

Male or female, 55-64 years old, living alone

Household goods

Total: \$ 52.61

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6b	Ceramic tiles	Non-slip tiles for spaces other than bedroom and living room (e.g. bathroom, kitchen). Average price.	30 years	Homogeneous tiles 30 x 30cm or 30 x 60cm, \$3psf x 18sqm (=193.8sqf), half of total floor area of 36sqm	581.40	1	0.37
Housing	h6b	Laminate flooring	Like parquet, for bedroom and living room. When older, one would not want to step on cold ceramic floor. Cheapest.	30 years	Laminate flooring \$5 psf x 18sqm (=193.8sqf), half of total floor area	969.00	1	0.62
Housing	h7a	Curtains	2 sets per window, 2 windows. IKEA. Cheapest.	20 years	IKEA: Mjolkort curtains 145 x 250cm	19.90	4	0.08
Housing	h7a	Curtain poles	IKEA. Pole/rings. Cheapest.	15 years	IKEA: Racka curtain rod combination 1.2-2.1m adjustable	16.60	2	0.04
Housing	h7a	Light casing	3 pieces, for living room, kitchen, bedroom.	5 years	IKEA: Lysboj ceiling lamp E27 (decorative)	3.90	3	0.04
Housing	h7a	Light casing	2 pieces, for toilet, storeroom.	5 years	IKEA: Spacka ceiling lamp plastic E27 (plain)	5.90	2	0.05
Housing	h7a	Light bulbs	5 pieces, LED. Warm light in bedroom. Average price.	5 years	IKEA: Ledare E27 LED bulb 1800lm 22w	22.90	5	0.44
Housing	h7a	Standing fan	2 units. For living room, bedroom. Average price.	10 years	Courts: KDK P40US 16" stand fan	116.00	2	0.44
Housing	h12b	Clock	2 pieces. Neighbourhood shop/IKEA.	5 years	Neighbourhood shop: Basic plastic wall clock	5.90	2	0.05
Entrance	h7a	Doormat	2 pieces. Non-slip, absorbent, washable. Cheapest.	1 year	Neighbourhood shop: Chenille microfiber non-slip \$6.90	6.90	2	0.26
Entrance	h7a	Shoe rack	1 piece. Neighbourhood shop. Plastic. Cheapest.	5 years	Neighbourhood shop: Plastic and aluminium 4-tier no doors	9.90	1	0.04
Entrance	h7a	Padlock	1 piece. Neighbourhood shop. Average price.	30 years	Neighbourhood shop: Padlock no-brand	14.50	1	0.01
Entrance	h7a	Doorbell	1 piece. Neighbourhood shop/NTUC. Electric (wired), hard to change battery otherwise, cheapest.	10 years	Neighbourhood shop: Soundtech wired doorbell chime (\$16.90), switch (\$3.90).	20.80	1	0.04
Living room	h7a	Sofa	1 piece. IKEA/Big Box/Novena/Picket & Rail. 2 seater, fabric, washable. Average price.	3 years	IKEA: Norsborg 2-seater removable covers Edum dark blue 88x153cm	545.00	1	3.48
Living room	h7a	Small table	1 piece. IKEA/Big Box/Novena/Picket & Rail. Small. Average price.	10 years	IKEA: Norrasen laptop table 79x74cm	129.00	1	0.25
Living room	h7a	Console	1 piece. Small, wooden. To place Internet router.	20 years	Neighbourhood shop: Wooden console with cabinet and shelf storage 40"	220.00	1	0.21
Living room	h10a	Television (wall-mount)	1 set. Courts/Best Denki/Gain City/supermarket/Audio House. Samsung/Philips/LG. Smart, 32". Average price.	5 years	Best: LG 32LH570D 32" LED smart TV	399.00	1	1.53
Living room	h10a	Internet	To stay in touch with the world and be mentally agile. Cheapest.	1 month	M1 Fibre 500mbps with router 24-mth contract \$34/mth	34.00	1	7.82
Living room	h10a	Laptop	1 unit. Lenovo/Acer. 13", cheaper range of a better brand.	3 years	Courts: Lenovo Ideapad 100S-14IBR 14" laptop (cheapest known brand for 14", no 13" laptops)	449.00	1	2.87
Living room	h10a	Bluetooth speaker	1 set. Having a music system is basic. Cheapest.	5 years	Courts: Sonicgear Pandora Mini bluetooth speaker	15.90	1	0.06
Living room	h9	Mobile phone	1 set. Cheapest contract, \$0 phone.	1 month	M1 Lite \$28/mth	28.00	1	6.44
Living room	h9	Landline telephone	1 set. Corded. In case people cannot contact them through handphone (battery flat). Cheapest.	10 years	Courts: Motorola CT100 corded phone (cheapest with buttons not on handset)	19.00	1	0.04
Living room	h7a	Decoration	Annual budget \$100	1 year	-	100.00	1	1.92
Living room	h6b	Painting	Get package that includes service. Cheapest.	5 years	Entire 2-room flat Nippon paint	600.00	1	2.30
Dining	h7a	Dining table and chairs	1 set. Wooden. Cheapest.	10 years	IKEA: MELLTORP/TEODORES melamine table top + 4 stackable chairs	189.00	1	0.36
Dining	h7a	Plate	4 pieces. Neighbourhood shop/IKEA. Porcelain plates and bowls to be homely and hospitable. Average price.	10 years	IKEA: 28cm plate	4.90	4	0.04
Dining	h7a	Side plate	4 pieces. Neighbourhood shop/IKEA. Dessert plate. Low price.	10 years	IKEA: 21cm side plate	2.90	4	0.02
Dining	h7a	Bowl	4 pieces. Neighbourhood shop/IKEA. Porcelain. Average price.	10 years	IKEA: Rice bowl	1.90	4	0.01

