

**Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)**

**Household goods**

**Total: 115.67**

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Household / parents</b>								
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. 1 per room unless large room (2). 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	Wall fans	1 unit per child's bedroom. NTUC. Wall fan is safer for children aged 0-6, children aged 7 or above can have standing fan. Average price.	8 years	NTUC: PowerPac (PPWF40R) 16" wall fan with remote control	65.90	2	0.32
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
Housing	h7a	Pinch guard	4-room flat, 4 pieces in total for bedroom doors and main door. Neighbourhood shop. For children aged 0-6. Cheapest.	5 years	Neighbourhood shop: Pinch guard	1.00	4	0.02
Housing	h7a	Corner bumpers	1 pack of 10. Neighbourhood hardware shop. U- and L- shaped, Strip-type. For children aged 0-6. Cheapest.	5 year	Neighbourhood shop: Safety bumpers for table corners, pack of 4	3.90	3	0.04
Housing	h7a	Playmat/baby mat	1 piece. Online. Thick, 'shock-proof'. Around \$50. For children aged 0-6.	5 years	Lazada: XPE baby playmat, large, foldable, waterproof, 200x180x1.5cm (\$43.90 + \$1.49 delivery)	45.39	1	0.17
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

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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 1 Gbps 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	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 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
Living room	h7a	Playpen	1 piece. Online platforms, e.g. Shoppe, Qoo10, Lazada, ezybuy, Taobao. Panel-kind, plastic, like a gate. \$100 online. For children aged 0-6.	5 years	Shopee: Safety play pen, 10+1+1 panels (\$98.90, free delivery)	98.90	1	0.38
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
Dining	h7a	Scissors	1 piece. IKEA. For cooked food, for children. Cheapest.	5 years	IKEA: TROJKA household scissors, blue	1.90	1	0.01

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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
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

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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
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. Separate wash for children aged below 2.	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	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

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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
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

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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
Bathroom	h7a	Potty	1 piece. Giant. Sit-down. Cheapest. Shared by children up to 3 years old.	3 years	Giant: Sit-down, plastic potty	9.90	1	0.06
Bathroom	h7a	Step-stool	1 piece. Neighbourhood shop. Plastic. Average (around \$5-10). For children aged 2-12.	5 years	IKEA: BOLMEN step stool	7.90	1	0.03
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
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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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
<b>Below 2 years old, boy</b>								
Housing	h7a	Cabinet locks	When there are children below 2 years old, only for lower drawers, around 8 pieces. NTUC. Babyproof. Cheapest.	3 years	NTUC Extra: Steve & Leif flexi lock, 2 pieces	3.50	4	0.09
Living room	h10a	Toys, books, puzzles	Buy online. E.g. teether toys, sensory play, books and puzzles. Annual budget \$100. Younger child can inherit toys if older sibling is no more than 2 years older.	1 year	-	100.00	1	1.92
Dining	h7a	High chair	1 unit. IKEA. Plastic. Around \$19.	5 years	IKEA: ANTILOP high chair with belt and tray	29.90	1	0.11
Dining	h7a	Bibs	3 pieces. IKEA. Silicon-type, with 'holder' in front for spills. Cheapest.	1 year	IKEA: MATA 4-piece eating set (1 silicon bib; 1 sippy cup; 1 plastic bowl; 1 plastic spoon)	4.90	3	0.28
Dining	h7a	Babysafe bowls	2 pieces. IKEA/NTUC. Plastic. Cheapest. No sharing, each child needs their own set of dinnerware.	1 year	Come with IKEA MATA 4-piece eating set	0.00	1	0.00
Dining	h7a	Babysafe plates	2 pieces. IKEA/NTUC. Plastic. Cheapest. No sharing, each child needs their own set of dinnerware.	1 year	IKEA: KALAS plate, assorted colours mixed colours, 6 pieces	3.90	1	0.07
Dining	h7a	Babysafe spoons	2 pieces. IKEA/NTUC. Plastic. Cheapest. No sharing, each child needs their own set of dinnerware.	1 year	Come with IKEA MATA 4-piece eating set	0.00	1	0.00
Dining	h7a	Milk bottle	5 bottles. NTUC. Cheapest. No sharing, each child needs their own bottle.	6 months	NTUC: Tollyjoy milk bottle	5.90	5	1.13
Dining	h7b	Teats for milk bottle	5 pieces. NTUC. Cheapest. No sharing, each child needs their own set.	3 months	NTUC: Teats for milk bottle	4.30	5	1.65
Dining	h7b	Cotton cloth wipes	1 piece. IKEA. Washable. Cheapest.	3 months	IKEA: KRAMA washcloth, 30x30cm, 10 pieces	5.90	1	0.45
Dining	h7a	Steriliser	1 unit. Buy online. Around \$100. Used up to 1 year old.	3 years	Lazada: Philips avent 2 In 1 electric steam sterilizer, fits 5 bottles (\$89 + \$1.49 standard delivery)	90.49	1	0.58
Dining	h7a	Floor plastic sheet	Neighbourhood shop. Plastic sheet sold in rolls by the metre.	5 years	Neighbourhood shop: Thick transparent sheet, \$8 per metre	8.00	3	0.09
Dining	h7a	Hot water flask	1 piece. NTUC. 1.5L, stainless steel. Cheapest.	5 years	NTUC: Hot water flask, 1.6L	58.00	1	0.22
Dining	h7a	Sippy cups	2 pieces. IKEA/NTUC. Handles on both sides. Cheapest. No sharing, each child has their own cups.	1 year	Come with IKEA MATA 4-piece eating set	0.00	1	0.00
Dining	h7b	Plastic containers	10 pieces. Neighbourhood shop. Small plastic containers for storing baby food, different sizes. Cheapest.	1 year	Neighbourhood shop: 200ml plastic containers, a set of 3	2.50	4	0.19
Kitchen	h7a	Safety gate	1 unit. Buy online. Cheapest, around \$50.	5 years	Qoo10: Dolphin child safety gates baby stair gate, 80cm (\$42.56 + 4.90 delivery)	47.46	1	0.18
Kitchen	h7b	Baby dishwashing liquid	1 bottle. NTUC. Tollyjoy, for cleaning baby bottles. Cheapest.	1 month	NTUC: Tollyjoy baby liquid cleanser, 900ml	10.50	1	2.42
Kitchen	h7b	Milk powder dispenser	1 piece. NTUC/Giant. Three compartments. Cheapest.	3 years	NTUC: Tollyjoy milk powder dispenser with 3 compartments	7.90	1	0.05
Kitchen	h7a	Bottle brush	1 piece. NTUC/neighbourhood shop. Comes in a set, 1 brush for cleaning bottle, 1 for cleaning teat. Cheapest.	6 months	NTUC: Pigeon cleansing brush, 2-in-1 bottle and nipple	4.90	1	0.19
Kitchen	h7a	Insulated container	1 unit. Giant. Insulated container for food. Cheapest.	3 years	NTUC: Dolphin brand stainless steel food flask	19.90	1	0.13

