

Household 5 - Partnered parents with one child 19-25 years old (male)

Household goods

Total: 90.78

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Household / parents								
Housing	h6b	Flooring	Non-slip tiles for the whole flat, 3-room flat. Low price.	30 years	Non-slip tiles, \$6psf x 65sqm (=699.65sqf)	4197.90	1	2.68
Housing	h7a	Night curtain	3-room flat, 2 sets for each bedroom, total 4 sets. Neighbourhood shop. Ready-made. Average price.	5 years	IKEA: MERETE room darkening curtains, 1 pair, 145x250cm	59.00	4	0.91
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	3-room flat, 1 set for living room and each bedroom, total 3 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	3	0.03
Housing	h7a	Light bulbs	3-room flat, 2 for living room and dining area, 2 for 2 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	8	0.15
Housing	h7a	Light casing	3-room flat. Neighbourhood hardware shop. Plastic casing.	10 years	IKEA: BJÄRESJÖ ceiling lamp	3.90	8	0.06
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 child's bedroom. NTUC. Average price.	8 years	NTUC: PowerPac (PPFS616) 16" stand fan	55.90	1	0.13
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, 2 bedrooms, aluminium grilles in silver or bronze.	980.00	1	0.94
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	2 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 each. Handphone with good camera, Huawei/Xiaomi/Oppo.	2 years	Xiaomi store: Xiaomi redmi 9C (2GB RAM + 32GB ROM)	159.00	2	3.05
Living room	h9	Mobile plan	SIM-only plan.	1 month	Circles Life: Monthly 20GB, 100min talk time, 25 SMS	18.00	2	8.28
Living room	h9	Internet	Cheapest.	1 month	WhizComms: Monthly plan 1Gbps fibre broadband plan with router, 2-year contract	39.00	1	8.98

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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	Computer 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 family annual plan	148.00	1	2.84
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
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

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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
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

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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 bottle. NTUC. Laundry 3 times per week. Cheapest.	1 month	NTUC: FairPrice fabric softener refill - lavender, 1L	1.15	1	0.26
Laundry/ cleaning	h7a	Iron	1 unit. Courts/Harvey Norman. Philips, 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)	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
Laundry/ cleaning	h7b	Bleach	1 bottle. NTUC. Cheapest.	3 months	NTUC: FairPrice anti-bacterial bleach white, 1L	1.15	1	0.09

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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
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

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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, packs 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
19-25 years old, male								
Living room	h9	Mobile phone	Cheapest used phone on Carousell. 4GB, phone can last for 4 years.	4 years	Carousell: Used Samsung Galaxy A70, 128GB, 1.5 years	300.00	1	1.44
Living room	h9	Mobile plan	SIM-only plan.	1 month	Circles Life: Monthly 20GB, 100min talk time, 25 SMS	18.00	1	4.14
Living room	h10a	Laptop	1 piece. Harvey Norman/Challenger. Acer equivalent laptop, minimum i5 processor. Average price, around \$1200. No sharing of laptops as each child may need their own laptop at the same time.	4 years	Courts: Acer A515-56G-586Y (silver) 15.6" Intel Core i5-1135G7 8GB 512GB SSD Win 10 Home	1298.00	1	6.22
Living room	h10b	Reading materials	For books and other reading materials. Annual budget \$80.	1 year	-	80.00	1	1.53
Laundry/ cleaning	h7a	Hangers	30 pieces.	10 years	Neighbourhood shop: Hangers, pack of 10	1.00	3	0.01
Bedroom	h7a	Bed	1 piece. IKEA. Single bed, wooden frame with drawers for storage. Cheapest.	10 years	IKEA: MALM bed frame, high, with 2 storage boxes, 90x200cm	299.00	1	0.57

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Bedroom	h7a	Mattress	1 piece. IKEA. Single bed. Average price.	6 years	IKEA: OMSNIT pocket sprung mattress for extendable bed 80x200cm	230.00	1	0.74
Bedroom	h7a	Mattress protector	1 piece.	2 years	IKEA: STJÄRNLÖK mattress protector, 90x200cm	4.90	1	0.05
Bedroom	h7a	Pillows	2 pieces. Metro. Average price.	5 years	IKEA: GULDPALM pillow, softer, 50x80cm	79.00	2	0.61
Bedroom	h7a	Blanket	2 pieces. IKEA. Sheet cover, for single bed. Low price.	5 years	IKEA; STINAMAJ throw, 130x170cm	19.90	2	0.15
Bedroom	h7a	Bedsheets	2 pieces. IKEA. For single bed. Cheapest.	3 years	IKEA: KNOPPA fitted sheet, 90x200cm	4.90	2	0.06
Bedroom	h7a	Pillow cases	2 pieces. IKEA. Cheapest.	3 years	IKEA: FARGMARA pillowcase 50x80cm	4.90	2	0.06
Bedroom	h7a	Wardrobe	1 unit. Neighbourhood shop. Wooden, 2-door, with hanging space and drawers, ceiling height, full-length mirror inside. Cheapest.	10 years	IKEA: PAX wardrobe with mirror, 150x60x201cm	520.00	1	1.00
Bedroom	h7a	Study table	1 piece. IKEA. Either a study table or dressing table, wooden. Cheapest.	7 years	IKEA: LINNMON table, 100x60cm	39.00	1	0.11
Bedroom	h7a	Chair	1 piece. Must protect back. IKEA.	10 years	IKEA: BLECKBERGET swivel chair, Idekulla beige, cushiony seat	79.00	1	0.15
Bedroom	h7a	Bookcase	1 piece. IKEA. Ceiling height, wooden, open type, can double up as storage. Cheapest.	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
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

Household 5 - Partnered parents with one child 19-25 years old (male)