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Dining	h7a	Sauce dish	4 pieces. Neighbourhood shop/IKEA. Porcelain. Average price.	10 years	Neighbourhood shop: Porcelain dish	1.00	4	0.01
Dining	h7a	Teaspoon	4 pieces. Neighbourhood shop/IKEA. Stainless steel. Average price.	10 years	Neighbourhood shop: Stainless steel teaspoon	0.80	4	0.01
Dining	h7a	Tablespoon	4 pieces. Neighbourhood shop/IKEA. Stainless steel. Average price.	10 years	Neighbourhood shop: Stainless steel tablespoon	1.50	4	0.01
Dining	h7a	Fork	4 pieces. Neighbourhood shop/IKEA. Stainless steel. Average price.	10 years	Neighbourhood shop: Stainless steel fork	0.70	4	0.01
Dining	h7a	Soup spoon (chinese)	4 pieces. Neighbourhood shop/IKEA. Porcelain, cannot be melamine because it is unhygienic and not good for hot food. Average price.	10 years	Neighbourhood shop: Porcelain soup spoon	0.80	4	0.01
Dining	h7a	Chopsticks	4 pairs. Neighbourhood shop/IKEA. Average price.	10 years	Neighbourhood shop: Wooden chopsticks set	2.90	1	0.01
Dining	h7a	Butter knife	2 pieces. Neighbourhood shop/IKEA. Stainless steel. Average price.	10 years	Neighbourhood shop: Stainless steel butter knife	2.40	2	0.01
Dining	h7a	Mug	4 pieces. Neighbourhood shop/IKEA. Porcelain. Average price.	10 years	IKEA: Porcelain mug 35cl	3.90	4	0.03
Dining	h7a	Trivets/coasters	3 pieces. Daiso. To put hot things.	1 year	Daiso: Trivets/coasters (cork or fabric)	2.00	3	0.12
Dining	h7b	Disposable plates	1 stack. NTUC. Buy when needed. Cheapest.	18 months	NTUC: HOMEPROUD 7" disposable paper plates, set of 30.	2.30	1	0.03
Dining	h7b	Disposable cups	1 stack. NTUC. Buy when needed. Cheapest.	1 year	NTUC: HOMEPROUD disposable cups clear, 20 pieces.	1.80	1	0.03
Dining	h7a	Storage containers	1 set. Daiso. Airtight.	5 years	Daiso: Plastic airtight containers (370ml pack of 4; 700ml pack of 3; 500ml pack of 3; 1000ml pack of 2)	2.00	1	0.01
Kitchen	h7a	Thermos flask	1 piece. Cheapest	5 years	Neighbourhood shop: thermos flask (1.6L)	29.90	1	0.11
Kitchen	h7a	Rice cooker	1 piece. 2-cup.	5 years	Courts: PHILIPS 1L rice cooker	59.00	1	0.23
Kitchen	h7a	Electric kettle	1 unit. Best Denki/Gain City/Courts/Audio House/Harvey Norman. Cheapest	3 years	Courts: CORNELL electric kettle 1L	32.90	1	0.21
Kitchen	h7a	Blender	1 unit. Best Denki/Gain City/Courts/Audio House/Harvey Norman. Average price for sharp blades. Average price.	5 years	Audio House: ELECTROLUX 500W blender	69.00	1	0.26
Kitchen	h7a	Oven toaster	1 unit. Best Denki/Gain City/Courts/Audio House/Harvey Norman. Average price.	5 years	Courts: EUROPACE Oven toaster 9L	39.90	1	0.15
Kitchen	h7a	Fridge	1 unit. Best Denki/Gain City/Courts/Audio House/Harvey Norman. Energy efficient (at least 4 ticks). 2-door, 5-feet high. Average price.	10 years	Courts: SAMSUNG 2 door fridge 264L	569.00	1	1.09
Kitchen	h7a	Stove	1 unit. Best Denki/Gain City/Courts/Audio House/Harvey Norman. Portable induction stove. Burnt or not heat sensitive after 3 years. Average price.	5 years	Courts: TEFAL induction hob 2100W	199.00	1	0.76
Kitchen	h7a	Pots (medium)	1 piece. Neighbourhood shop. Induction-friendly. Average price.	10 years	Neighbourhood shop: Aluminium induction cooking pot 20cm	21.90	1	0.04
Kitchen	h7a	Pots (large)	1 piece. Neighbourhood shop. Induction-friendly. Average price.	10 years	Neighbourhood shop: Aluminium induction cooking pot 24cm	39.90	1	0.08
Kitchen	h7a	Wok	1 piece. Neighbourhood shop. Small, average price.	10 years	Neighbourhood shop: Black wok small	9.90	1	0.02
Kitchen	h7a	Wok lid	1 piece. Neighbourhood shop. Average price.	10 years	Neighbourhood shop: Wok small stainless steel lid	4.60	1	0.01
Kitchen	h7a	Steam rack	1 piece. Neighbourhood shop. Attachment steamer, Zebra brand.	10 years	Neighbourhood shop: Stainless steel steamer rack	5.00	1	0.01
Kitchen	h7a	Spatula (wood)	1 piece. Neighbourhood shop. 2 spatulas, wood and steel needed: wood will not scratch nonstick pot. Low price.	3 years	Neighbourhood shop: Spatula/turner wooden	3.90	1	0.02
Kitchen	h7a	Spatula (steel)	1 piece. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Spatula/turner steel	2.20	1	0.01
Kitchen	h7a	Soup ladle (big)	1 piece. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Stainless steel ladle large	2.20	1	0.01
Kitchen	h7a	Soup ladle (small)	1 piece. Neighbourhood shop. Low price.	3 years	Neighbourhood shop: Stainless steel ladle small	1.80	1	0.01
Kitchen	h7a	Knife (chef knife)	1 piece. Neighbourhood shop. Average price.	10 years	Neighbourhood shop: Chef's knife 7.5"	7.40	1	0.01
Kitchen	h7a	Knife (slicing knife)	1 piece. Neighbourhood shop. Average price.	10 years	Neighbourhood shop: Chef's knife 7.5"	7.40	1	0.01

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Kitchen	h7a	Knife (fruit knife)	1 piece. Neighbourhood shop. Average price.	10 years	Neighbourhood shop: Paring knife 3.5"	3.00	1	0.01
Kitchen	h7a	Knife sharpener	1 piece. Neighbourhood shop. Average price.	10 years	Neighbourhood shop: Sharpening stone	3.90	1	0.01
Kitchen	h7a	Peeler	1 piece. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: Peeler	1.90	1	0.01
Kitchen	h7a	Chopping board (plastic)	1 piece. Neighbourhood shop. Plastic, A4 size. 1 for fruits and vegetables, 1 for meat. The boards might become yellow.	2 years	Neighbourhood shop: Plastic chopping board A4 size	8.90	1	0.09
Kitchen	h7a	Chopping board (wood)	1 piece. Neighbourhood shop. Wood, A4 size. 1 for fruits and vegetables, 1 for meat.	2 years	Neighbourhood shop: Wooden chopping board A4 size	10.90	1	0.10
Kitchen	h7a	Tongs	1 piece. Neighbourhood shop. Aluminium. Low price.	5 years	Neighbourhood shop: Aluminium tongs	1.50	1	0.01
Kitchen	h7a	Can opener	1 piece. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: Can opener	3.90	1	0.01
Kitchen	h7a	Kitchen scissors	1 pair. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: Kitchen scissors	9.90	1	0.04
Kitchen	h7a	Colander	1 set. Plastic. Set of strainer and bowl. Cheapest.	5 years	Neighbourhood shop: Plastic bowl and colander set	6.90	1	0.03
Kitchen	h7a	Steel sieve	1 piece. Neighbourhood shop. Low price.	10 years	Neighbourhood shop: Stainless steel sieve medium	6.90	1	0.01
Kitchen	h7a	Grater	1 piece. Neighbourhood shop. Average price.	5 years	Neighbourhood shop: Grater	3.90	1	0.01
Kitchen	h7a	Potholder gloves	1 pair. Daiso.	1 year	Daiso: mittens	2.00	1	0.04
Kitchen	h7b	Hand towels	4 pieces. Neighbourhood shop. Cheapest.	3 years	Neighbourhood shop: Tea towels (hand) pack of 12	3.90	1	0.02
Kitchen	h7b	Dish and wiping cloth	2 pieces. Neighbourhood shop. 1 to dry dishes, 1 to clean table. Cheapest.	9 months	Neighbourhood shop: Kitchen towels (dish, table) pack of 6	2.90	1	0.07
Kitchen	h7b	Dishwashing liquid	Mama Lemon. 1 pack lasts 2 months.	2 months	Neighbourhood shop: Mama Lemon 750ml	2.50	1	0.29
Kitchen	h7b	Sponge	1 piece.	1 year	Neighbourhood shop: Kitchen cleaner sponge, pack of 6.	1.50	1	0.03
Kitchen	h7a	Dustbin	1 piece. Daiso. Open wastepaper basket.	2 years	Daiso: Open wastepaper basket	2.00	1	0.02
Kitchen	h7a	Dish drying rack	1 unit. Plastic. Low price.	3 years	Neighbourhood shop: Plastic dish drainer.	6.90	1	0.04
Laundry/cleaning	h7a	Washing machine	1 unit. LG. Top load. 5 to 7kg. Average price. Laundry twice a week	7 years	Courts: LG 7.5kg topload, T2175VSPW, 3 ticks water efficiency.	429.00	1	1.18
Laundry/cleaning	h7a	Vacuum cleaner	1 unit. Standing vacuum. Courts, average price. No retractable vacuum because "wires will tangle all over the place."	3 years	Courts: TEFAL TY8841HH HANDSTICK VACUUM CLEANER 18V	299.00	1	1.91
Laundry/cleaning	h7a	Iron	1 unit. Steam iron, around \$30.	5 years	Courts: Tefal Steam Iron FV1320 Virtuo 1400W	29.90	1	0.11
Laundry/cleaning	h7a	Ironing board	1 piece. Neighbourhood shop. Shirts must be wrinkle-free. Low price.	5 years	Neighbourhood shop: Small ironing board, low price.	20.90	1	0.08
Laundry/cleaning	h7a	Ironing board cover	1 piece. Neighbourhood shop. Change once a year as it turns yellow. Cheapest.	5 years	Neighbourhood shop: Ironing board cover cotton	4.50	1	0.02
Laundry/cleaning	h7a	Drying rack	Drying rack instead of poles because easier to hang clothes and safer.	5 years	Neighbourhood shop: Foldable drying rack for clothes	21.90	1	0.08
Laundry/cleaning	h7a	Pegs	30 pieces. Neighbourhood shop. Plastic. Cheapest.	10 years	Neighbourhood shop: Big clothes pegs 12pc	1.50	3	0.01
Laundry/cleaning	h7a	Hangers	20 pieces. Neighbourhood shop. Plastic. Cheapest.	10 years	Neighbourhood shop: Plastic clothes hangers 5pc bundle	1.90	4	0.01
Laundry/cleaning	h7b	Detergent	1 bottle, laundry twice a week.	2 months	NTUC: Fairprice Triple Action Detergent Powder 3.5kg	5.20	1	0.60
Laundry/cleaning	h7a	Laundry net	1 piece.	1 year	Neighbourhood shop: Laundry net 30cm x 40cm	1.00	1	0.02
Laundry/cleaning	h7a	Laundry Basket	1 piece. Neighbourhood shop/IKEA. Plastic. Cheapest.	10 years	Neighbourhood shop: Plastic laundry basket	9.90	1	0.02
Laundry/cleaning	h7a	Mop handle	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Handle only. Lifespan from partnered group.	1.50	1	0.01
Laundry/cleaning	h7a	Mop head	1 piece. Change mophead once in 6 months. Cheapest.	6 months	Neighbourhood shop: Stringy mop head	4.90	1	0.19