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Kitchen	h7a	Insulated bag	1 piece. Babyfair/online. Fit breast pump parts and ice-packs and breast milk bags. Cheapest.	3 years	Lazada: Autumnz insulated double compartment breast milk/food storage Joylee cooler bag (\$27.99 + \$1.49 for standard delivery)	29.48	1	0.19
Kitchen	h7a	Ice packs	1 piece. Daiso. For insulated bag.	3 years	Daiso: Ice bag	2.00	1	0.01
Kitchen	h7a	Breast pump	1 piece. Babyfair/online. Around \$200.	1 year	Qoo10: Electric breast pump (\$159, free delivery)	159.00	1	3.05
Kitchen	h7b	Storage bags	1 set. For storing breast milk. Around \$40 for 100 pieces.	3 months	NTUC: Unimom storage bags for breast milk, pack of 100 pieces	36.90	1	2.83
Kitchen	h7a	Small thermos flask	1 piece. Giant. Cheapest.	3 years	Giant: Vacuum bottle for hot water	10.10	1	0.06
Laundry/cleaning	h7b	Baby laundry detergent	1 piece. NTUC. Fragrance-free, babysafe. Kodomo (3L), for 2 laundry washes a week. Clothes must be washed separately from rest of family's. Cheapest.	3 months	NTUC: Kodomo baby laundry detergent (2L bottle + 1L refill pack)	19.90	1	1.53
Laundry/cleaning	h7a	Laundry bag	1 piece. Daiso. Medium, for small items (e.g. mittens).	1 year	Daiso: Laundry bag	2.00	1	0.04
Bathroom	h7a	Baby bathtub	1 piece. Neighbourhood shop. Plastic. Cheapest.	3 years	Giant: Baby bathtub	26.90	1	0.17
Bathroom	h7a	Change mat	1 piece. Giant. Cheapest.	3 years	Giant: Cot sheet/change mat	10.90	1	0.07
Bedroom	h7a	Bed rails	Participants said they will sleep with the baby and need bed rails.	3 years	Lazada: Folding bed guard/baby bed rail fence 1.2m (\$89.70 for 3pcs + \$1.49 standard delivery)	91.19	1	0.58
Bedroom	h7a	Mattress	Participants said other than sleeping with parents, they need a small mattress on the floor for the baby and 4 adult-sized bolsters to form "bumpers" around the mattress.	3 years	Neighbourhood shop: Small mattress	39.90	1	0.26
Bedroom	h7a	Mattress cover	2 pieces.	6 months	Neighbourhood shop: Mattress cover	19.90	2	1.53
Bedroom	h7a	Bolsters	4 pieces to act as "bumpers" for the mattress.	1 year	Neighbourhood shop: Bolster	8.00	4	0.61
Bedroom	h7a	Bolster case	8 pieces.	1 year	Neighbourhood shop: Bolster cover	5.00	8	0.77
Bedroom	h7a	Baby swaddles	2 pieces. Babyfair/online. Cheapest. Used for babies up to 6 months.	3 years	Lazada: Natural bamboo cotton muslin swaddle blanket (\$8.90, free delivery)	8.90	2	0.11
Bedroom	h7a	Baby blanket	2 pieces. Babyfair/online. Cheapest.	3 years	Lazada: Baby-Bala Soft minky baby blanket with minky dotted backing, 80 x 100cm (\$11.65 + \$1.49 standard delivery)	13.14	2	0.17
Bedroom	h7a	Pillow	2 pieces. Babyfair/online. Small. Cheapest.	3 years	Lazada: Kids natural latex pillow or casing (\$7.90 + \$1.49 for standard delivery)	9.39	2	0.12
Bedroom	h7a	Pillow cases	2 pieces. Babyfair/online. Cheapest.	3 years	ezbuy: Cotton pure cotton pillowcase (\$5.70 + \$1.69 delivery)	7.39	2	0.09
Storeroom/DIY	h7a	Storage boxes	1 box. Toyogo. To put diapers, diaper cream, clothes etc., for nappy change at night. Cheapest.	10 years	NTUC: Plastic storage container with wheels, 25L	10.90	1	0.02
<b>2-6 years old, girl</b>								
Living room	h10a	Toys, books	Neighbourhood shop. E.g. cars, balls, Lego, art materials, kitchen playsets, dolls, soft toys, scooter. Annual budget \$150.	1 year	-	150.00	1	2.88
Dining	h7a	Booster seat	1 piece. Neighbourhood shop, average price; or Kiddy Palace, low price.	5 years	Kiddy Palace: Booster seat	42.90	1	0.16
Dining	h7a	Plastic bowls	1 piece. IKEA. BPA-free. Cheapest. No sharing, each child has own set of dinnerware.	5 years	IKEA: KALAS bowl, assorted colours, pack of 6	3.90	1	0.01
Dining	h7a	Plastic plates	1 piece. IKEA. BPA-free. Cheapest. No sharing, each child has own set of dinnerware.	5 years	IKEA: KALAS plate, assorted colours, pack of 6	3.90	1	0.01
Dining	h7a	Plastic forks, spoons and knives	1 piece. IKEA. BPA-free. Cheapest. No sharing, each child has own set of dinnerware.	5 years	IKEA: KALAS 18-piece cutlery set (includes plastic spoons, forks, and knives), multicolour	3.90	1	0.01



Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Dining	h7a	Plastic cups	1 piece. IKEA. BPA-free. Cheapest. No sharing, each child has own set of dinnerware.	5 years	IKEA: KALAS mug, assorted colours, pack of 6	3.90	1	0.01
Dining	h7a	Milk bottle	2 pieces. No sharing, each child has own bottle, up to 4 years. Bottle and teats different from the one for children below 2.	2 years	NTUC: Pigeon 11oz bottle	13.90	2	0.27
Dining	h7b	Teats	2 pieces. No sharing, each child has own bottle, up to 4 years. Bottle and teats different from the one for children below 2.	6 months	NTUC: Pigeon teats for milk bottle, for 15 months+ toddler, pack of 2	8.90	1	0.34
Dining	h4a	Bibs or cloth	5 pieces. Neighbourhood shop. Square hand towel, e.g. Good Morning towel, for hygiene.	6 months	Neighbourhood shop: Small towels, pack of 12	2.90	1	0.11
Laundry/cleaning	h7a	Hangers	12 pieces. IKEA. Child-sized. Cheapest.	5 years	IKEA: BAGIS children's plastic coat-hanger, assorted colours mixed colours, 8 pieces	1.90	2	0.01
Bathroom	h7a	Plastic scoop	1 piece. Neighbourhood shop. Cheapest.	4 years	Neighbourhood shop: Plastic scoop, small	1.20	1	0.01
Bedroom	h7a	Bed	1 piece. IKEA. Not necessarily child-sized, single bed, wood or metal. Average price.	10 years	IKEA: MALM bed frame, high, white, Luröy, 90x200cm	229.00	1	0.44
Bedroom	h7a	Mattress	1 piece. IKEA. One level up from foam. Average (around \$100 plus).	5 years	IKEA: MALFORS foam mattress, medium firm, white, 90x200cm	139.00	1	0.53
Bedroom	h7a	Mattress protector	2 pieces. Kiddy Palace. Waterproof, washable. Cheapest.	5 years	IKEA: STJÄRNLÖK mattress protector, 90x200cm	4.90	2	0.04
Bedroom	h7a	Pillow	1 piece. Neighbourhood shop. Anti-dust, child-sized. Low price.	3 years	Giant: Lucky Baby child-sized pillow	9.90	1	0.06
Bedroom	h7a	Bolster	1 piece. Neighbourhood shop. Anti-dust, child-sized. Low price.	3 years	Giant: Lucky Baby child bolster	10.90	1	0.07
Bedroom	h7a	Blanket	2 pieces. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Small blanket	20.00	2	0.26
Bedroom	h7a	Bedsheets	2 pieces. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Bedsheet	12.00	2	0.15
Bedroom	h7a	Pillow cases	2 pieces. Giant.	2 years	Kiddy Palace: Child's pillow case	9.90	2	0.19
Bedroom	h7a	Bolster cases	2 pieces. Giant.	2 years	Kiddy Palace: Child's bolster case	6.90	2	0.13
Bedroom	h7a	Wardrobe	1 piece. IKEA. with mirror; normal, 2-door. Low price. Shared by children in same bedroom.	10 years	IKEA: PAX wardrobe with mirror, white, Forsand Vikedal 100x38x236cm	455.00	1	0.87
Bedroom	h7a	Side table	1 unit. IKEA. Round, for safety. Cheapest.	7 years	IKEA: BURVIK side table, white, 38cm, round	39.90	1	0.11
Bedroom	h7a	Chair	1 piece. IKEA. Child-sized, colourful one. Cheapest. No sharing of chairs, each child needs one.	5 years	IKEA: MAMMUT children's chair, in/outdoor, chair with backing	19.90	1	0.08
Bedroom	h7a	Bookcase	1 unit. Buy online. 5-tier, to encourage reading habit. Around \$80. Shared among children in same bedroom.	10 years	Shopee: Bookshelf, solid wood bookcase for children in elementary level, 60cm wide, 6-tier	80.00	1	0.15
Bedroom	h7a	Night light	1 piece. Neighbourhood shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night light	1.90	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
<b>7-12 years old, boy</b>								
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	0.004
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

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Personal goods

Total: 94.96

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother and father</b>								
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.	## 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.	## 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.	## months	NTUC: Systema gum care toothbrush - large (soft), 2 + 1 free	7.90	1	0.40
Toiletries	h12a	Toothpaste	1 piece. NTUC. Low price.	## months	NTUC: Systema gum care toothpaste - sakura mint, 160g	3.95	1	0.61
Toiletries	h12a	Mouthwash	1 bottle. NTUC. Low price.	## 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.	## months	NTUC: Systema 3D expandable floss (40m)	5.45	1	0.84
Toiletries	h12a	Cotton buds	1 pack. NTUC. Low price.	## 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
<b>Mother</b>								
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
<b>Father</b>								
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', pack of 12	14.95	1	1.15
<b>Below 2 years old, boy</b>								
Bathroom	h12a	Bath towels	3 pieces. IKEA. Kid size, same materials as adults'. Cheapest.	5 years	IKEA: NARSEN bath towel, 55x120cm	2.90	3	0.03
Toiletries	h12a	Diapers at infant care	8 diapers a day on average at infant care, 5 a day at home. Buy online. Drypers, Drypants. Cheaper one for infant care due to high frequency of change, better quality (high absorbency) for the ones used at home. Pull-ups starting from 1 years. Toilet training starts at 18 months to 2.5 years.	4 weeks	Shopee: Drypers Drypantz L (9-14kg), 36 pieces per pack, bundle of 4 packs	36.90	1	10.25
Toiletries	h12a	Diapers at home	"	14 weeks	Shopee: Huggies silver pants, 48 pieces per pack, bundle of 3 packs	40.65	1	2.82
Toiletries	h12a	Diaper cream	1 piece. Buy online/NTUC. Cheapest.	1 year	NTUC: Drapolene diaper cream, 55g	7.90	1	0.15
Toiletries	h12a	Wet wipes	1 box of 10 packs. Buy online. Cheapest.	2 months	Lazada: Baby wet wipes tissues refill, box of 10 packs (\$18.49, free delivery)	18.49	1	2.13
Toiletries	h12a	Baby bath and shampoo	1 set. NTUC. Cheapest.	6 months	NTUC: Kodomo baby bath, 1 litre	7.50	1	0.29
Toiletries	h12a	Toothbrush	1 piece. NTUC. Stages 1, 2 and 3 toothbrushes. Cheapest.	6 months	NTUC: Kodomo 0.5 to 3 years old toothbrush	1.95	1	0.07
Toiletries	h12a	Toothpaste	1 tube. NTUC. Cheapest.	2 years	NTUC: Kodomo children's toothpaste, 80g	2.25	1	0.02
Toiletries	h12a	Nail clipper for babies	1 piece. NTUC. Cheapest.	3 years	NTUC: Pigeon brand baby nail clipper	9.90	1	0.06
Toiletries	h12a	Baby oil	1 bottle. NTUC. Cheapest.	6 months	NTUC: Johnson's baby oil, 125ml	4.20	1	0.16
Toiletries	h12a	Comb	1 piece. NTUC. Cheapest.	5 years	NTUC: Pigeon comb and brush set	4.90	1	0.02
Toiletries	h12a	Body moisturiser	1 piece. NTUC. Cheapest.	6 months	NTUC: Johnson's baby lotion, 500ml	8.65	1	0.33
Personal care	h8a	Mosquito patch	1 box. NTUC. 24 pieces in 1 box.	3 months	Watsons: Mosquito repellent patch 12 hours protection, 24 per pack	6.90	1	0.53
Personal care	h8a	Forehead thermometer	Digital, forehead, as babies will move around. Low.	3 years	Watsons: Infrared thermometer	59.90	1	0.38
Medication	h8a	Fever patch	1 pack. NTUC.	6 months	NTUC: Kool fever cooling gel sheets for babies, a pack of 4	4.50	1	0.17
Medication	h8a	Nasal aspirator	1 piece. NTUC.	2 years	NTUC: NUK nasal decongestor with adaptor	9.00	1	0.09
Medication	h8a	Colic medicine	Only needed for the first 6 months.	2 years	Watsons: Woodward's gripewater, 148ml	7.80	1	0.07
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	Yu Yee oil	1 bottle. Watsons.	6 months	Watsons: Yu Yee oil, 25ml	5.30	1	0.20
<b>2-6 years old, girl</b>								
Bathroom	h12a	Bath towels	3 pieces. IKEA. Kid size, same materials as adults'. Cheapest.	5 years	IKEA: NARSEN bath towel, 55x120cm	2.90	3	0.03
Bathroom	h12a	Face towels	2 pieces. IKEA. Cheapest.	3 years	IKEA: HIMLEAN washcloth, 30x30cm	1.90	2	0.02