Personal goods

Total: 70.40

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother and father								
Bathroom	h12a	Bath towels	2 pieces each. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Medium-sized bath towel	6.90	4	0.18
Bathroom	h12a	Face towels	2 pieces each. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Face towel	1.80	4	0.05
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.	8.6 weeks	NTUC: FairPrice Onwards toilet tissue roll (2 ply), pack of 30 rolls	18.95	1	2.21
Toiletries	h12a	Shampoo	1 bottle. NTUC. Around 900ml. Low price.	1.5 months	NTUC: Pantene Pro-V shampoo, 750ml	9.95	1	1.53
Toiletries	h12a	Shower cream	1 bottle. NTUC. Around 900ml. Low price.	1 month	NTUC: Lux shower cream - soft touch, 950ml	8.90	1	2.05
Toiletries	h12a	Toothbrush	1 piece each. NTUC. Low price.	4.5 months	NTUC: Systema gum care toothbrush - large (soft), 2 + 1 free	7.90	1	0.40
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	1.5 months	NTUC: Systema gum care toothpaste - sakura mint, 160g	3.95	1	0.61
Toiletries	h12a	Mouthwash	1 bottle. NTUC. Low price.	1.5 months	NTUC: Pearlie white fluoride mouth rinse - mint, 2 x 750ml	7.95	1	1.22
Toiletries	h12a	Dental floss	1 piece. NTUC. Low price.	1.5 months	NTUC: Systema 3D expandable floss (40m)	5.45	1	0.84
Toiletries	h12a	Cotton buds	1 pack. NTUC. Low price.	1.5 months	NTUC: Tollyjoy cotton buds - slim, 100 per pack	2.20	1	0.34
Toiletries	h12a	Weighing scale	1 piece. Giant. Cheapest.	5 years	Giant: Bathroom scale	19.90	1	0.08
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
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	2	3.78
Personal care	h8a	Thermometer	1 piece. Watsons. 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	6	4.14
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	2	0.35
Personal care	h8a	Mosquito repellent	1 bottle. Watsons. Low price.	3 months	Watsons: Watsons mosquito repellent spray, 100ml	5.50	1	0.42
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: Strepsils 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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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	1 box. Watsons. Include items such as plasters, alcohol swabs, antiseptic solution.	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
Mother								
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	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	Hairbrush	1 piece. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Hairbrush	3.90	1	0.02
Toiletries	h12a	Body moisturiser	1 piece. NTUC. Share with kids. 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, with SPF. Average price.	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 pack. Watsons/neighbourhood shop. For make-up. Low price.	3 months	Venus Beauty: Athena cosmetic cotton pads, pack of 120 pieces	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	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
Personal care	h12a	Haircut	Once a month. About \$10 per cut.	1 month	kcuts: Multiple outlets around Singapore	12.00	1	2.76
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
Father								
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	Perfume/cologne	1 bottle. Watsons/Guardian. Average price.	1 year	Venus Beauty: Davidoff cool water for men EDT 125ml	39.90	1	0.77
Toiletries	h12a	Deodorant	1 piece. NTUC. Low price.	3 months	NTUC: Nivea anti-perspirant invisible long lasting 48hr black and white deodorant, 50ml	4.95	1	0.38
Toiletries	h12a	Shaver	1 pack. NTUC. Manual. Average price.	2 years	NTUC: Gillette razor 'Fusion ProGlide' with flexball	16.50	1	0.16

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Toiletries	h12a	Shaver blades	1 pack. NTUC. Average price.	4 months	NTUC: Gillette razor cartridge refill - 'Fusion ProGlide', pack of 4	24.95	1	1.44
Toiletries	h12a	Body powder	1 bottle. NTUC. Low price.	3 months	NTUC: Snake brand prickly heat cooling powder - classic, 150g	1.50	1	0.12
Toiletries	h12a	Comb	1 piece. Neighbourhood shop. Low price.	5 years	Neighbourhood shop: Comb	2.00	1	0.01
Toiletries	h12a	Hair gel	1 bottle. NTUC. Standard. Average price.	3 months	NTUC: Gatsby styling wax matte, 80g	8.80	1	0.68
Personal care	h12a	Haircut	Once a month. About \$10 per cut.	1 month	kcuts: Multiple outlets around Singapore	12.00	1	2.76
Personal care	h8a	Condoms	1 pack. Pharmacy. Average price.	3 months	Watsons: Durex 'Close Fit', \$14.95, pack of 12	14.95	1	1.15
19-25 years old, male								
Bathroom	h12a	Bath towels	2 pieces. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Medium-sized bath towel	6.90	2	0.09
Bathroom	h12a	Face towels	2 pieces. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Face towel	1.80	2	0.02
Bathroom	h12a	Sports towels	2 pieces. Decathlon. Cheapest.	5 years	Decathlon: DOMYOS small cotton fitness towel - black	5.00	2	0.04
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. Neighbourhood shop/NTUC. Dove, Pantene, Sunsilk.	3 months	NTUC: Pantene Pro-V shampoo, 750ml	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	Comb	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Comb	1.90	1	0.01
Toiletries	h12a	Hairbrush	1 piece. Neighbourhood shop. Cheapest.	3 years	Neighbourhood shop: Brush	2.90	1	0.02
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	3 months	NTUC: Systema gum care toothpaste - breezy mint, 160g	3.95	1	0.30
Toiletries	h12a	Toothbrush	1 piece. Neighbourhood shop. Low price.	3 months	Neighbourhood shop: Colgate toothbrush	1.90	1	0.15
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	Sunscreen	1 bottle. Watsons. Low price.	6 months	Watsons High protection sunscreen SPF50 + body lotion, 100ml	12.90	1	0.49
Toiletries	h12a	Facial wash	1 bottle. Neighbourhood shop. Garnier. Average price.	3 months	Neighbourhood shop: Garnier face wash, 100ml	4.50	1	0.35
Toiletries	h12a	Nail clipper	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Nail clippers	3.90	1	0.01
Toiletries	h12a	Cotton buds	1 pack. NTUC/neighbourhood shop. Low price.	3 months	Venus Beauty: 'Pretty' cotton buds, 200 buds	1.00	1	0.08
Toiletries	h12a	Perfume/cologne	1 bottle. For good impression. Average price.	1 year	Venus Beauty: Davidoff cool water for men EDT 125ml	39.90	1	0.77
Toiletries	h12a	Deodorant	1 bottle. Neighbourhood shop. Nivea, Dove. Low price.	3 months	Neighbourhood shop: Nivea deodorant roll on, men deep black charcoal, 50ml	3.20	1	0.25
Toiletries	h12a	Hair gel	1 bottle. Guardian. Low price.	3 months	Watsons: Gatsby gel wax hard type, 100g	8.80	1	0.68
Toiletries	h12a	Shaver	1 pack. NTUC. Manual. Average price.	2 years	NTUC: Gillette razor 'Fusion ProGlide' with flexball	16.50	1	0.16
Toiletries	h12a	Shaver blades	1 pack. NTUC. Average price.	4 months	NTUC: Gillette razor cartridge refill - 'Fusion ProGlide', 4 per pack	24.95	1	1.44
Personal care	h8a	Spectacles	1 set. Neighbourhood shop. \$100.	2 years	Neighbourhood optical shop: Frame and lens	100.00	1	0.96
Personal care	h8a	Contact lens	6 boxes. Neighbourhood shop. Monthly contact lens.	1 year	Neighbourhood optical shop: Monthly contact lens (6 contacts in 1 box, last 3 months), 4 boxes	100.00	1	1.92
Personal care	h8a	Contact lens solution	6 bottles. Neighbourhood shop.	1 year	Neighbourhood optical shop: Contact lens solution, 1 set of 3 bottles	33.80	2	1.30
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 a month. Neighbourhood shop. Around \$10.	1 month	kcuts: Multiple outlets around Singapore	12.00	1	2.76