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Laundry/cleaning	h7a	Pail	1 piece with strainer. Neighbourhood shop. Cheapest	5 years	Neighbourhood shop: Plastic pail with strainer	11.90	1	0.05
Laundry/cleaning	h7a	Broom	1 piece. Neighbourhood shop. Cheapest. Handle only.	3 years	Neighbourhood shop: Broom handle only	1.50	1	0.01
Laundry/cleaning	h7a	Broom head	1 piece. Neighbourhood shop.	1 year	Neighbourhood shop: Broom head with plastic bristles	2.50	1	0.05
Laundry/cleaning	h7a	Dustpan	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Dustpan with tall handle	3.20	1	0.01
Laundry/cleaning	h7b	Floor cleaner	1 bottle. Low price.	6 months	Neighbourhood shop: Magic Clean Floor Cleaner 2L	6.90	1	0.26
Laundry/cleaning	h7b	Cleaning cloth	Neighbourhood shop. Cheapest. One piece per month, 4 x 3pc packs a year.	1 year	Neighbourhood shop: Microfibre wiping cloths 3pc pack	1.90	4	0.15
Laundry/cleaning	h7b	Kitchen cleaner	1 bottle. Low price.	3 months	NTUC: Clorox kitchen cleaner spray 500ml	4.50	1	0.35
Laundry/cleaning	h7b	Sponge	1 piece. Low price.	1 month	Neighbourhood shop: Multi-purpose sponge for cleaning	1.90	1	0.44
Laundry/cleaning	h7b	Tissue	1 pack of 5 boxes. Neighbourhood shop. 2-ply, cheapest.	5 months	NTUC: Fairprice Facial Tissue 5 boxes pack	3.95	1	0.18
Bathroom	h7a	Grab bar	Group says yes to grab bars and non-slip tiles, no to ramps.	30 years	Rehab Mart Sg (online): Grab Bar Stainless Steel Nylon-coated White, 450mm @\$37. Assumed at least 2 grab bars are needed, one at the shower and another near the toilet bowl. (HDB EASE only for those 65 yrs and above. Those between 60-64 must have at least one ADL condition to enjoy the scheme.)	37.00	2	0.05
Bathroom	h7a	Heater	1 unit. Gain City. Average price.	5 years	Gain City: MISTRAL INSTANT HEATER MSH708 T0100327	109.00	1	0.42
Bathroom	h7a	Showerhead	1 piece. Neighbourhood shop. Average price.	3 years	Gain City does not sell showerhead on its own. Neighbourhood shop: Showerhead	18.90	1	0.12
Bathroom	h7a	Bidet	1 piece. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Bidet spray	18.90	1	0.18
Bathroom	h7a	Cabinet with mirror	1 unit. Neighbourhood shop/IKEA/Seng Siang Choon/Hoe Kee	10 years	IKEA: LILLÅNGEN Mirror cabinet with 1 door, black-brown	55.00	1	0.11
Bathroom	h7a	Shower caddy	1 piece. Neighbourhood shop. Plastic. Low price.	2 years	Neighbourhood shop: Suction plastic caddy holding up to 2kg	3.90	1	0.04
Bathroom	h7a	Towel rail	1 piece. Neighbourhood shop. Average price.	30 years	Neighbourhood shop: Metal towel rail	10.90	1	0.01
Bathroom	h7a	Towel hooks	1 piece. Neighbourhood shop. Low price.	1 year	Neighbourhood shop: Metal rail with hooks to place over door edge	1.00	1	0.02
Bathroom	h7a	Toilet brush	1 piece. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Toilet plastic brush and holder	1.90	1	0.04
Bathroom	h7b	Toilet cleaner	1 bottle. Low price.	3 months	NTUC: Mr Muscle toilet cleaner 500ml	3.05	1	0.23
Bathroom	h7a	Non-slip mat (outside bathroom)	1 piece. Neighbourhood shop. Non-slip. Low price.	1 year	Neighbourhood shop: Non-slip mat woven	6.90	1	0.13
Bathroom	h7a	Toilet paper holder	1 unit. Average price.	20 years	Neighbourhood shop: Plastic toilet paper holder	4.90	1	0.005
Bedroom	h7a	Bedframe	1 piece. IKEA. Super-single, metal, wood will attract bed bugs. Average price.	10 years	IKEA: Kopardal steel with Luroy base double 150cm (no super single steel bed)	269.00	1	0.52
Bedroom	h7a	Mattress	1 piece. Courts. King Koll. Firm. Average price.	10 years	IKEA: Hovag sprung mattress 150 x 200cm	499.00	1	0.96
Bedroom	h7a	Mattress protector	2 sets. IKEA/departmental stores. Low price.	2 years	IKEA: Parlmalva mattress protector 150x200	39.90	2	0.77
Bedroom	h7a	Pillow	2 pieces. IKEA/departmental stores. Average price.	2 years	IKEA: Hylle pillow firmer	39.90	2	0.77
Bedroom	h7a	Pillow protector	2 sets. IKEA/departmental stores. Low price.	2 years	NTUC: Domus pillow protector	5.90	2	0.11
Bedroom	h7a	Bolster	1 piece. IKEA/departmental stores. Average price.	2 years	IKEA: Strandbeta bolster	12.90	1	0.12
Bedroom	h7a	Blanket	"Thin sheet", 2 pieces. IKEA/departmental stores. Average price.	2 years	IKEA: Rodtoppa quilt 150x200cm cooler \$59; Hostoga quilt cover + 2 pillow cases \$19.90	78.90	2	1.51
Bedroom	h7a	Bedsheets	2 sets. IKEA/departmental stores. Average price.	2 years	IKEA: Nattjasmin fitted sheet 150x200cm	39.90	2	0.77
Bedroom	h7a	Pillow cover	2 sets. IKEA/departmental stores. Average price.	2 years	(with blanket/quilt cover)	0.00	0	0.00

