in	h1	Biscuits	1 packet	Munchy's oat crunch crackers - chunky hazelnut, 8 pieves per pack, 8 packs	8.00	2.90	2	0.73
Eating in	h1	Granola bar	1 bar	Nature Valley crunchy granola bar 12 bars	12.00	5.85	1	0.49
Eating in	h1	Potato chips	50g	Fairprice potato chips 75g	1.50	1.15	1	0.77

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Mother (eating out)								
Eating out	h3b	Fast food breakfast set	1 breakfast set meal with 1 cup coffee/tea with milk and sugar	McDonald's: Sausage McMuffin with egg, hash brown, coffee/tea	1	5.40	1	5.40
Eating out	h3b	Grilled fish with rice	1 plate of grilled fish/chicken with mashed potato/fries/rice	City area hawker centre: Grilled fish with rice	1	5.00	1	5.00
Eating out	h3b	Grilled fish with rice "		Food court: Grilled fish with sambal rice/fries \$8, or chicken chop with fries \$7.50	1	8.00	1	8.00
Eating out	h3b	Nasi padang	4 plates of economy rice or nasi padang (choose 1 meat and 2 vegetable dishes)	City area hawker centre/food court: Nasi padang (rice, 1 meat, 2 vegetables)	1	5.50	4	22.00
Eating out	h3b	Sliced fish bee hoon soup	1 serving	City area hawker centre: Sliced fish bee hoon soup	1	5.00	1	5.00
Eating out	h3b	Chicken rice	1 serving	City area hawker centre: Roasted chicken rice	1	3.00	1	3.00
Eating out	h3b	Chicken porridge	1 bowl of sliced fish or chicken porridge with 1 egg	Neighbourhood hawker centre: Shredded chicken porridge \$3.50, egg \$0.50	1	4.00	1	4.00
Eating out	h3b	Yong tau foo with kway teow soup	1 serving	Neighbourhood hawker centre: Yong tau foo, 6 pieces with bee hoon or rice	1	3.00	1	3.00
Eating out	h3b	Chicken pau	1 piece	City area shopping mall: Chicken pau	1	1.80	1	1.80
Eating out	h3b	Curry puff	1 piece	City area shopping mall: Curry puff	1	2.00	1	2.00
Eating out	h3b	Coffee/tea	1 cup	City area hawker centre: Kopi-si	1	1.00	1	1.00
Eating out	h3b	Fruit	2 servings of fruit	City area hawker centre/neighbourhood hawker centre/food court: Fruit (\$0.80-\$1)	1	1.00	2	2.00
7-12 years old, boy (eating out)								
Eating out	h3b	Fast food breakfast set	1 breakfast set meal with 1 cup of milo/juice	McDonald's: Hotcakes, hash brown and milo	1	7.35	1	7.35
Eating out	h3b	Western food	Fried chicken with fries and coleslaw	Neighbourhood coffee shop: Deep fried chicken steak with coleslaw and fries	1	6.90	1	6.90
Eating out	h3b	Grilled fish with rice	1 plate of grilled fish/chicken with mashed potato/fries/rice	Food court: Grilled fish with sambal rice/fries \$8, or chicken chop with fries \$7.50	1	8.00	1	8.00
Eating out	h3b	Yong tau foo with bee hoon soup	1 serving	Food court: Yong tau foo, 7 pieces with bee hoon or rice	1	6.00	1	6.00
Eating out	h3b	Sushi set	1 set	School canteen: Sushi with cucumber and egg set \$1.80, milo packet \$0.80	1	2.60	1	2.60
Eating out	h3b	Sandwich	2 servings of ceese sandwich or tuna sandwich	School canteen: Cheese sandwich	1	0.60	2	1.20
Eating out	h3b	Yogurt	2 servings	School canteen: Meiji yoghurt	1	0.90	2	1.80
Eating out	h3b	Milk	2 packets	School canteen: HL packet milk	1	0.90	2	1.80
13-18 years old, girl (eating out)								
Eating out	h3b	Fast food breakfast set	1 breakfast set meal with 1 cup of milo/juice	McDonald's: Hotcakes, hash brown and milo	1	7.35	1	7.35
Eating out	h3b	Chicken rice	1 plate of chicken rice or char siew rice (lean)	School canteen: Chicken rice	1	2.50	1	2.50
Eating out	h3b	Fishball noodles	2 bowls of fishball noodles or 2 plates of sliced fish noodle soup	School canteen: Fishball noodles	1	2.80	2	5.60
Eating out	h3b	Teriyaki chicken rice	1 serving	School canteen: Teriyaki chicken rice	1	2.00	1	2.00
Eating out	h3b	Char siew rice	1 plate of char siew rice or duck breast rice with more cucumber	Food court: Char siew rice	1	3.50	1	3.50

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating out	h3b	Western food	2 plates of grilled fish/chicken with mashed potato/fries/rice	Food court: Grilled fish with sambal rice/fries \$8, or chicken chop with fries \$7.50	1	8.00	2	16.00
Eating out	h3b	Chicken rice	1 plate of chicken rice or economy rice or nasi padang (choose 1 meat and 2 vegetable dishes)	Food court: Chicken rice	1	3.00	1	3.00
Eating out	h3b	Gilled chicken with rice	1 plate of grilled fish/chicken with mashed potato/fries/rice	Neighbourhood hawker centre: Chicken chop or pork chop with fries and baked beans	1	6.50	1	6.50
Eating out	h3b	Yong tau foo with bee hoon soup	1 bowl of wanton noodles soup or yong tau foo with bee hoon soup	Food court: Yong tau foo, 7 pieces with bee hoon or rice	1	6.00	1	6.00
Eating out	h3b	Sandwich	3 servings of cheese sandwich or tuna sandwich	School canteen: Sandwich	1	2.00	3	6.00
Eating out	h3b	Chicke pau	2 pieces	School canteen: Pau	1	0.80	2	1.60
Eating out	h3b	Milo	1 packet	School canteen: Milo packet	1	0.80	1	0.80

Household 2 - Single mother with two children 7-12 years old (boy), 13-18 years old (girl)

Housing and utilities

Total: 304.32

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6a	Housing	-	-	4-room HDB BTO flat, purchased at 26 years old. See details in report.	-	-	256.63
Housing	h12c	Fire insurance	Just fire insurance. Other home insurance not necessary as nothing valuable at home.	29 years	HDB Fire Insurance Scheme: FWD Insurance 5-year coverage, for 4-room flats.	5.94	6	0.02
Town council	h6c	Service and Conservancy Charges	-	1 month	Highest published rate (Bishan-Toa Payoh Town Council, since 1 Jun 2018), for 4-room flats.	64.00	1	14.73
Utilities	h6c	Water	-	1 month	Water tariff: \$2.74 per cubic metre (since 1 Jul 2018). National average usage for 4-room flats: 19.7 cubic metres (July 2020).	53.98	1	12.42
Utilities	h6c	Electricity	-	1 month	Electricity Tariff: \$0.2097/kWh (1 Jul 20 - 30 Sep 20). National average usage for 4-room flats: 461 kWh (July 2020).	96.67	1	22.25
Utilities	h6c	Gas	-	1 month	Gas Tariff: \$0.1636/kWh (1 Jul 20 - 30 Sep 20). National average usage for 4-room flats: 117 kWh (July 2020).	19.14	1	4.41
Utilities	h6c	GST Voucher – U-save	-	-	Permanent scheme (Regular GSTV – U-Save) with rates based on housing type. Annual subsidy of \$320 for 4-room flats is deducted from utilities costs. [U-Save Special is not included]	-	-	-6.14