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Personal care	h8a	Condoms	1 pack. Pharmacy. Average price.	3 months	Watsons: Durex 'Close Fit', pack of 12	14.95	1	1.15
Personal care	h8a	Mosquito repellent	1 bottle. Watsons. Low price.	3 months	Watsons: Watsons mosquito repellent spray, 100ml	5.50	1	0.42
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. Watson. Average price.	1 year	Watsons: Strepsils 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.	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

Household 5 - Partnered parents with one child 19-25 years old (male)

Transport

Total: 83.23

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother and father								
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	2	58.93
Transport	h5b	Taxi, private hire car	2 trips in total per month between couple. For long distances, \$20 per trip.	1 month	-	20.00	2	9.21
19-25 years old, male								
Transport	h5b	MRT and bus	Up to 4 trips per day. Bus services and trains.	1 month	Undergraduate Concession Card: Monthly bus concession pass, unlimited travel on basic fare buses (\$55.50 + \$8.10 application fee)	55.60	1	12.79
Transport	h5b	Taxi, private hire car	6 trips per year. For emergencies, bad weather conditions, transport after midnight (e.g. after suppers). For long distance, \$20 per trip.	1 year	-	20.00	6	2.30

Household 5 - Partnered parents with one child 19-25 years old (male)

Clothing

Total: 41.55

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother								
Outerwear	h4a	Sweater/cardigan	1 piece. H&M/Uniqlo. Low price.	5 years	H&M: Fine-knit cardigan	19.95	1	0.08
Casual	h4a	Short-sleeved t-shirts	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Ribbed cotton t-shirt	14.95	5	0.48
Casual	h4a	Long-sleeved t-shirts	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Long-sleeved cotton shirt	19.95	5	0.64
Casual	h4a	Skirts	1 piece. H&M/Uniqlo. Low price.	3 years	H&M: Cotton jersey skirt	19.95	1	0.13
Casual	h4a	Shorts	2 pairs. H&M/Uniqlo. Low price.	3 years	H&M: Linen blend shorts	19.95	2	0.26
Casual	h4a	Trousers	2 pairs. H&M/Uniqlo. Low price.	3 years	H&M: Pull-on trousers	16.95	2	0.22
Casual	h4a	Jeans	1 pair. H&M/Uniqlo. Low price.	3 years	H&M: Skinny regular jeans	29.95	1	0.19
Formal	h4a	Long sleeved shirts	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: Cotton stretch buttoned down shirt	29.95	5	0.96
Formal	h4a	Blouses	5 pieces. H&M/Uniqlo. Low price.	3 years	H&M: V-necked satin buttoned-down blouse	29.95	5	0.96
Formal	h4a	Trousers/skirts	10 pieces. H&M/Uniqlo. For work. Low price.	3 years	H&M: Cigarette trousers	29.95	10	1.91
Exercise	h4a	Sports bras	1 piece. Decathlon. Low price.	3 years	Decathlon: Kalenji classic running sports bra	15.00	1	0.10
Exercise	h4a	Running tops	1 piece. Decathlon. Quick-drying. Low price.	3 years	Decathlon: Kalenji run dry+ women's running tank top	12.00	1	0.08
Exercise	h4a	Running bottoms	1 piece. Decathlon. Quick-drying. Low price.	3 years	Decathlon: Gym bottoms	10.00	1	0.06
Exercise	h4a	Swimming attire	1 piece. Decathlon. Low price.	5 years	Decathlon: Nabaiji women's one-piece swimsuit audrey sleeves (long sleeve, 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	5.00	5	0.24
Homewear	h4a	Tank tops	2 pieces. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Top	5.90	2	0.11
Homewear	h4a	Shorts	7 pairs. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Shorts	5.00	7	0.34
Cultural items	h4a	Ethnic accessories	Budget \$100 every 5 years. For prayer clothes, tudung, telekong.	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.	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. Average price, sale range.	2 years	OG: Sorella assorted lace, cotton, pack of 5	22.90	2	0.44
Underwear	h4a	Bras	10 pieces. Department store. Average price, sale range.	3 years	OG: Sorella underwire bra, semi-padded	32.90	10	2.10
Footwear	h4b	Socks	1 pair. Decathlon. For sports. Low price.	5 years	Decathlon: Artengo mid sports socks, pack of 3	4.90	1	0.02
Footwear	h4b	Heels	2 pairs. Bata. Formal. Low price.	5 years	Bata: Renate black ladies classic pump shoes	44.95	2	0.34
Footwear	h4b	Flats	1 pair. Bata. Low price.	2 years	Bata: Gaia Khaki ladies chevron stitch detail moccasins	44.95	1	0.43
Footwear	h4b	Sports shoes	1 pair. Decathlon. Cheapest.	3 years	Decathlon: Women's active walking shoes	25.00	1	0.16
Footwear	h4b	Sandals	1 pair. Bata. Low price.	2 years	Bata: Bata comfit ladies sandals	34.95	1	0.34
Footwear	h4b	Slippers	1 pair, Decathlon. Low price.	2 years	Decathlon: Olaian men's flip-flops to 120	5.90	1	0.06
Accessories	h12b	Backpack	1 piece. Decathlon. Low price.	5 years	Decathlon: Sports backpack, 20L	30.00	1	0.12
Accessories	h12b	Neighbourhood bag	1 piece. Decathlon. To use around neighbourhood.	5 years	Cotton On: Foundation fashion tote	5.00	1	0.02
Accessories	h12b	Work bag	1 piece. Department store. Low price.	3 years	OG: Perlini&Mel double handle bag with canvas sling	49.90	1	0.32
Accessories	h12b	Handbag	1 piece. Metro. For dressy occasion, can hold mobile phone and wallet.	5 years	Charles&Keith: Chain strap push-lock shoulder bag	69.90	1	0.27