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Bedroom	h7a	Bolster cover	2 sets. IKEA/departmental stores. Average price.	2 years	NTUC: Domus bolstercase	6.90	2	0.13
Bedroom	h7a	Bedside table	1 unit. IKEA. Metal. Low price.	10 years	IKEA: Selje bedside table, steel, one drawer.	39.90	1	0.08
Bedroom	h7a	Table lamp	1 unit. IKEA. Cheapest	10 years	IKEA: Tvars table lamp	3.90	1	0.01
Bedroom	h7a	Wardrobe	1 unit. IKEA. With mirror outside. 2-door, sliding. Drawers. Average price.	10 years	IKEA: Trysil wardrobe sliding doors 4-drawer but no mirror \$399, Lundamo mirror \$9.90.	408.90	1	0.78
Storeroom	h7a	Shelves	1 unit. Neighbourhood shop. Steel, to keep newspapers, cheapest	5 years	Not available at neighbourhood shop. IKEA: Hyllis steel shelving unit 60 x 140cm 4-tier	19.90	1	0.08
Storeroom	h7a	Ladder	1 unit. Neighbourhood shop. 3-step ladder. Cheapest.	5 years	Neighbourhood shop: 3 step + platform ladder	42.90	1	0.16
Storeroom	h7a	Stools	5 pieces. IKEA/Big Box/Novena/Picket & Rail. Plastic, stackable. Cheapest, no back.	8 years	Neighbourhood shop: Stackable plastic stool no back	8.90	5	0.11
Storeroom	h7a	Basic toolbox	1 set. IKEA/Neighbourhood shop. Hammer, screwdriver, spanner, pliers.	20 years	IKEA: Fixa 17-piece toolset with hammer, spanner, pliers, screwdriver and bits, allen keys, bradawl	14.90	1	0.01
Storeroom	h7b	Fire extinguisher	1 unit.	3 years	Neighbourhood shop: 16oz extinguisher	43.90	1	0.28
Storeroom	h7b	WD40 multipurpose oil	1 bottle. Neighbourhood shop.	1 year	Neighbourhood shop: WD40 100ml	3.50	1	0.07
Storeroom	h7b	Insecticide	1 bottle. Neighbourhood shop. Cheapest.	3 months	Neighbourhood shop: Shieldtox 270ml	4.90	1	0.38
Storeroom	h4a	Sewing kit	1 set. Neighbourhood shop.	20 years	Neighbourhood shop: Needle set \$0.50; pack of 4 rolls of white thread \$0.50	1.00	1	0.001
Storeroom	h10b	Stationery	1 set. Neighbourhood shop. Pen, pencil, tape/glue.	3 years	Neighbourhood shop: Pack of 4 pens \$1, scissors \$1, UHU stick glue \$1.90, sticky tape \$1, masking tape \$1, box of 12 x 2B pencils \$1.80, box cutter \$1, pencil sharpener \$1, A4 writing pad \$1.05.	10.75	1	0.07
Storeroom	h7b	Repairs, DIY	Annual budget \$200 per year	1 year	-	200.00	1	3.84

Male or female, 55-64 years old, living alone

Personal goods

Total (men): \$ 17.48

Total (women): \$ 30.68

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
MEN								
Bathroom	h12a	Bath towels	2 bath towels are sufficient. No need for face towel, use same towel.	1 year	Neighbourhood shop: Bath towel	7.90	2	0.30
Bathroom	h12a	Toilet rolls	1 roll a week. Average price.	12 weeks	NTUC: Beautex Premium bathroom tissues 12-roll pack	5.95	1	0.50
Toiletries	h12a	Shower cream	1 bottle. NTUC/Neighbourhood shop.	2 months	NTUC: Lux shower cream 950ml	8.90	1	1.02
Toiletries	h12a	Shampoo	1 bottle. NTUC/Neighbourhood shop. Head and Shoulders/Lux. Average price.	6 months	Neighbourhood shop: Dove 680ml	7.95	1	0.30
Toiletries	h12a	Toothpaste	1 tube per month. NTUC/Neighbourhood shop. Colgate/Darlie.	3 months	NTUC: Colgate Dental 175g 3-pc pack	6.40	1	0.49
Toiletries	h12a	Toothbrush	1 piece. NTUC/neighbourhood shop. Cheapest, change every 3 months.	9 months	Neighbourhood shop: Darlie 3-pc pack	6.90	1	0.18
Toiletries	h12a	Mouthwash	1 bottle. NTUC/neighbourhood shop. Listerine.	1 month	NTUC: Listerine antiseptic mouthwash 250ml	4.50	1	1.04
Toiletries	h12a	Dental floss	1 pack.	3 months	Guardian: Housebrand dental floss mint 60m	2.35	1	0.18
Toiletries	h12a	Comb	1 piece. NTUC/neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Plastic comb	0.60	1	0.01
Toiletries	h12a	Hair gel	1 bottle. To keep hair tidy and presentable.	6 months	Guardian: Gatsby Styling Gel 200g	6.80	1	0.26
Toiletries	h12a	Shaver	1 piece. NTUC/neighbourhood shop. Gillette. Manual shaver with changeable blade.	2 years	Guardian: Gillette Fusion razor	14.90	1	0.14
Toiletries	h12a	Shaver blades	1 blade change in 2 months. Pack of 6 will last 12 months.	12 months	Guardian: Gillette Fusion blades, pack of 6.	31.90	1	0.61
Toiletries	h12a	Shaving cream	1 can. NTUC/neighbourhood shop. Gillette.	3 months	Guardian: Gillette foamy shave foam 50ml	3.30	1	0.25
Toiletries	h12a	Deodorant, cologne	1 bottle.	6 months	Guardian: Adidas Fresh Anti Perspirant Spray 150ml	7.90	1	0.30
Personal care	h12a	Haircut	1 visit. Neighbourhood barber shop. Less than \$10.	1 month	Neighbourhood barber	7.00	1	1.61
Personal care	h12a	Eye drops	1 bottle. Seldom used.	1 month	Guardian: Optrex eyedrops 10ml	5.95	1	1.37
Personal care	h12a	Spectacles	1 pair. Progressive and transition lens.	2 years	Owndays: Frame (\$158), progressive (\$100) and transition (\$100) lenses.	358.00	1	3.43
Personal care	h12a	Nail clipper	1 piece. Cheapest.	10 years	Neighbourhood shop: Medium-sized	1.90	1	0.004
Personal care	h12a	Cotton buds	1 pack. NTUC/neighbourhood shop. Cheapest. 2 daily, 600pcs will last about 10 months.	10 months	NTUC: Fairprice Cotton Buds 3 x 200s	0.95	1	0.02
Medicine	h8a	Panadol	1 pack.	1 year	Guardian: Panadol 20 caps	6.85	1	0.13
Medicine	h8a	Antihistamines	1 pack.	1 year	Guardian: Zyrtec R 10 tabs	11.70	1	0.22
Medicine	h8a	Sore throat lozenges	1 pack. Neighbourhood shop.	1 year	Guardian: Robitussin medicated lozenges 24s	3.90	1	0.07
Medicine	h8a	Plasters	1 pack.	1 year	Guardian: Housebrand, assorted 20pcs.	2.95	1	0.06
Medicine	h8a	Medicated plasters	1 pack.	1 year	Guardian: Salonpas pain relieving patch, hot, 20pcs.	6.10	1	0.12
Medicine	h8a	Antiseptic wash	1 bottle.	1 year	Guardian: Dettol wound disinfectant 100ml	3.80	1	0.07
Medicine	h8a	Indigestion pills	1 bottle.	1 year	Guardian: Enzyplex digestive enzymes 30 tabs	15.20	1	0.29
Medicine	h8a	Diarrhea pills	1 pack.	1 year	Guardian: Ultracarbon 20 pills	5.30	1	0.10
Medicine	h8a	Ointment	1 bottle.	1 year	Guardian: Axe oil 10ml \$1.90	1.90	1	0.04
Medicine	h8a	Omega-3	1 tab. Daily.	3.3 months	Guardian: Green Life 1000mg 100 tabs	31.68	1	2.21
Medicine	h8a	Multi-vitamins	1 pack. Daily, 90 tabs will last about 3 months	3 months	Guardian: Alive Whole Food Energizer Multi-Vit 90pcs	27.84	1	2.14