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Toiletries	h12a	Toilet rolls	1 roll every 4 days per household member, children start using around 4 years old. NTUC. Low price.	17 weeks	NTUC: FairPrice Onwards toilet tissue roll (2 ply), 30 rolls	18.95	1	1.11
Toiletries	h12a	Diapers	8 pieces a day for 2-3 years, 3 a day for 4 years (if not fully toilet-trained), 2 a day for 5 years, no more diapers after 5 years. NTUC. Brands like Mamy poko or Drypers. Average price.	2 months	Shopee: Drypers Drypantz XL (12-17kg), 32 pieces per pack, bundle of 4 packs	36.90	1	5.66
Toiletries	h12a	Diaper cream	1 piece. Online/NTUC. Cheapest.	1 year	NTUC: Drapolene diaper cream, 55g	7.90	1	0.15
Toiletries	h12a	Wet wipes	1 pack of 10 pieces. Online. Cheapest.	4 months	Lazada: Baby wet wipes tissues refill, bundle of 10 packs (\$18.49, free delivery)	18.49	1	1.06
Toiletries	h12a	Baby bath and shampoo	1 set. NTUC. Cheapest.	6 months	NTUC: Kodomo baby bath, 1L	7.50	1	0.29
Toiletries	h12a	Toothbrush	1 piece. NTUC. Child-friendly. Average price.	3 months	NTUC: Kodomo children toothbrush - Pro (3 - 6 years old)	1.95	1	0.15
Toiletries	h12a	Toothpaste	1 piece. NTUC. Child-friendly. Average price.	4 months	NTUC: Kodomo anti-cavity children's toothpaste - strawberry	3.50	1	0.20
Toiletries	h12a	Plastic cup	1 piece. Neighbourhood shop. For brushing teeth, not to waste water. Cheapest.	5 years	Neighbourhood shop: Plastic cup with handle	1.00	1	0.004
Toiletries	h12a	Comb	1 piece. NTUC extra. For kids. Cheapest.	5 years	NTUC Extra: Tollyjoy comb and brush set	5.90	1	0.02
Toiletries	h12a	Nail clipper for children	1 piece. NTUC extra. Cheapest.	3 years	NTUC: Pigeon baby nail clippers	9.90	1	0.06
Personal care	h8a	Mosquito patch	For childcare. NTUC/Watsons.	3 months	Watsons: Mosquito repellent patch 12 hours protection, pack of 24	6.90	1	0.53
Personal care	h12a	Hair cutting scissors	1 piece. Neighbourhood shop. To trim if the barber doesn't cut properly. Cheapest.	5 years	Neighbourhood shop: Hair scissors	4.90	1	0.02
Personal care	h12a	Sunblock	1 bottle. NTUC. For kid. Average price.	1 year	NTUC: Biore UV kids mild milk (SPF50+), 90g	13.90	1	0.27
Personal care	h8a	Ear thermometer	1 piece. Watson. Cheapest.	3 years	Watsons: Omron ear thermometer TH839S	89.90	1	0.57
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 every 3 months. QB House. Child-friendly, some children will cry if they go to neighbourhood shop.	3 months	QB House: Children haircut	12.00	1	0.92
Medication	h8a	Fever medicine (Paracetamol)	1 bottle. Guardian.	1 year	Watsons: Panadol children's suspension 1 to 6 years, 60ml	7.90	1	0.15
Medication	h8a	Fever patch	1 pack. NTUC.	6 months	NTUC: Kool fever cooling gel sheets for babies, pack of 4	4.50	1	0.17
Medication	h8a	Cough syrup	1 bottle. NTUC. For kid. Average price.	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	Chest rub	1 piece. For 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	Yu Yee oil	1 bottle. Watsons.	1 year	Watsons: Yu Yee oil, 25ml	5.30	1	0.10
Medication	h8a	Antihistamine	1 bottle. Watsons.	1 year	Watsons: Clarityn children's non-drowsy 24hr allergy relief syrup, 100ml	19.90	1	0.38
Medication	h8a	Zam-Buk	1 pack. Watsons/NTUC. Cheapest.	1 year	Watsons: Zambuk medicated ointment, 25g	6.90	1	0.13

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>7-12 years old, boy</b>								
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
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