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Wallet	1 piece. Metro. With purse function.	2 years	OG: Perlini&Mel trifold long purse	35.00	1	0.34
Accessories	h12b	Fashion accessories	Annual budget \$50. For earrings, hair clips/ties, brooches.	1 year	-	50.00	1	0.96
Accessories	h12b	Sports watch	1 piece. OG. Cheapest.	3 years	OG: Casio sports watch, rubber strap, water resist 100m	49.00	1	0.31
Accessories	h12b	Formal watch	1 piece. OG. Cheapest.	5 years	OG: Casio stainless steel watch	52.00	1	0.20
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. Department store. 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. OG. Low price.	10 years	OG: Beverly Hill Polo Club expandable double wheel soft case, 20"	69.00	1	0.13
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Fldable umbrella.	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
Father								
Outerwear	h4a	Windbreaker	1 piece. Decathlon. Low price.	5 years	Decathlon: Sailing 100 men's waterproof jacket	49.95	1	0.19
Casual	h4a	Polo shirts	5 pieces. Uniqlo/H&M. Low price.	4 years	H&M: Muscle fit polo-tee	17.95	5	0.43
Casual	h4a	T-shirts	5 pieces. Uniqlo/H&M. Low price.	4 years	H&M: Divided t-shirt	16.95	5	0.41
Casual	h4a	Bermudas	3 pairs. Uniqlo/H&M. Low price.	4 years	H&M: Chino/tailored shorts	29.95	3	0.43
Casual	h4a	Trousers	2 pairs. Uniqlo/H&M. Low price.	4 years	H&M: Cotton twill trousers	39.95	2	0.38
Casual	h4a	Jeans	1 pair. Uniqlo/H&M. Low price.	5 years	H&M: Regular fit jeans	49.95	1	0.19
Formal	h4a	Short-sleeved shirts	3 pieces. Uniqlo/H&M. Low price.	4 years	H&M: Premium cotton buttoned-down shirt	29.95	3	0.43
Formal	h4a	Long-sleeved shirts	4 pieces. Uniqlo/H&M. Low price.	4 years	H&M: Premium cotton shirt	39.95	4	0.77
Formal	h4a	Suit jacket	1 piece. H&M/Uniqlo. For work or special occasions. Average price.	5 years	H&M: Premium quality linen jacket slim fit	109.00	1	0.42
Formal	h4a	Suit trousers	1 pair to match suit jacket. H&M/Uniqlo. For work or special occasions. Average price.	5 years	H&M: Premium quality linen suit trousers	49.95	1	0.19
Formal	h4a	Trousers	2 pieces. H&M/Uniqlo. Low price.	4 years	H&M: Slim fit chinos	39.95	2	0.38
Exercise	h4a	T-shirts	2 pieces. Decathlon. Low price.	3 years	Decathlon: Kalenji run dry men's running t-shirt	15.00	2	0.19
Exercise	h4a	Swimming attire	1 piece. Decathlon. Low price.	3 years	Decathlon: Nabaiji men's swim shorts	8.50	1	0.05
Exercise	h4a	Swimming goggles	1 piece. Decathlon. Cheapest.	3 years	Decathlon: Nabaiji X-base swimming goggles adult	4.90	1	0.03
Homewear	h4a	T-shirts	5 pieces. Neighbourhood shop. Low price.	4 years	Neighbourhood shop: T-shirt	5.00	5	0.12
Homewear	h4a	Singlets	3 pieces. Neighbourhood shop. Low price.	4 years	Neighbourhood shop: Singlet	5.90	3	0.08
Homewear	h4a	Shorts	5 pairs. Neighbourhood shop. Low price.	4 years	Neighbourhood shop: Shorts knee length	8.90	5	0.21
Special occasion	h4a	Ethnic wear	2 sets. Geylang/Mustafa. Low price.	2 years	Zalora: LUBNA baju melayu telok belanga modern	50.00	2	0.96
Underwear	h4a	Underwear	10 pieces. OG. Low price.	2 years	OG: Goldlion underwear, pack of 5, 2 packs for \$20	20.00	1	0.19
Footwear	h4b	Ankle socks	5 pairs. Decathlon. Low price.	2 years	Decathlon: Artengo low sports socks, pack of 3	6.90	2	0.13
Footwear	h4b	Formal socks	5 pairs. Low price.	2 years	Bata: Socks, pack of 3	14.95	2	0.29
Footwear	h4b	Sports socks	5 pairs. Decathlon. Low price.	2 years	Decathlon: Artengo mid sports socks, pack of 3	4.90	2	0.09
Footwear	h4b	Leather shoes	1 pair. Bata. Average price.	2 years	Bata: Red Label men camel brown leather buck shoes	79.95	1	0.77
Footwear	h4b	Loafers	1 pair. Bata. Low price.	2 years	Bata: Air motion men coffee brown penny loafers	59.95	1	0.57
Footwear	h4b	Sports shoes	1 pair. Decathlon. Low price.	2 years	Decathlon: Newfeel men's fitness walking shoes	25.00	1	0.24
Footwear	h4b	Sandals	1 pair. Decathlon. Low price.	2 years	Decathlon: Quechua men's hiking walking sandals	35.00	1	0.34
Footwear	h4b	Slippers/flip-flops	1 pair. Decathlon. Low price.	2 years	Decathlon: Olaian men's flip-flops	5.90	1	0.06
Accessories	h12b	Laptop backpack	1 piece. OG. Must fit laptop. Low price.	3 years	Challenger: Targus geolite, 15.6 inch	49.00	1	0.31
Accessories	h12b	Sling/casual bag	1 piece. OG. Low price.	3 years	OG: Everlast casual sling bag - canvas	29.90	1	0.19