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
WOMEN								
Bathroom	h12a	Hand towels	Hand towels for face or for hair. 2 sets.	1 year	Neighbourhood shop: Hand towel	4.00	2	0.15
Bathroom	h12a	Bath towels	Bath towels, 2 sets.	1 year	Neighbourhood shop: Bath towel	7.90	2	0.30
Bathroom	h12a	Toilet rolls	1 roll a week. Average price.	12 weeks	NTUC: Beautex Premium Bathroom Tissues 12s	5.95	1	0.50
Toiletries	h12a	Shower cream	1 bottle. House brand. Average price.	2 months	NTUC: Lux shower cream 950ml	8.90	1	1.02
Toiletries	h12a	Shampoo	1 bottle. Average price.	3 months	Neighbourhood shop: Dove 680ml	7.95	1	0.61
Toiletries	h12a	Hair conditioner	1 bottle. Average price.	3 months	Guardian: Dove conditioner 480ml	7.70	1	0.59
Toiletries	h12a	Shower cap	1 piece. Cheapest.	3 months	Neighbourhood shop: Shower cap	1.90	1	0.15
Toiletries	h12a	Toothpaste	1 tube. Colgate. Average price.	9 months	NTUC: Colgate Dental 175g 3-pc pack	6.40	1	0.16
Toiletries	h12a	Toothbrush	Change every 3 months	9 months	Neighbourhood shop: Darlie 3-pc pack	6.90	1	0.18
Toiletries	h12a	Mouthwash	1 bottle.	1 month	NTUC: Listerine antiseptic mouthwash 250ml	4.50	1	1.04
Toiletries	h12a	Dental floss	1 piece. Cheapest.	3 months	Guardian: Housebrand dental floss mint 60m	2.35	1	0.18
Toiletries	h12a	Comb	1 piece. Cheapest.	10 years	Neighbourhood shop: Plastic comb	0.60	1	0.001
Toiletries	h12a	Hairbrush	1 piece. Cheapest.	3 years	Neighbourhood shop: Plastic hair brush	4.90	1	0.03
Toiletries	h12a	Hairclips	1 box. Functional ones to keep hair out while doing household chores. Cheapest.	10 years	Neighbourhood shop: Hair clips pack of 4	1.90	1	0.004
Toiletries	h12a	Hairdryer	1 unit. Average price for safety reasons.	5 years	Courts: Tefal hairdryer 1800W	29.90	1	0.11
Toiletries	h12a	Hair mousse	1 bottle. NTUC/Guardian.	3 months	Guardian: got2b Mind Blowing Quick Shape Mousse 200ml	12.50	1	0.96
Toiletries	h12a	Hair dye	1 bottle a month. Average price.	1 month	Guardian: Revlon Colour Silk Hair Colour	9.90	1	2.28
Toiletries	h12a	Shaver	1 piece. Cheapest. 6 weeks per piece.	36 weeks	Guardian: Guardian Tri-blade Razor for Ladies, one piece with 6 razor heads. No replacement blades sold separately.	3.95	1	0.11
Toiletries	h12a	Facial cleanser	1 bottle. Neighbourhood shop. Average price.	3 months	Guardian: Neutrogena Pure Mild Facial Cleanser 174ml	11.25	1	0.86
Toiletries	h12a	Moisturizer (face)	1 bottle. Average price.	6 months	Guardian: Simple Hydrating Light Moisturiser 125ml	15.20	1	0.58
Toiletries	h12a	Moisturizer (body)	1 bottle.	6 months	Guardian: Jergens Moisturiser 400ml	8.90	1	0.34
Toiletries	h12a	Face powder	1 piece. Average price.	6 months	Guardian: Maybeline Clear Smooth Pressed Powder	15.90	1	0.61
Toiletries	h12a	Eyebrow pencil	1 piece. Low price.	6 months	Guardian: Skinfood Black Bean eyebrow pencil	6.90	1	0.26
Toiletries	h12a	Lipstick	2 colours, one for day wear, one for night wear. Average price.	6 months	Guardian: SilyGirl Moisture Rich Lipcolour	11.90	2	0.91
Toiletries	h12a	Lipgloss	To prevent chapped lips	6 months	Guardian: Palladio herbal lipgloss	6.30	1	0.24
Toiletries	h12a	Deodorant	1 bottle. Average price.	3 months	Guardian: Rexona Women Roll-on 40ml	3.95	1	0.30
Toiletries	h12a	Sunblock	1 bottle. Average price.	6 months	Guardian: Banana Boat SPF30 sunscreen lotion	11.90	1	0.46
Personal care	h12a	Haircut	1 haircut in 6 weeks. Matters for self-worth and respect. \$10 per haircut.	6 weeks	Neighbourhood salon	10.00	1	1.67
Personal care	h12a	Hair perm	Neighbourhood salon	6 months	Neighbourhood shop: Perm, mid-point price.	80.00	1	3.07
Personal care	h12a	Hair colour	Neighbourhood salon. Professional hair perm and hair colour twice a year important for social participation. Since there is nice clothing for special occasions, the hair must match too.	6 months	Neighbourhood shop: Hair colour	60.00	1	2.30
Personal care	h12a	Eye drops	1 bottle.	1 month	Guardian: Optrex eyedrops 10ml	5.95	1	1.37
Personal care	h12a	Spectacles	1 pair. With progressive and transition lenses.	2 years	Owndays: Frame (\$158), progressive (\$100) and transition (\$100) lenses.	358.00	1	3.43
Personal care	h12a	Nail clipper	1 piece. Average price.	10 years	Neighbourhood shop: Medium-sized	1.90	1	0.004
Personal care	h12a	Nail polish	1 bottle. Average price.	1 year	Guardian: Sally Hansen CSM 3.0 11ml, assorted colours, 3-in-1 base coat+polish+top coat.	11.10	1	0.21
Personal care	h12a	Nail polish remover	1 bottle. Average price.	1 year	Guardian: SilkyGirl Cute Nails Extra Strength 200ml	4.90	1	0.09