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Transport

Total: 136.01

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother and father</b>								
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
<b>Below 2 years old, boy</b>								
Transport	h5b	Taxi, private hire car	2 trips per month. For long distance travels, as babies will get cranky, \$20 per trip.	1 month	-	20.00	2	9.21
<b>7-12 years old, boy</b>								
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
<b>Household</b>								
Transport	h12b	Twin stroller	Stroller is required up to 3 years old. With more than one child aged 3 or below, will get a twin stroller.	3 years	Shopee: Lucky Baby city dou.2 twin stroller, foldable (\$242.10, free delivery)	242.10	1	1.55
Transport	h12b	Baby carrier	1 unit. Babyfair/online. Around \$150.	3 years	Pupsikstudio.com: Lillebaby baby carrier essentials original, suitable for newborn to 45lbs	149.00	1	0.95



Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Clothing Total: 54.93

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother</b>								
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: Olaiian 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
<b>Father</b>								
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: Olaiian 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
<b>Below 2 years old, boy</b>								
Casual	h4a	Tops	7 pieces. Giant/neighbourhood shop. Cheapest.	6 months	Giant: Short-sleeved cotton top	3.90	7	1.05
Casual	h4a	Bottoms	7 pieces. Giant/neighbourhood shop. Cheapest.	6 months	Giant: Cotton shorts	3.90	7	1.05
Exercise	h4a	Swimsuit	1 set. Decathlon. Cheapest.	1 year	Decathlon: Covered swimsuit for kids	20.00	1	0.38
Exercise	h4a	Swim diapers	Pack of 12. Giant. Cheapest.	1 year	Giant: Pack of 12 diapers	16.10	1	0.31
Babywear	h4a	Bibs	5 pieces. Giant. Cloth bibs for drooling. Cheapest.	1 year	Giant: Pack of 2	6.90	3	0.40
Babywear	h4a	Mittens/socks	5 pieces. Giant. For 0-6 months, 5 pieces last for 6 months. Cheapest.	2 years	Giant: Mittens and socks set	3.90	5	0.19
Underwear	h4a	Underwear	5 pieces can last for 3 months. For potty-training at around 1.5 years old, total 10 pieces up to 2 years old. Giant/neighbourhood shop. Cheapest.	2 years	Giant: Boys' underwear, set of 3	7.90	4	0.30
Footwear	h4b	Shoes	1 pair. Giant. Fully covered. For 1-2 years old, 1 pair last for 3 months. Cheapest.	2 years	Giant: Infant shoes	14.90	4	0.57
Special occasion	h4a	Special occasion clothing set	1 set. Carousell. Around \$30.	1 year	E.g. Carousell: Girl's dress (e.g. cheongsam, unicorn dress, red Christmas dress) (\$15-20); Boy's formal suit (shirt, vest and trousers) (\$15-\$20).	30.00	1	0.58
Accessories	h12b	Cap	1 piece. Giant/H&M. Cheapest.	6 months	Giant: Cotton cap	4.90	1	0.19
Accessories	h12b	Luggage	1 piece. Additional small cabin size luggage for baby items, shared by children of same age group.	10 years	BHG: Travel Time trolley case TSA lock, 18"	49.00	1	0.09
<b>2-6 years old, girl</b>								
Outerwear	h4a	Windbreaker	1 piece. Uniqlo. Cheapest.	2 years	Uniqlo: KIDS AIRism UV cut long sleeve mesh hoodie	19.90	1	0.19
Outerwear	h4a	Sweater/cardigan	1 piece. Uniqlo. Cheapest.	2 years	Uniqlo: KIDS sweat shirt	19.90	1	0.19
Casual	h4a	T-shirts	5 pieces. H&M. Around \$10.	2 years	H&M: Printed jersey top	8.95	5	0.43
Casual	h4a	Dresses	5 pieces. H&M. Around \$15.	2 years	H&M: Patterned cotton dress	14.95	5	0.72
Casual	h4a	Skirts	2 pieces. H&M. Around \$15.	2 years	H&M: 2-pack jersey skirt	19.95	1	0.19
Casual	h4a	Shorts	5 pairs. H&M. Around \$10.	2 years	H&M: Cotton jersey shorts	9.95	5	0.48
Casual	h4a	Long bottoms	3 pairs. H&M. Around \$15.	2 years	H&M: 3-pack jersey joggers	44.95	1	0.43
Formal	h4a	Dresses	1 piece. H&M. 'Fancy dress' for special occasion. Around \$20.	2 years	H&M: A-line dress	19.95	1	0.19
Exercise	h4a	Swimsuit	1 set. Decathlon. Cheapest.	2 years	Decathlon: Covered swimsuit for kids	20.00	1	0.19
Exercise	h4a	Swimming goggles	1 piece. Decathlon. Cheapest.	3 years	Decathlon: Swimming goggles	4.50	1	0.03
Homewear	h4a	Singlets	5 pieces. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Children's singlet	7.00	5	0.34

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Homewear	h4a	Shorts	5 pairs. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Cotton shorts	5.00	5	0.24
Homewear	h4a	T-shirts	5 pieces. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: T-shirt	5.00	5	0.24
Homewear	h4a	Long bottoms	5 pairs. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Long pyjamas bottom	5.90	5	0.28
Special occasion	h4a	Ethnic wear	Annual budget of \$35. Cheapest, e.g. from Tanjong Katong Complex.	1 year	-	35.00	1	0.67
Underwear	h4a	Underwear	10 pieces. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Girls' underwear, pack of 5	12.90	2	0.49
Footwear	h4b	Socks	10 pieces. Neighbourhood shop. Cheapest.	1 year	H&M: Socks, pack of 10	16.95	1	0.33
Footwear	h4b	School shoes	1 pair. Low price, around \$25.	1 year	Decathlon: PW100 kids walking shoes	15.00	1	0.29
Footwear	h4b	Sneakers	1 pair. H&M. Around \$25.	1 year	H&M: Printed trainers	29.95	1	0.57
Footwear	h4b	Sandals	1 pair. H&M. Around \$10.	1 year	Decathlon: Hiking sandals	15.00	1	0.29
Footwear	h4b	Slippers	1 pair. Decathlon. Cheapest.	1 year	Decathlon: Slippers with backstrap	6.50	1	0.12
Accessories	h12b	Casual bag	1 piece. Decathlon. Around \$5.	3 years	Decathlon: QUECHA backpack	4.00	1	0.03
Accessories	h12b	School bag	1 piece. Decathlon. Around \$10.	3 years	Decathlon: NH 100 20L nature hiking	10.00	1	0.06
Accessories	h12b	Accessories	Annual budget \$10. For watch, jewellery, etc.	1 year	-	10.00	1	0.19
Accessories	h12a	Hair accessories	Budget \$10 every 2 years. For hair clips and hair ties.	2 years	E.g. Neighbourhood shop: Packet of small hair ties (\$1.00); hair band (\$1.90); cute clips (\$2.50 for 4).	10.00	1	0.10
Accessories	h12b	Cap	1 piece. Decathlon. Cheapest.	3 years	Decathlon: Children's athletics cap	5.00	1	0.03
Accessories	h12b	Water bottle	1 piece. NTUC. Childcare requires children to bring, with sling, cover and straw. Cheapest.	1 year	NTUC: Double Bear water bottle, 500ml	8.90	1	0.17
<b>7-12 years old, boy</b>								
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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Homewear	h4a	T-shirts	10 pieces. Decathlon. Cheapest.	2 years	Neighbourhood shop: T-shirt	7.00	10	0.67
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