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Wallet and formal belt set	1 piece. OG. Low price.	5 years	BHG: Goldlion wallet and belt set	79.00	1	0.30
Accessories	h12b	Sports watch	1 piece. OG. Cheapest.	3 years	OG: Casio sports watch, rubber strap, water resist 100m	49.00	1	0.31
Accessories	h12b	Formal watch	1 piece. OG. Cheapest.	5 years	OG: Casio stainless steel watch	52.00	1	0.20
Accessories	h12b	Fashion accessories	Budget \$100 every 5 years. Need to look presentable, cannot buy the cheapest tie. One wears accessories to look respectable.	5 years	OG: Goldlion ties, assorted colours (\$39.90); Mango Isetan cufflinks (\$45.90); Polarized sunglasses (\$19.95).	100.00	1	0.38
Accessories	h12b	Cap	1 piece. Decathlon. Low price.	5 years	Decathlon: Artengo TC 500 racket sports cap	8.90	1	0.03
Accessories	h12b	Casual Belt	1 piece, H&M. Low price.	3 years	H&M: PU leather belt	16.95	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. OG. Low price.	10 years	OG: Beverly Hill Polo Club expandable double wheel soft case, 25"	79.00	1	0.15
Accessories	h12b	Umbrella	1 piece. OG. Low price.	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
19-25 years old, male								
Outwear	h4a	Jacket	1 piece. H&M. Low price.	3 years	H&M: Stand up collar jacket	34.95	1	0.22
Casual	h4a	Polo shirts	1 piece. H&M/Uniqlo. Average price.	2 years	Uniqlo: Polo shirt	29.90	1	0.29
Casual	h4a	Round neck t-shirts	3 pieces. H&M/Uniqlo. Normal round neck t-shirts. Cheapest.	2 years	Uniqlo: U crew neck short sleeve t-shirt	7.90	3	0.23
Casual	h4a	Henley shirt	5 pieces. H&M/Uniqlo. Average price.	4 years	Uniqlo: Men slub jersey henley neck short sleeve t-shirt	14.90	5	0.36
Casual	h4a	Bermudas	4 pairs. H&M/Uniqlo. Low price.	2 years	Uniqlo: Chino shorts	29.90	4	1.15
Casual	h4a	Jeans	2 pairs. H&M/Uniqlo. Average price.	2 years	H&M: Jeans	54.95	2	1.05
Formal	h4a	Long-sleeved shirts	5 pieces. Uniqlo. Cheapest.	2 years	Uniqlo: Men oxford slim fit long sleeve shirt	29.90	5	1.43
Formal	h4a	Blazer/jacket	1 piece. G2000. Cheapest.	5 years	H&M: Conscious suit blazer (black) & suit pants	144.90	1	0.56
Formal	h4a	Trousers	3 pairs. H&M. For work. Cheapest.	3 years	H&M: Suit trousers skinny fit	29.95	3	0.57
Exercise	h4a	Swimming trunks	1 pair. Decathlon. Cheapest.	3 years	Decathlon: 100 Basic men's swim shorts	8.50	1	0.05
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	10 pieces. H&M/Giordano. Less than \$10 each.	4 years	H&M: 5-pack t-shirts, slim fit	49.95	2	0.48
Homewear	h4a	Singlets	5 pieces. Uniqlo/H&M. Can double up as sports wear. Low price.	4 years	H&M: Tank top	8.95	5	0.21
Homewear	h4a	Shorts	10 pairs. Neighbourhood shop. Can double up as sports wear. Cheapest.	4 years	Neighbourhood shop: Shorts	7.00	10	0.34
Special occasion	h4a	Ethnic wear	Annual budget \$100.	1 year	-	100.00	1	1.92
Underwear	h4a	Underwear	10 pieces. NTUC/Giant. Briefs. Average price.	1 year	Giant: Jockey underwear, pack of 5	13.90	2	0.53
Footwear	h4b	Formal socks	5 pairs Uniqlo. Cheapest.	2 years	Uniqlo: Formal socks	5.90	5	0.28
Footwear	h4b	Casual socks	5 pairs. Neighbourhood shop. Ankle socks. Cheapest.	2 years	Neighbourhood shop: Casual socks	3.50	5	0.17
Footwear	h4b	Formal shoes	1 pair. Bata. Better quality for work. Average price.	2 years	Bata: Red Label men camel brown leather buck shoe	79.95	1	0.77
Footwear	h4b	Sports shoes	1 pair. Decathlon. Average, around \$50.	2 years	Decathlon: Newfeel fitness walking shoes - blue	50.00	1	0.48
Footwear	h4b	Sneakers	1 pair. Converse classics. Cheapest.	2 years	Converse: Converse 'Chuck Taylor' classic	69.90	1	0.67
Footwear	h4b	Slippers	1 pair. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Slippers	6.90	1	0.13
Accessories	h12b	Backpack	1 piece. Neighbourhood shop. With at least 2 compartments, big enough for laptop. Average price for durability.	3 years	Decathlon: Sports backpack intensive 25L, comes with laptop compartment	39.90	1	0.26
Accessories	h12b	Laptop case	1 piece. Challenger. Cheapest.	4 years	Challenger: PLG 14.6 inch laptop bag	12.00	1	0.06
Accessories	h12b	Sling bag	1 piece. Neighbourhood shop. To fit power bank, umbrella, water bottle, etc. Average price.	4 years	Neighbourhood shop: Sling bag	29.90	1	0.14
Accessories	h12b	Wallet	1 piece. Zalora, about \$50.	4 years	Zalora: French connection wallet	47.90	1	0.23

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Watch	1 piece. Casio digital watch. Cheapest.	5 years	Shopping centre photo shop: Casio digital watch	18.00	1	0.07
Accessories	h12b	Tie	2 pieces. G2000. Cheapest.	5 years	H&M: 2-pack ties	19.95	2	0.15
Accessories	h12b	Accessories	Annual budget \$40. For miscellaneous items e.g. cufflinks, sunglasses.	1 year	E.g. H&M sunglasses (\$12.90); Lazada mobile phone case (\$4.90).	40.00	1	0.77
Accessories	h12b	Formal belt	1 piece. H&M. Cheapest.	5 years	H&M: Leather belt	16.95	1	0.07
Accessories	h12b	Casual belt	1 piece. H&M. Cheapest.	4 years	H&M: Fabric belt	8.95	1	0.04
Accessories	h12b	Luggage	1 piece. OG. Check-in size. Cheapest.	10 years	OG: American Flyer double wheel expandable hard case, 24"	69.00	1	0.13
Accessories	h12b	Earphones	1 piece. Popular. Wired type. Cheapest.	1 year	Popular: Sony in-ear wired earphones	13.90	1	0.27
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Foldable umbrella. Cheapest.	3 years	Neighbourhood shop: Foldable umbrella	4.90	1	0.03
Accessories	h12b	Water bottle	1 piece. NTUC. BPA-free, 500ml.	1 year	NTUC: BPA-free water bottle, 500ml	9.90	1	0.19

Household 5 - Partnered parents with one child 19-25 years old (male)