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Personal care	h12a	Nail file	Must have for nails. Lifespan same as nail clipper.	10 years	Guardian: Guardian Mini Nail File	4.90	1	0.01
Personal care	h12a	Cotton pads	For nails and make-up	1 year	Guardian: Guardian Ultra Soft Facial Cotton Pad 3 x 226s	3.65	1	0.07
Personal care	h12a	Cotton buds	1 box. Cheapest. 2 daily.	10 months	NTUC: Fairprice Cotton Buds 3 x 200s	0.95	1	0.02
Medicine	h8a	Panadol	1 pack. Neighbourhood shop.	1 year	Guardian: Panadol 20 caps	6.85	1	0.13
Medicine	h8a	Antihistamines	1 pack. Neighbourhood shop.	1 year	Guardian: Zyrtec R, 10tabs	11.70	1	0.22
Medicine	h8a	Sore throat lozenges	1 pack. Neighbourhood shop.	1 year	Guardian: Robitussin Medicated lozenges 24s	3.90	1	0.07
Medicine	h8a	Plasters	1 pack. Neighbourhood shop.	1 year	Guardian: Housebrand, assorted 20pcs.	2.95	1	0.06
Medicine	h8a	Medicated plasters	1 pack.	1 year	Guardian: Salonpas pain relieving patch, hot, 20pcs.	6.10	1	0.12
Medicine	h8a	Antiseptic wash	1 bottle. Neighbourhood shop.	1 year	Guardian: Dettol wound disinfectant 100ml	3.80	1	0.07
Medicine	h8a	Indigestion pills	1 bottle. Neighbourhood shop.	1 year	Guardian: Enzyplex digestive enzymes 30 tabs	15.20	1	0.29
Medicine	h8a	Diarrhea pills	1 pack. Neighbourhood shop.	1 year	Guardian: Ultracarbon 20 pills	5.30	1	0.10
Medicine	h8a	Ointment	1 bottle. Neighbourhood shop.	1 year	Guardian: Axe oil 10ml	1.90	1	0.04
Medicine	h8a	Omega-3	1 tab. Daily.	3.3 months	Guardian: Green Life 1000mg 100 tabs	31.68	1	2.21
Medicine	h8a	Multi-vitamins	1 pack. Neighbourhood shop. Specifically for seniors.	90 days	Guardian: Alive Whole Food Energizer Multi-Vit 90pcs	27.84	1	2.17

Male or female, 55-64 years old, living alone

Transport

Total (60-64): \$ 32.22
 Total (55-59): \$ 46.03

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Transport	h5b	MRT and bus	For ages 55-59	1 month	Adult Monthly Travel Card - Unlimited Rides on basic bus services and trains.	120.00	1	27.62
Transport	-	MRT and bus	For senior citizens aged 60 years and older	1 month	Hybrid Concession Pass - Unlimited rides on basic bus services and trains, for senior citizens aged 60 years and above. [\$40 monthly unlimited travel pass (off-peak) was a two-year trial which ended in Dec 2017.]	60.00	1	13.81
Transport	h5b	Taxi	For medical emergencies or when running late. Few times a month. \$80 per month budget for use on any type of taxi service.	1 month	-	80.00	1	18.41

Male or female, 55-64 years old, living alone

Clothing

Total (men): \$ 9.08

Total (women): \$ 25.75

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
MEN								
Outerwear	h4a	Jacket/sweater	1 piece. NTUC/Giant/OG.	5 years	NTUC/OG/Giant: Knitted, zipped up sweater.	20.00	1	0.08
Casual	h4a	Shirts (short sleeved)	5 pieces. Market/pasar malam. Cheapest.	2 years	NTUC/Giant: Short sleeved shirt	12.90	5	0.62
Casual	h4a	T-shirts (collared)	5 pieces. Market/pasar malam. Cheapest.	2 years	CK: Waffle-knit polo-tee	10.00	5	0.48
Casual	h4a	Bermudas	2 pieces. Market/pasar malam. Cheapest.	2 years	CK: Drawstring baggy	14.90	2	0.29
Casual	h4a	Trousers (casual)	3 pieces. \$25 per pair.	2 years	BHG/OG: Jeans or trousers	25.00	3	0.72
Formal	h4a	Shirts (long sleeved)	3 pieces. Market/pasar malam. Cheapest.	2 years	CK: Crocodile or Van Heusen shirt	24.00	3	0.69
Formal	h4a	Trousers (formal)	2 pairs.	5 years	BHG/OG: Basic trousers	39.00	2	0.30
Exercise	h4a	Cotton T-shirts (exercise)	3 pieces. Market/pasar malam. Cheapest.	2 years	Neighbourhood shop: Plain cotton	4.90	3	0.14
Exercise	h4a	Exercise shorts	3 pieces. Market/pasar malam. Cheapest.	2 years	Neighbourhood shop: Drawstring sports shorts	6.00	3	0.17
Exercise	h4a	Swimming trunks	1 pair. Average price.	1 year	Neighbourhood shop: Basic swimming trunks	12.00	1	0.23
Homewear	h4a	T-shirts/singlets	6 pieces. Market/pasar malam. Cheapest.	3 years	Neighbourhood shop: Cotton singlets	4.90	6	0.19
Homewear	h4a	Shorts	3 pairs	3 years	Neighbourhood shop: Cotton shorts, drawstring or elastic.	6.00	3	0.12
Homewear	h4a	Sarong/pyjamas bottoms	2 pieces. Geylang/Mustafa/Tekka/Beach Road. Not for festival. Around \$12. Cheapest may not absorb moisture especially if sarong is used to dry oneself after showering/ laze around at home/before and after ablution.	5 years	Mustafa Centre: Basic sarong, low price.	10.00	2	0.08
Special occasion	h4a	Ethnic clothing	"Hardly wear", annual budget of \$50.	1 year	-	50.00	1	0.96
Underwear	h4a	Underwear	12 pairs. Neighbourhood shop. Cheapest.	1 year	Neighbourhood shop: Cotton, pack of 6, Crocodile or Byford.	12.90	2	0.49
Footwear	h4b	Daily Shoes	2 pairs. Neighbourhood shop. Less than \$40.	3 years	Neighbourhood shop: Basic shoes	30.00	2	0.38
Footwear	h4b	Track shoes	1 pair. Around \$60, branded shoes more lasting and comfortable.	2 years	OG: Adidas track shoes	60.00	1	0.58
Footwear	h4b	Formal shoes	1 pair.	2 years	BHG: Everbest leather uppersole	59.00	1	0.57
Footwear	h4b	Sandals	1 pair. Neighbourhood shop. Less than \$20.	1 year	Neighbourhood shop: Rubber sandals	15.90	1	0.30
Footwear	h4b	Slippers	1 pair. Neighbourhood shop. Less than \$10.	1 year	Neighbourhood shop: Basic slippers	3.90	1	0.07
Footwear	h4b	Socks	6 pairs, average price, colored socks. Cheapest might get spoilt within a month, can match trousers.	1 year	Neighbourhood shop: Coloured socks	2.90	6	0.33
Accessories	h12b	Belt and wallet set	1 set, with black belt.	3 years	BHG: Belt and wallet set	59.00	1	0.38
Accessories	h12b	Additional belt	1 brown belt	3 years	CK: Basic belt	15.90	1	0.10
Accessories	h12b	Watch	1 piece. Metal chain for comfort. Water resistant, everyday wear. Around \$50.	5 years	Neighbourhood shop: Wrist watch with metal chain	49.00	1	0.19
Accessories	h12b	Watch battery	Replace at neighbourhood watch shop	2 years	Neighbourhood watch shop	5.00	1	0.05
Accessories	h12b	Backpack	1 piece. Neighbourhood shop. Not cheapest. Need it to carry more things and heavy items like books.	1 year	Neighbourhood shop: Nylon bag	19.00	1	0.36
Accessories	h12b	Cap	2 pieces. Neighbourhood shop. Cheapest. 1 basic, 1 for going out.	5 years	Daiso	2.00	2	0.02
Accessories	h12b	Luggage	1 piece. Wheels must spin 360 degrees. Cabin size.	10 years	NTUC: Slazenger luggage	39.90	1	0.08