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Social participation

Total: 123.95

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother and father</b>								
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	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
<b>Below 2 years old, boy</b>								
Activities	h10a	Leisure	E.g. RC activities in neighbourhood, fairs, cultural festivals. Activities at this age are usually free of charge.	1 month	-	0.00	1	0.00
Special occasions	h10a	Milestone celebrations	For one-time milestone celebration, e.g. baby's first month or first birthday. Small party for family and friends. Budget of \$120.	2 years	E.g. Catering: Kate's Catering (Halal), finger food and pastries (\$96.30 for 10 persons); Cake: Polar Cakes, character cake for 8 (\$22.80)	120.00	1	1.15

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>2-6 years old, girl</b>								
Activities	h10a	Leisure	E.g. sports, play dates, movies, zoo excursion, going to the beach, kite-flying, water play. For life experience, learning, fun. Annual budget \$100.	1 year	E.g. Bedok Swimming Complex (\$3.30 standard rate admission); Kids Amaze SAFRA Toa Payoh indoor playground (\$16.00-\$20.00 per entry per child, \$2 per accompanying adult); Movies (\$9.00-\$13.50); Singapore Zoo (\$26.00 for child admission, \$39.00 for adult admission).	100.00	1	1.92
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 or charity donation, \$1 per week, from 4 years old. To teach children the importance of giving and to donate to charitable causes.	5 years	\$1 per week from 4 to 6 years old	1.00	156	0.60
Special occasions	h10a	Birthdays	\$80 every year to celebrate with family, or family can save the budget to have one bigger party when child is between 2 to 6 years old.	1 year	E.g. Food for family and friends (\$15 x 4 = \$60); Polar character cake for 8 (\$22.80). Cost of child's gift covered by budget for toys, books, stationery.	80.00	1	1.53
Special occasions	h10a	Friends' birthdays	3 times a year. \$10 per gift. So child can learn to share and give.	1 year	E.g. Popular: Playdough tubs, 1 small set (\$9.90), Playdough wheels set (\$9.90), small Nerf gun (\$12.90); NTUC Extra: Uno (\$9.90), Fun Shop playset (\$9.90), Hot Wheels set of 3 cars (\$9.90).	10.00	3	0.58
<b>7-12 years old, boy</b>								
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); onePA 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
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	Annual budget \$80. 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."	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
<b>Household</b>								
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-twin \$379 x 2, 3rd pax \$348, child with no bed \$269.00 x 2)	1644.00	1	31.53

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Education and care services

Total: 403.60

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Below 2 years old, boy</b>								
Infant care	h12d	Infant care	After 4 months, end of maternity leave. Anchor operators: Sparkletots, PCF. Before subsidies around \$1,500-\$1,700, after subsidies around \$1,100.	2 years	NTUC My First Skool: Infant care (from 2 months to 17 months) monthly fee (\$1364.25, before subsidy). Toddler care (18 months to 30 months) monthly fee (\$770.40, before subsidy). First-time registration (\$85.60). Annual insurance (\$5.35). 4 sets of uniform (\$107.00). 2 sets of mattress cover (\$17.12). ECDA subsidy for infant care is \$600/\$150 for working/non-working mother; subsidy for toddler care is \$300/\$150 for working/non-working mother. Total cost is \$13827.92 for 20 months (4 months to 17 months in infant care; 18 months to 2 years old in toddler care), assuming mother is working.	13827.92	1	132.60
Infant care	h12b	Diaper bag	1 bag. Buy online. Bag with compartments. Cheapest.	3 years	Lazada: iFlashDeal baby diaper bag (\$21.56 + \$1.49 delivery)	23.05	1	0.15
Education	h10b	Stationery	For activities at home, e.g. stickers, alphabets, numbers, colour pencils, play doh, mahjong paper. Annual budget \$20.	1 year	-	20.00	1	0.38
<b>2-6 years old, girl</b>								
Childcare	h11a	Playgroup/childcare	Full-time childcare, anchor operators. New set of uniform every year, no need to change mattress cover.	5 years	NTUC My First Skool: Monthly fee (\$770.40, before subsidy); first-time registration (\$85.60); annual insurance (\$5.35); 4 sets of uniform per year (\$107.00); 2 sets of mattress cover (\$17.12). ECDA subsidy for full-day childcare is \$300 for working mother (assumed here) or \$150 for non-working mother.	28888.47	1	110.81
Childcare	h11a	Outings	2 outings a year. For transport, lunch, activity kits, etc. Annual budget \$50.	1 year	-	50.00	1	0.96
Childcare	h11a	Activities	2 activities a year. Important for the child to attend as otherwise the child will be left alone in the class and feel deprived of opportunity that everyone has. Around \$70 per activity.	1 year	-	70.00	2	2.68
Childcare	h11a	Class photos	Once a year.	1 year	-	5.00	1	0.10
Childcare	h11a	Graduation	Only for K2, for emotional need, participation. \$50 one-off expense.	5 years	-	50.00	1	0.19
Childcare	h7b	Ziploc bags	5 boxes. Daiso. For soiled clothes.	6 months	Daiso: Dry bag	2.00	5	0.38
Education	h11b	Activity books	Popular/NTUC. Coloring books, sticker books, prep book (for K2). Annual budget \$30.	1 year	-	30.00	1	0.58
Education	h10b	Stationery	Popular/NTUC. E.g. poster colour, colour pencil, crayons, pencil case, pencil, eraser, ruler, scissors, glue, pencil sharpener. Annual budget \$20.	1 year	-	20.00	1	0.38
<b>7-12 years old, boy</b>								
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



Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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
<b>Household</b>								
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

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Healthcare

Total: 77.67

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother and father</b>								
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
<b>Mother</b>								
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	3	0.08

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
<b>Below 2 years old, boy</b>								
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	Early childhood screening is fully subsidised at CHAS GP clinics and polyclinics.	0.00	1	0.00
Treatment	h8b	GP visits - Public	10 times per year. Polyclinic. Around \$10 per visit.	1 year	-	10.00	10	1.92
Treatment	h8b	GP visits - Private	2 times per year. Private GP. Around \$50 per visit.	1 year	-	50.00	2	1.92
Treatment	h8b	Jaundice treatment	Polyclinic consultation, follow up if necessary at hospital, \$500-\$600.	2 years	Polyclinic: Consultation (\$6.90); scanning (\$5.50); phototherapy, if required (\$200 for 1 session); in-patient ward charges for children, if required (bed charge \$35 a day, excluding other hospital charges).	500.00	1	4.79
Emergency	h8b	A&E visits	2 times a year. KKH A&E, GPs may not accept very young children.	1 year	KK Hospital: A&E charges for children	120.00	2	4.60
<b>2-6 years old, girl</b>								
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	Early childhood screening is fully subsidised at CHAS GP clinics and polyclinics	0.00	1	0.00
Screening	h8b	Dental care	2 times per year. Polyclinic. Cost based on 2 consultations per year, 1 extraction, and 1 filling.	1 year	National University Polyclinics with dental services: Consultation with dentist (\$11-\$17); extraction (\$13-\$22); filling (\$10-\$31).	66.00	1	1.27
Treatment	h8b	GP visits - Public	8 times per year. Polyclinic. Around \$10 per visit.	1 year	-	10.00	8	1.53
Treatment	h8b	GP visits - Private	2 times per year. Private GP. Around \$50 per visit.	1 year	-	50.00	2	1.92
Emergency	h8b	A&E visits	2 times per year. KK Hospital. Around \$120 per visit.	1 year	KK Hospital: A&E charges for children	120.00	2	4.60
<b>7-12 years old, boy</b>								
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

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Food

Total: 376.82

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
<b>Grocery items (eating in)</b>								
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	400g	FairPrice rolled oats 1kg	2.50	4.75	1	1.90
Eating in	h1	Special K original	160g	Kellogg's Special K cereal - original 300g	1.88	6.90	1	3.68
Eating in	h1	Infant oat cereal	50g	Nestle cerelac infant cereal (brown rice and milk) 350g	7.00	6.50	1	0.93
Eating in	h1	Kway teow	100g	Fortune noodles - kway teow 400g	4.00	1.30	1	0.33
Eating in	h1	Spaghetti	210g	San Remo pasta - instant spaghetti 500g	2.38	2.40	1	1.01
Eating in	h1	Pasta	210g	San Remo pasta - penne 500g	2.38	2.40	1	1.01
Eating in	h1	Brown rice	600g	FairPrice Thailand rice - brown (unpolished) 5kg	8.33	11.20	1	1.34
Eating in	h1	White rice	600g	FairPrice jasmine fragrant rice 11kg	18.33	14.30	1	0.78
Eating in	h1	Wholegrain burger bun	4 buns	Gardenia wholemeal buns - hamburger, 4 buns, 250g	1.00	1.80	1	1.80
Eating in	h1	Udon	300g	FairPrice instant fresh Japanese udon, 200g per pack, 3 packs	2.00	2.60	1	1.30
Eating in	h1	Macaroni	30g	Pasar pasta - macaroni 300g	10.00	1.25	1	0.13
Eating in	h1	Coffee	5 cups (25g coffee powder)	FairPrice instant coffee powder jar - original blend 200g	8.00	6.25	1	0.78
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	5625ml	FairPrice UHT milk - low fat 1L	0.18	1.70	1	9.56
Eating in	h1	Low-fat milk, flavoured	5 packets	F&N Magnolia UHT packet milk - chocolate 6 x 250ml	1.20	4.40	1	3.67
Eating in	h1	Infant formula milk	4050ml (or 1782g milk formula)	Wyeth S26 progress gold grow up milk formula - step 3, 1.6kg (Halal)	0.90	73.20	1	81.53
Eating in	h1	Soy milk	500ml	F&N NutriSoy high calcium fresh soya milk - reduced sugar 1L	2.00	2.25	1	1.13
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	1 serving (5g)	FairPrice block butter - pure creamery 250g	25.00	4.15	1	0.17
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	725g	Pasar fresh chicken minced 270g (Halal)	0.37	2.78	1	7.46
Eating in	h1	Skinless chicken thigh	315g	Pasar fresh skinless chicken thigh 268g (Halal)	0.85	2.44	1	2.87
Eating in	h1	Batang	415g	Pasar batang steak 234g	0.56	4.19	1	7.43
Eating in	h1	Eggs	3 eggs	Pasar fresh eggs, 10 eggs, 550g	3.33	1.90	1	0.57
Eating in	h1	Spinach	745g	Chef Chinese spinach 250g	1.00	1.60	3	4.80
Eating in	h1	Broccoli	175g	China broccoli, 1 broccoli, 345g	1.00	1.30	1	1.30
Eating in	h1	Zucchini	425g	Thygrace green zucchini (Malaysia) 554g	1.00	2.49	1	2.49
Eating in	h1	Pumpkin	430g	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	305g	Pasar Australia carrot 416g	1.00	0.80	1	0.80
Eating in	h1	Garlic	14 cloves (56g)	Chef China garlic 500g	3.00	2.45	1	0.82