Social participation

Total: 142.88

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother and father								
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 each.	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	2	46.03
Activities	h10a	Self-improvement classes	1 long course or 2 short courses, after office hours. To upgrade skills for work, on parenting/teaching children. Annual budget \$100 each.	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	2	3.84
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	4	2.30
Activities	h10a	Home/hospital visiting	Twice a month. Buy some fruits, cake when visiting in-laws, parents. Monthly budget \$20, shared between couple.	1 month	E.g. Bengawan Solo pandan chiffon cake (\$16.50); Polar curry puffs (\$2 each).	20.00	1	4.60
Activities	h10c	Holidays	Once a year. 4D3N 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-single \$499.00, adult-twin \$379, 3rd pax \$348, child with no bed \$269.00)	758.00	1	14.54
Activities	h10c	Passport renewal	Passport application or renewal	5 years	ICA passport processing fee	70.00	2	0.54
Special occasions	h10a	Festivals	Christmas, Deepavali, Hari Raya, Lunar New Year, including cash gifts, e.g. red packets. Annual budget \$500, shared between couple.	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 each.	1 year	-	50.00	2	1.92
Special occasions	h10a	Birthdays	Gift for self, to get something special outside of 'normal' budget. Been giving to others, deserve a treat on birthday. Annual budget \$50 each.	1 year	E.g. Imprint: Personalised pouch (\$40.80); Bootstrap: 6 bottles of cold brew coffee set (\$36).	50.00	2	1.92
Special occasions	h10a	Weddings	Annual budget \$200 each.	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	2	7.67
Special occasions	h10a	Funerals	Once a year. Annual budget \$50, shared between couple.	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 \$
19-25 years old, male								
Activities	h10a	Leisure	1 leisure/social activity every month, e.g. movies, karaoke, bowling, late night supper; and 1 sports/hobby-related activity weekly. 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; \$48.00 for 3 hours); Bowling: Kallang Bowl (\$4.80 per game after 12pm on weekends; \$48.00 for 10 games). onePA: Badminton court (\$7.00-\$16.00 peak rate; monthly cost of \$28.00-64.00 [assuming one 2-hour session per week, share with a friend]); Heartbeat@Bedok ActiveSG Gym (\$30.00/month for unlimited access); Piloxing classes (\$96.00 for 8 classes).	100.00	1	23.01
Activities	h10c	Holidays	Once a year. Travel with either friends or family, 3D2N trip to nearby countries. Trips with friends will be paid by the young adult; trips with family will be paid by parents and the young adult, the young adult will pay for own expenses and air ticket. Annual budget \$500 (trips with friends) or \$250 (with family).	1 year	E.g. Trip with friends: 3D2N trip to Bangkok (Jun 2020), Scoot return airfare with 20kg check-in baggage (around \$200.00), 3-star hotel stay (\$164.00-\$205.00); trip with family: Singatour 4D3N Bangkok by SQ (\$412 per pax; airport tax \$168 per pax).	500.00	1	9.59
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	Monthly budget \$20, to participate in religious activities.	1 month	-	20.00	1	4.60
Special occasions	h10a	Festivals	Monthly budget \$50 for any special occasions, including festivals (Christmas, Deepavali, Hari Raya, Lunar New Year); birthdays (gifts for friends, meals with parents); celebrations (anniversaries, graduation, socail gatherings, baby showers); friends' weddings (\$100 each time); funerals and work-related events (colleagues' farewells).	1 month	-	50.00	1	11.51
Special occasions	h10a	Birthdays	(see budget for Festivals)	1 month	-	-	-	-
Special occasions	h10a	Celebrations	(see budget for Festivals)	1 month	-	-	-	-
Special occasions	h10a	Weddings	(see budget for Festivals)	1 month	-	-	-	-
Special occasions	h10a	Funerals	(see budget for Festivals)	1 month	-	-	-	-
Special occasions	h10a	Work-related events	(see budget for Festivals)	1 month	-	-	-	-

Household 5 - Partnered parents with one child 19-25 years old (male)

Education and care services

Total: 433.44

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
19-25 years old, male								
Education	h11a	School fees	Bachelor degree is a basic need, as most jobs require applicants to be degree holders and the norm is to have a degree. Parents may impose expectations. Freedom to choose subject is important, should price according to median university tuition fee.	7 years	NUS: Tuition fee for Business degree (\$9,600 per year); miscellaneous fees (\$91.15); health service (\$43.55)	38938.80	4	426.73
Education	h11b	Course materials	Activities in school, e.g. buying textbooks, printing, binding and photocopying lecture notes and project materials. Annual budget \$300.	1 year	-	300.00	1	5.75
Education	h10b	Stationery	Standard stationery. Annual budget \$50.	1 year	-	50.00	1	0.96

Household 5 - Partnered parents with one child 19-25 years old (male)

Health care

Total: 60.03

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Mother and father								
Vaccination	h8b	Influenza	Take all recommended vaccinations in NAIS.	1 year	NAIS: 1 dose annually/per season, \$35	35.00	2	1.34
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	2	0.08
Vaccination	h8b	Pneumococcal polysaccharide (PPSV23)	"	29 years	NAIS: 1 or 2 doses 18-64 years old, \$40 each	40.00	4	0.11
Vaccination	h8b	Hepatitis B (HepB)	"	29 years	NAIS: 3 doses from 18 years old, \$38 each	38.00	4	0.10
Vaccination	h8b	Measles, mumps and rubella (MMR)	"	29 years	NAIS: 2 doses from 18 years old, \$35 each	35.00	4	0.09
Vaccination	h8b	Varicella (VAR)	"	29 years	NAIS: 2 doses from 18 years old, \$45 each	45.00	4	0.12
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	2	0.10
Screening	h8b	Chronic illness: Obesity	"	1 year	SFL: From 18 years old, every year, BMI/waist circumference (no cost)	0.00	2	0.00
Screening	h8b	Chronic illness: Diabetes	"	3 years	SFL: From 18 years old, every 3 years, fasting blood glucose, \$5	5.00	2	0.06
Screening	h8b	Chronic illness: High blood cholesterol	"	29 years	SFL: Above 40, every 3 years, fasting/non-fasting lipids, \$5 each	5.00	10	0.03
Screening	h8b	Colorectal cancer	"	29 years	SFL: Above 50, every year, Faecal Immunochemical Test, \$5 each	5.00	10	0.03
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	4	7.39
Treatment	h8b	GP visits - Public	2 times per year. Polyclinic.	1 year	\$30 per visit, including consultation (\$13.20) and medication	30.00	4	2.30
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	4	3.84
Emergency	h8b	A&E visits	Once a year.	1 year	NUH/SGH: A&E charges	121.00	2	4.64
Emergency	h8b	Dental emergency	Neighbourhood dental clinic, when polyclinics are closed. Around \$400, for consultation and procedures.	4 years	-	400.00	2	3.84
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	2	23.01
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
Mother								
Vaccination	h8b	Tetanus, reduced diphtheria and acellular pertussis (Tdap) – during pregnancy	Take all recommended vaccinations in NAIS.	29 years	NAIS: 1 dose during each pregnancy, \$40 each; Lifespan equals the age range of 26 to 54 years.	40.00	1	0.03

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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	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
19-25 years old, male								
Vaccination	h8b	Influenza	Take all recommended vaccinations in NAIS.	1 year	NAIS: 1 dose annually/per season, \$35	35.00	1	0.67
Vaccination	h8b	Hepatitis B (HepB)	"	7 years	NAIS: 3 doses from 18 years old, \$38 each	38.00	1	0.10
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	Dental care	Once a year. Cleaning and dental consultation. Neighbourhood private dental clinic.	1 year	Q&M Dental Group: Scaling and polishing (\$74.90); consultation (\$21.40).	96.30	1	1.85
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
Treatment	h8b	Wisdom tooth extraction	Public hospitals. Around \$900, cost based on 2 extractions.	7 years	-	900.00	2	4.93
Emergency	h8b	A&E visits	Once a year. Public hospital.	1 year	NUH/SGH: A&E charges	121.00	1	2.32