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Cheapest.	2 years	Neighbourhood shop: Foldable umbrella	3.50	1	0.03
Accessories	h12b	Water bottle	Around \$10, 500ml.	2 years	Neighbourhood shop: BPA-free bottle 500ml	10.00	1	0.10
WOMEN								
Outerwear	h4a	Jacket	2 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Low price.	1 year	CK: Basic sweater	30.00	2	1.15
Casual	h4a	Blouses (casual)	12 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Low price.	2 years	CK: Low price blouse	18.00	12	2.07
Casual	h4a	Dresses (casual)	4 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Low price.	1 year	CK: Dress soft-silk synthetic material	35.00	4	2.68
Casual	h4a	Tights/jeans	4 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Low price.	1 year	CK: Cotton pull-ups	19.90	4	1.53
Casual	h4a	Skirts	4 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Low price.	1 year	CK: Low price skirt	15.00	4	1.15
Formal	h4a	Blouses (Formal)	3 pieces. CK/H&M/neighbourhood shop/boutique/Cotton On/Uniqlo. Average price.	2 years	CK: Button-down blouse with ruffles	30.00	3	0.86
Formal	h4a	Dresses (formal)	1 piece, "hardly wear", around \$45.	2 years	CK: Dress soft-silk synthetic material	45.00	1	0.43
Formal	h4a	Trousers (formal)	2 pieces. CK/H&M/Neighbourhood shop/boutique/Cotton On/Uniqlo. Average price.	2 years	CK: Polyester blend cotton, flowy trousers with zipper.	40.00	2	0.77
Formal	h4a	Long skirts	1 piece. CK/H&M/Neighbourhood shop/boutique/Cotton On/Uniqlo. Average price.	2 years	Cotton-on: Long skirt stretchy cotton	30.00	1	0.29
Exercise	h4a	Dri-fit top	3 pieces. Neighbourhood shop. Will help them feel well and ready for exercise.	2 years	OG: Dri-fit top	12.00	3	0.35
Exercise	h4a	Sports shorts	3 pieces.	3 years	CK: Sports shorts	6.00	3	0.12
Exercise	h4a	Track pants	2 pieces.	1 year	Neighbourhood shop: Basic track pants	9.00	2	0.35
Exercise	h4a	Swim suit	1 piece, Arena brand with tights.	5 years	BHG/OG: Cheapest branded swim suit	50.00	1	0.19
Homewear	h4a	T-shirts	5 pieces. Neighbourhood shop. Cheapest.	2 years	CK: Cotton T-shirts	4.90	5	0.23
Homewear	h4a	Shorts	5 pieces. Neighbourhood shop. Cheapest.	3 years	CK: Basic shorts	6.00	5	0.19
Homewear	h4a	Pyjamas	3 pieces. Neighbourhood shop. Cheapest.	3 years	CK: Cheapest matching set	8.90	3	0.17
Special occasion	h4a	Ethnic wear	"Hardly wear", annual budget of \$50, can be used to purchase hijab for Muslim women.	1 year	-	50.00	1	0.96
Underwear	h4a	Bras	7 pieces. Uniqlo/Metro. Average price for quality.	2 years	OG: Soft-cup bra	30.00	7	2.01
Underwear	h4a	Sports bra	2 pieces. Average price.	2 years	BHG: Sports bra	30.00	2	0.58
Underwear	h4a	Panties	12 pieces. Average price.	2 years	CK: Assorted cotton panties	3.00	12	0.35
Footwear	h4b	Socks	5 pairs. Charles & Keith/Pretty Fit/Uniqlo. Average price.	2 years	Uniqlo: Pack of 3	14.90	2	0.29
Footwear	h4b	Track shoes	2 pairs. Neighbourhood sports shop. Average price.	2 years	Metro: Track shoes	79.00	2	1.52
Footwear	h4b	Low-heel shoes	2 pairs. Charles & Keith/Pretty Fit. Average price.	2 years	C&K: Basic dress flats	59.00	2	1.13
Footwear	h4b	Sandals/slippers	1 pair. Charles & Keith/Pretty Fit. Average price.	2 years	Metro: Basic sandals	39.00	1	0.37
Footwear	h4b	Casual shoes	2 pairs. Charles & Keith/Pretty Fit. Average price, needs to be durable for daily wear.	2 years	C&K: Basic casual shoes	59.00	2	1.13
Accessories	h12b	Purse/wallet	1 piece. Department store.	2 years	BHG: Basic purse	30.00	1	0.29
Accessories	h12b	Watch (dressy)	1 piece. Department store. Around \$150.	5 years	BHG: Seiko automatic watch with metal chain	150.00	1	0.58
Accessories	h12b	Watch (casual)	1 piece. Department store. Around \$50.	5 years	BHG: Basic watch	49.00	1	0.19
Accessories	h12b	Watch battery	Replace at neighbourhood watch shop	1 year	Neighbourhood watch shop	5.00	1	0.10
Accessories	h12b	Casual bag	1 piece. Department store.	2 years	Cheapest at OG	19.00	1	0.18
Accessories	h12b	Handbag	2 pieces. Department store. Variety important, to match bag to clothes.	2 years	BHG: Shoulder bag	39.00	2	0.75
Accessories	h12b	Evening bag	1 piece. Department store.	2 years	OG: Basic handbag	35.00	1	0.34
Accessories	h12b	Shopping bag	1 piece. Department store.	2 years	OG: Water resistant tote-bag	14.00	1	0.13

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Accessories	h12b	Sports bag	1 piece. Department store.	2 years	OG: Sports duffel	12.90	1	0.12
Accessories	h12b	Shawl	2 pieces. Department store. Muslim women can use this budget to purchase hijab.	2 years	Arab street: Shawl with thicker material	5.00	2	0.10
Accessories	h12b	Jewellery	Annual budget of \$100	1 year	-	100.00	1	1.92
Accessories	h12b	Luggage	1 piece. Wheels must spin 360 degrees. Cabin size.	10 years	NTUC: Slazenger luggage	39.90	1	0.08
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop.	5 years	Miniso: Small umbrella	9.00	1	0.03
Accessories	h12b	Water bottle	1 bottle, BPA-free, durable and solid, not cheapest, 500 ml.	2 years	Neighbourhood shop: BPA-free bottle 500ml	10.00	1	0.10

Male or female, 55-64 years old, living alone

Social participation

Total: \$ 76.09

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Activities	h10a	Leisure	\$15 per week, a mix of free and paid activities, twice a week, e.g. movies, excursions, swimming, dancing, qigong.	1 week	-	15.00	1	15.00
Activities	h10a	Education	Minimum of 3 courses, including 2 long courses that are skills-or interest-based, e.g. photography. \$300 per year.	1 year	One-off short courses at the community centres cost around \$20, long courses (10 sessions) around \$150 . Subsidies available, e.g. National Silver Academy, SkillsFuture.	300.00	1	5.75
Activities	h10c	Holidays	\$500 per year for regional trip with friends, twin- or triple-sharing.	1 year	\$500 will cover flights and twin-sharing room in Indonesia or Bangkok for 2-3 days. Planned tours are widely available, with community centres or tour groups.	500.00	1	9.59
Activities	h10c	Passport renewal	\$70 each time.	5 years	-	70.00	1	0.27
Activities	h10a	Home/hospital visiting	\$10 per month, \$120 per year. Give fruit, e.g. grapes.	1 year	-	120.00	1	2.30
Activities	h3a	Restaurant meals	Once per month, \$50 per meal.	1 month	-	50.00	1	11.51
Special occasions	h10a	Festivals	\$500 per year for ang bao and food. Because it is a "two-way relationship", giving and receiving, people come and you also go to people's homes.	1 year	-	500.00	1	9.59
Special occasions	h10a	Worship	Give alms, \$10 per week, important as it makes us feel good, not so much about the amount we give.	1 week	-	10.00	1	10.00
Special occasions	h10a	Birthdays	6 gifts a year, \$30 per gift.	1 year	-	180.00	1	3.45
Special occasions	h10a	Weddings	\$300 per year, for 2 expensive weddings or a few more smaller ones.	1 year	-	300.00	1	5.75
Special occasions	h10a	Funerals	3 times a year, \$50 each time.	1 year	-	150.00	1	2.88