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Ginger	15 slices (25g)	Pasar yellow ginger 200g	3.00	1.10	1	0.37
Eating in	h1	Shitake mushrooms	90g	Chef shitake mushroom 250g	1.00	2.40	1	2.40
Eating in	h1	French beans	250g	YK french beans 250g	1.00	2.00	1	2.00
Eating in	h1	Banana	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
Eating in	h1	Apples	6 apples	USA Royal Gala apples, 6 apples	1.00	5.25	1	5.25
Eating in	h1	Grapes	10 servings, around 50g per serving	Red seedless grapes, USA 500g	1.00	5.50	1	5.50
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-reduced vegetable stock	3.5g	Knorr stock cubes - vegetable (lower in sodium) 60g	17.14	1.75	1	0.10
Eating in	h1	Salt-reduced chicken stock	3g	Knorr stock cubes - chicken (No added MSG, lower in sodium) 60g	20.00	1.90	1	0.10
Eating in	h1	Salt-reduced ikan bilis stock	2g	Knorr stock cubes - ikan bilis (lower in sodium) 60g	30.00	1.75	1	0.06
Eating in	h1	Salt	10.5g	FairPrice fine salt 500g	47.62	0.42	1	0.01
Eating in	h1	Black pepper	9g	FairPrice black pepper - ground 100g	11.11	4.05	1	0.36
Eating in	h1	Mixed herbs	2 tsp (2g)	Masterfoods mixed herb blend 10g	5.00	3.90	1	0.78
Eating in	h1	Wolfberry	3g	Sun Kee wolfberry 150g	50.00	4.00	1	0.08
Eating in	h1	Light soya sauce	20ml	FairPrice soya sauce - light 660ml	33.00	1.85	1	0.06
Eating in	h1	Vegetable oil	338ml	FairPrice vegetable oil 2L	5.92	5.75	1	0.97
Eating in	h1	Sesame oil	2.5ml	Double Pagoda sesame oil - pure 150ml	60.00	3.00	1	0.05
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	2 cans	Hunt's diced tomato 411g	1.00	2.45	2	4.90
Eating in	h1	Chicken/beef patty	4 patties	Sadia frozen burger patties - chicken, 4 per pack, 320g (Halal)	1.00	4.85	1	4.85
Eating in	h1	Canned tuna in water	315g	FairPrice tuna flakes - water 185g	1.00	2.10	2	4.20

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Frozen mixed vegetables	175g	FairPrice frozen fresh mixed vegetables 400g	2.29	2.10	1	0.92
Eating in	h1	Frozen fries	100g	FairPrice french fries straight cut 1kg (Halal)	10.00	3.35	1	0.34
Eating in	h1	Egg tofu	100g	FairPrice egg tofu 150g	1.00	0.85	1	0.85
Eating in	h1	Pandan chiffon cake	1 slice	Pandan chiffon cake 1 slice	1.00	1.60	1	1.60
Eating in	h1	Plain crackers	1 packet	Meiji plain crackers - original, 7 pcs per pack, 4 packs	4.00	1.50	1	0.38
Eating in	h1	Wholewheat biscuits	4 packets	Hup Seng crackers - wholemeal 3 pcs per pack, 10 packs	2.50	2.40	1	0.96
Eating in	h1	Biscuits	5 packets	Munchy's oat crunch crackers - chunky hazelnut, 8 pcs per pack, 8 packs	1.60	2.90	1	1.81
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
<b>Mother and father (eating out)</b>								
Eating out	h3b	Fast food breakfast set	1 breakfast set with 1 cup 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 economy rice / 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	3 servings	Neighbourhood hawker centre: Sliced fish soup with batang	1.00	4.00	3	12.00
Eating out	h3b	"	2 servings	City area hawker centre: Sliced fish bee hoon soup	1.00	5.00	2	10.00
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	"	3 bowls of wanton noodles soup or yong tau foo with bee hoon soup	Food court: Yong tau foo, 7 pieces with bee hoon or rice	1.00	6.00	3	18.00
Eating out	h3b	Mee soto 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 breast 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	Chicken rice	1.00	3.00	1	3.00
Eating out	h3b	Chiffon cake	2 pieces	City area shopping mall: Chiffon pandan cake 1 slice	1.00	1.70	2	3.40
Eating out	h3b	Fruit	7 servings of fruit	1 piece fruit (range from \$0.80 to \$1)	1.00	1.00	7	7.00
Eating out	h3b	Coffee/tea	9 cups	Neighbourhood hawker centre: Kopi-si	1.00	1.00	9	9.00
Eating out	h3b	Barley drink	1 cup	City area hawker centre: Barley drink	1.00	1.00	1	1.00
Eating out	h3b	Yoghurt	2 servings	City area hawker centre: Meiji yoghurt	1.00	1.40	2	2.80
<b>2-6 years old, girl (eating out)</b>								
Eating out	h3b	Fast food breakfast set	1 breakfast set meal with 1 cup of milo/juice	McDonald's: Happy meal (2 pieces of hotcakes with drink)	1.00	4.70	1	4.70
Eating out	h3b	Nasi padang	1 plate of economy rice (less rice, choose 1 egg dish and 1 vegetable, some gravy)	Food court: Nasi padang (rice, 1 meat, 1 vegetable)	1.00	3.80	1	3.80
Eating out	h3b	Western food	1 plate of grilled fish/chicken with mashed potato/fries	Food court: Grilled fish with sambal rice/fries \$8, or chicken chop with fries \$7.50	1.00	8.00	1	8.00

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
<b>7-12 years old, boy (eating out)</b>								
Eating out	h3b	Fast food breakfast set	1 breakfast set meal with 1 cup of milo/juice	McDonald's: Hotcakes, hash brown and milo	1.00	7.35	1	7.35
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	Chicken rice	1 serving	Food court: Chicken rice	1.00	4.70	1	4.70
Eating out	h3b	Nasi padang	1 plate of economy rice (choose 1 meat and 2 vegetable dishes)	Food court: Nasi padang (rice, 1 meat, 2 vegetables)	1.00	5.50	1	5.50
Eating out	h3b	Sushi set	1 set	School canteen: Sushi with cucumber and egg set \$1.80, milo packet \$0.80	1.00	2.60	1	2.60
Eating out	h3b	Sandwich	2 servings of cheese sandwich or tuna sandwich	School canteen: Cheese sandwich	1.00	0.60	2	1.20
Eating out	h3b	Soya bean milk	1 cup	Neighbourhood hawker centre: Fresh soya bean milk	1.00	1.50	1	1.50
Eating out	h3b	Milk	2 packets	School canteen: HL packet milk	1.00	0.90	2	1.80
Eating out	h3b	Yogurt	2 servings	School canteen: Meiji yoghurt	1.00	0.90	2	1.80

Household 7 - Partnered parents with three children below 2 years old (boy), 2-6 years old (girl) and 7-12 years old (boy)

Housing, utilities

Total: 345.58

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.	-	-	297.89
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