Household 5 - Partnered parents with one child 19-25 years old (male)

Food

Total: 290.15

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	8 slices	FairPrice high-fibre white bread, around 9 slices	1.13	1.90	1	1.69
Eating in	h1	Rolled oats	480g	FairPrice rolled oats 1kg	2.08	4.75	1	2.28
Eating in	h1	Special K original	160g	Kellogg's Special K cereal - original 300g	1.88	6.90	1	3.68
Eating in	h1	Spaghetti	120g	San Remo pasta - instant spaghetti 500g	4.17	2.40	1	0.58
Eating in	h1	Pasta	120g	San Remo pasta - penne 500g	4.17	2.40	1	0.58
Eating in	h1	Brown rice	400g	FairPrice Thailand rice - brown (unpolished) 5kg	12.50	11.20	1	0.90
Eating in	h1	White rice	400g	FairPrice jasmine fragrant rice 11kg	27.50	14.30	1	0.52
Eating in	h1	Instant noodles	1 packet	Koka instant noodles - chicken (no additional MSG or preservatives) 5 packets	5.00	2.30	1	0.46
Eating in	h1	Coffee	10 cups (50g coffee powder)	FairPrice instant coffee powder jar - original blend 200g	4.00	6.25	1	1.56
Eating in	h1	Tea	5 cups (5 teabags)	Lipton Yellow Label tea bags - international blend 100 bags	20.00	5.65	1	0.28
Eating in	h1	Milk	3750ml	FairPrice UHT milk - low fat 1L	0.27	1.70	1	6.38
Eating in	h1	Low-fat cheese	2 slices	FairPrice cheese slices, 12 slices per pack, 3 packs	18.00	9.55	1	0.53
Eating in	h1	Butter	2 servings (10g)	FairPrice block butter - pure creamery 250g	25.00	4.15	1	0.17
Eating in	h1	Ice cream	2 scoops (120g)	Magnolia chocolate ice-cream 1.5L (Halal)	12.50	5.45	1	0.44
Eating in	h1	Minced chicken	180g	Pasar fresh chicken minced 270g (Halal)	1.50	2.78	1	1.85
Eating in	h1	Skinless chicken breast	180g	Pasar fresh skinless chicken breast 228g (Halal)	1.27	2.46	1	1.94
Eating in	h1	Skinless chicken thigh	180g	Pasar fresh skinless chicken thigh 268g (Halal)	1.49	2.44	1	1.64
Eating in	h1	Batang	270g	Pasar batang steak 234g	0.87	4.19	1	4.83
Eating in	h1	Fishballs	5 fishballs	Dodo fresh yellowtail fishballs, 12 fishballs, 380g	2.40	1.75	1	0.73
Eating in	h1	Egg	1 egg	Pasar fresh eggs, 10 eggs	4.35	1.90	1	0.44
Eating in	h1	Spinach	530g	Chef Chinese spinach 250g	1.00	1.60	2	3.20
Eating in	h1	Thai basil	18g	Sweet basil 15g	1.00	2.05	1	2.05
Eating in	h1	Zucchini	160g	Thygrace green zucchini (Malaysia) 554g	1.00	2.49	1	2.49
Eating in	h1	Tomatoes	2 medium tomatoes (246g)	Fresh tomatoes 246g	1.00	0.81	1	0.81
Eating in	h1	Red chilli	21g	Pasar red chilli 200g	3.00	1.80	1	0.60
Eating in	h1	Carrots	90g	Pasar Australia carrot 208g	1.00	0.40	1	0.40
Eating in	h1	Garlic	13 cloves (52g)	Chef China garlic 500g	3.00	2.45	1	0.82
Eating in	h1	Ginger	9 slices (15g)	Pasar yellow ginger 200g	3.00	1.10	1	0.37
Eating in	h1	Shallots	72g	Chef small onions 500g	3.00	2.15	1	0.72
Eating in	h1	Shitake mushrooms	40g	Chef shitake mushroom 250g	1.00	2.40	1	2.40
Eating in	h1	Long beans	300g	Pasar long bean 200g	1.00	1.35	2	2.70
Eating in	h1	Bananas	6 bananas	1 bunch of bananas, 6 bananas	1.00	1.92	1	1.92
Eating in	h1	Oranges	7 oranges	Pasar Australian Valencia oranges, a bag of around 9 oranges	1.29	4.50	1	3.50

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
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	9 tsp (63g)	FairPrice 100% pure honey 500g	7.94	5.50	1	0.69
Eating in	h1	Salt	4.5g	FairPrice fine salt 500g	111.11	0.42	1	0.00
Eating in	h1	Black pepper	4.5g	FairPrice black pepper - ground 100g	22.22	4.05	1	0.18
Eating in	h1	Mixed herbs	1 tsp (1g)	Masterfoods mixed herb blend 10g	10.00	3.90	1	0.39
Eating in	h1	Light soya sauce	22.5ml	FairPrice soya sauce - light 660ml	29.33	1.85	1	0.06
Eating in	h1	Dark soya sauce	7.5ml	FairPrice soya sauce - dark 660ml	88.00	1.85	1	0.02
Eating in	h1	Vegetable oil	225ml	FairPrice vegetable oil 2L	8.89	5.75	1	0.65
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 can	Hunt's diced tomato 411g	1.00	2.45	1	2.45
Eating in	h1	Canned tuna in water	180g	FairPrice tuna flakes - water 185g	1.00	2.10	1	2.10
Eating in	h1	Frozen mixed vegetables	200g	FairPrice frozen fresh mixed vegetables 400g	2.00	2.10	1	1.05
Eating in	h1	Plain crackers	1 packet	Fairprice potato chips 75g	1.50	1.15	1	0.77
Mother and father (eating out)								
Eating out	h3b	Breakfast set	2 kaya toast sets (including 2 eggs) or 2 bowls of chicken porridge with 2 cups of coffee/tea (si/siu dai/kosong)	Neighbourhood food court: Kaya toast set (2 slices kaya toast, 2 eggs, kopi) \$2.50, shredded chicken porridge \$3.50, Kopi-si \$1	1.00	4.50	2	9.00
Eating out	h3b	Fast food breakfast set	1 breakfast set with 1 cup of coffee/tea with milk and sugar	McDonald's: Sausage McMuffin with egg, hash brown, coffee/tea	1.00	5.40	1	5.40
Eating out	h3b	"	"	McDonald's: Breakfast wrap sausage extra value meal	1.00	6.20	1	6.20
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	1.00	5.00	1	5.00
Eating out	h3b	Nasi padang	7 plates of economic rice or nasi padang (choose 1 meat and 2 vegetable dishes, minimal gravy)	City area hawker centre/neighbourhood hawker centre/food court: Nasi padang (rice, 1 meat, 2 vegetables)	1.00	5.50	7	38.50
Eating out	h3b	Sliced fish soup with noodles	2 servings	City area hawker centre: Sliced fish bee hoon soup	1.00	5.00	2	10.00
Eating out	h3b	"	1 serving	Neighbourhood hawker centre: Sliced fish soup with batang	1.00	4.00	1	4.00

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating out	h3b	Yong tau foo with bee hoon soup	1 serving	City area hawker centre: Yong tau foo, 5 pieces with bee hoon or rice	1.00	3.80	1	3.80
Eating out	h3b	"	2 servings	Food court: Yong tau foo, 7 pieces with bee hoon or rice	1.00	6.00	2	12.00
Eating out	h3b	Wonton noodles soup	1 serving	Neighbourhood hawker centre: Chicken char siew wanton noodles	1.00	4.50	1	4.50
Eating out	h3b	Fishball noodle soup	1 serving	City area hawker centre: Mee soto	1.00	3.50	1	3.50
Eating out	h3b	Duck rice	1 plate of duck rice with 1/2 braised egg (minimal gravy)	City area hawker centre: Roasted duck rice \$4, egg \$0.50	1.00	4.50	1	4.50
Eating out	h3b	Chicken rice	1 serving	Neighbourhood hawker centre: Chicken rice	1.00	3.00	1	3.00
Eating out	h3b	Red bean bun	1 piece	City area shopping mall: Japanese red bean bun	1.00	1.80	1	1.80
Eating out	h3b	Chiffon cake	2 slices	City area shopping mall: Chiffon pandan cake 1 slice	1.00	1.70	2	3.40
Eating out	h3b	Coffee/tea	7 cups	City area shopping mall: Kopi-si	1.00	1.00	7	7.00
Eating out	h3b	Barley drink	1 cup	City area hawker centre: Barley drink	1.00	1.00	1	1.00
Eating out	h3b	Yoghurt	1 serving	City area hawker centre: Meiji yoghurt	1.00	1.40	1	1.40
Eating out	h3b	Fruit	9 servings of fruit	City area hawker centre/neighbourhood hawker centre/food court: Fruit (\$0.80-\$1)	1.00	1.00	9	9.00
19-25 years old (eating out)								
Eating out	h3b	Breakfast set	1 kaya toast set (including 2 eggs) or 1 bowl chicken porridge with 1 cup milo	Neighbourhood food court: Kaya toast set (2 slices kaya toast, 2 eggs, kopi) \$2.50, shredded chicken porridge \$3.50, Kopi-si \$1	1.00	4.50	1	4.50
Eating out	h3b	Chicken beehoon soto soup	1 bowl of chicken beehoon or sliced fish beehoon soup	Neighbourhood hawker centre: Chicken beehoon soto	1.00	2.50	1	2.50
Eating out	h3b	Fast food meal	1 burger set with fries and a cup of coffee	McDonald's: McSpicy® extra value meal	1.00	7.35	1	7.35
Eating out	h3b	Nasi padang	3 plates of economy rice or nasi padang (choose 1 meat and 2 vegetable dishes, minimal gravy)	City area hawker centre/neighbourhood hawker centre/food court: Nasi padang (rice, 1 meat, 2 vegetables)	1.00	5.50	3	16.50
Eating out	h3b	Sliced fish bee hoon soup	1 serving	City area hawker centre: Sliced fish soup with batang	1.00	5.00	1	5.00
Eating out	h3b	Spaghetti bolognese	1 serving	City area hawker centre: Chicken and mushroom pasta	1.00	5.00	1	5.00
Eating out	h3b	Yong tau foo with bee hoon soup	1 bowl of wanton noodles soup or yong tau foo with bee hoon soup	City area hawker centre: Yong tau foo, 5 pieces with bee hoon or rice	1.00	3.80	1	3.80
Eating out	h3b	"	"	Neighbourhood hawker centre: Yong tau foo, 6 pieces with bee hoon or rice	1.00	3.00	1	3.00
Eating out	h3b	Duck rice	1 plate duck rice with 1/2 braised egg (minimal gravy)	Neighbourhood hawker centre: Roast duck rice	1.00	3.80	1	3.80
Eating out	h3b	Chicken rice	1 serving	Food court: Chicken rice	1.00	3.00	1	3.00
Eating out	h3b	Western food	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	1.00	8.00	1	8.00
Eating out	h3b	Burger	1 serving	McDonald's: Double cheeseburger	1.00	3.90	1	3.90
Eating out	h3b	Curry puff	1 piece	Food court: Curry puff	1.00	1.80	1	1.80
Eating out	h3b	Fruit	1 serving of fruit	Neighbourhood hawker centre: Fruit (\$0.80-\$1)	1.00	1.00	1	1.00
Eating out	h3b	Coffee/tea	6 cups	City area hawker centre: Kopi-si	1.00	1.00	6	6.00
Eating out	h3b	Soya bean milk	1 cup	Neighbourhood hawker centre: Fresh soya milk	1.00	1.50	1	1.50
Eating out	h3b	Bubble tea	1 cup	Bubble tea shop: Milk tea with pearls	1.00	3.30	1	3.30
Eating out	h3b	Ice cream	1 ice-cream cone or 1 scoop of ice-cream (supper)	Ice-cream shop: 1 medium cup	1.00	5.00	1	5.00

Household 5 - Partnered parents with one child 19-25 years old (male)

Housing and utilities

Total: 227.42

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6a	Housing	-	-	3-room HDB BTO flat, purchased at 26 years old. See details in report.	-	-	194.08
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 3-room flats.	4.87	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 3-room flats.	48.00	1	11.05
Utilities	h6c	Water	-	1 month	Water tariff: \$2.74 per cubic metre (since 1 Jul 2018). National average usage for 3-room flats: 15.6 cubic metres (July 2020).	42.74	1	9.84
Utilities	h6c	Electricity	-	1 month	Electricity Tariff: \$0.2097/kWh (1 Jul 20 - 30 Sep 20). National average usage for 3-room flats: 329 kWh (July 2020).	68.99	1	15.88
Utilities	h6c	Gas	-	1 month	Gas Tariff: \$0.1636/kWh (1 Jul 20 - 30 Sep 20). National average usage for 3-room flats: 92 kWh (July 2020).	15.05	1	3.46
Utilities	h6c	GST Voucher – U-save	-	-	Permanent scheme (Regular GSTV – U-Save) with rates based on housing type. Annual subsidy of \$360 for 3-room flats is deducted from utilities costs. U-Save Special is not included.	-	-	-6.90