Male or female, 55-64 years old, living alone

Food

Total: \$ 95.09

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Wholemeal bread	2 slices. Will freeze for a week.	Fairprice Multigrain Wholemeal Bread, 10 slices, 320g.	5.00	1.15	1	0.23
Eating in	h1	Peanut butter	1 tsp (5g)	Peter Pan peanut butter 462g	26.07	5.35	1	0.21
Eating in	h1	Honey	1 tsp (5g)	Polleney Pure Honey 454g (Halal)	90.80	4.75	1	0.05
Eating in	h1	Wholegrain cereal	4/3 cup (40g)	Kelloggs Cornflakes Jumbo Pack 500g	12.50	5.40	1	0.43
Eating in	h1	Uncooked rolled oats	2/3 bowl (50g)	Fairprice rolled oats 1kg	20.00	4.35	1	0.22
Eating in	h1	Tea	4 cups	Dilmah Variety Tea Bags 20 satchets x 2g (Halal)	5.00	4.25	1	0.85
Eating in	h1	Coffee	4 cups	Owl heritage blend ground coffee 500g, 70 cups (Halal).	17.50	5.70	1	0.33
Eating in	h1	Low fat milk	3.5 cups (875ml)	FairPrice UHT Milk Low Fat 1L (Halal)	1.14	3.80	1	3.33
Eating in	h1	Low fat milk powder	16 tbsp (240g)	Nespray Everyday Instant Milk Powder 550g (Halal)	2.29	8.25	1	3.60
Eating in	h1	Yogurt	3 cups	Marigold Plain/Low Fat Yogurt 2 x 140g	1.33	2.20	2	3.30
Eating in	h1	Fruit	11 pieces banana/apple/pear/10 grapes/papaya	1 x Sumifru Cavendish Banana, 5pcs, 700g (\$2.00), 2 x S.A Packham Pear, 5pcs (\$2.69).	1.36	7.38	1	5.41
Eating in	h1	Uncooked brown rice	600g	Fairprice Thai brown unpolished rice 2.5kg	4.17	5.50	1	1.32
Eating in	h1	Uncooked beehoon	100g	Starlion Rice Vermicelli 500g (Halal)	5.00	1.65	1	0.33
Eating in	h1	Broccoli	300g	Pasar Australian Broccoli 250g (\$0.69/100g)	1.00	1.73	2	3.46
Eating in	h1	Chinese spinach	300g	Chef Chinese spinach 250g	1.00	1.65	2	3.30
Eating in	h1	Bok choy	300g	MYS Xiao Bai Chye 250g	1.00	0.99	2	1.98
Eating in	h1	Fishballs	100g	Dodo fishballs 200g	1.00	2.00	1	2.00
Eating in	h1	Chicken thigh	180g	Pasar Fresh Chicken Thigh 270g	1.50	2.46	1	1.64
Eating in	h1	Spanish mackerel/Red snapper	360g	Okeanoss Frozen Saba Mackerel Fillet 400g	1.11	6.45	1	5.81
Eating in	h1	Cake	1 pc, non-cream	1 slice of sugar roll from Polar Cakes OR butter cake from neighbourhood bakery	1.00	1.30	1	1.30
Eating in	h1	Plain wholemeal biscuits	1 packet	Hup Seng Wholemeal Cracker, 10 packs, 225g (Halal).	10.00	2.10	1	0.21
Eating in	h1	Cilantro	40g	THA Coriander 50g	1.00	1.45	1	1.45
Eating in	h1	Spring onion	40g	MYS Spring Onion 80-100g	1.00	0.85	1	0.85
Eating in	h1	Garlic	2 tsp (10g)	Chef China Garlic 500g	3.00	2.55	1	0.85
Eating in	h1	Ginger	4 tbsp (24g), shredded	CHN/IDN Old Ginger 400g	3.00	1.80	1	0.60
Eating in	h1	Pepper	4 pinches (4g)	Fairprice ground white pepper 25g	6.25	1.85	1	0.30
Eating in	h1	Oyster sauce	2 tbsp (30ml)	Fairprice Oyster Sauce 430ml (Halal)	14.33	1.95	1	0.14
Eating in	h1	Light soya sauce	2 tsp (10ml)	FairPrice Soya Sauce Light 660ml	66.00	1.75	1	0.03
Eating in	h1	Dark soya sauce	Additional condiment (not in menu)	FairPrice Soya Sauce Dark 660ml	104.29	1.75	1	0.02
Eating in	h1	Sugar	Additional condiment (not in menu)	FairPrice Pure Cane Sugar Fine Grain 1kg	104.29	1.55	1	0.01
Eating in	h1	Sesame oil	2 tsp (10ml)	Double pagoda brand 250ml (Halal)	25.00	4.00	1	0.16
Eating out	h3b	Fruit	3 pieces watermelon/papaya	Pineapple (\$0.80), watermelon (\$0.70), papaya (\$0.80).	1.00	0.80	3	2.40
Eating out	h3b	Coffee/tea	5 cups si/siu dai/kosong	Kopi-si/teh-si \$1.10, kosong \$0.90.	1.00	1.10	5	5.50
Eating out	h3b	Red bean soup	1 bowl	-	1.00	1.50	1	1.50
Eating out	h3b	Noodles soup with lean meat	1 bowl	Sliced fish beehoon soup \$3.50 + \$0.50 for more vegetables	1.00	4.00	1	4.00

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating out	h3b	1 egg prata/2 plain prata	OR 1 big pau/2 small pau	2 plain prata \$2, 2 char siew pau \$1.	1.00	2.00	1	2.00
Eating out	h3b	2 half-boiled eggs with toast and 1 cup coffee/tea	1 set	-	1.00	2.50	1	2.50
Eating out	h3b	Lontong	OR mee rebus OR fried beehoon with fishcake (non-fried) and 1 vegetable	Lontong \$3.00, mee rebus \$2.50, fried beehoon with fishcake and vegetable \$2.20.	1.00	3.00	1	3.00
Eating out	h3b	Western food	Grilled pork/chicken chop with mashed potato and coleslaw	Chicken/pork chop with fries and baked beans (no mash or coleslaw) \$6.50	1.00	6.50	1	6.50
Eating out	h3b	Laksa	OR nasi lemak with 1 meat 1 vegetable, OR 2pcs plain roti prata with dahl curry and veg	Laksa \$3.00, nasi lemak set \$2.20 (chicken wing, egg, cucumber, and ikan bilis chilli), nasi lemak (Halal) \$3, 2pcs prata \$2.	1.00	3.00	1	3.00
Eating out	h3b	Wanton noodles soup	OR bee tai mak soup OR fishball noodles soup	Wanton noodles soup/bee tai mak soup/fishball noodle soup \$3.00	1.00	3.00	1	3.00
Eating out	h3b	Nasi padang (1 meat 2 vegetables, minimal gravy)	OR economy rice with 1 meat 2 vegetables	Nasi padang (1 meat/fish 2 vegetables) \$5.00, economy rice (1 meat 2 vegetables) \$3.10	1.00	5.00	1	5.00
Eating out	h3b	Yong tau foo with beehoon soup	Twice a week	Yong tau foo soup, 6 items+any noodle.	1.00	3.00	2	6.00
Eating out	h3b	Char siew rice	OR chicken breast rice	Char siew rice/chicken rice \$3.00 + \$0.50 for extra vegetables	1.00	3.50	1	3.50
Eating out	h3b	Sliced fish beehoon soup	OR chicken beehoon/mee soto	Sliced fish beehoon soup \$3.50, chicken beehoon/mee soto \$2.50	1.00	3.50	1	3.50

Male or female, 55-64 years old, living alone

Healthcare

Total (men): \$ 31.67
Total (women): \$ 30.71

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Men								
Screening	h8b	Colorectal cancer	Follow guideline, once a year.	1 year	CHAS GP	32.00	1	0.61
Screening	h8b	Diabetes, hypertension, high cholesterol, obesity	Guideline says every 3 years, participants said once a year.	1 year	CHAS GP	10.00	1	0.19
Screening	h8b	Dental check-ups	Guideline says once or twice a year, participants said twice a year.	6 months	Polyclinic	16.80	1	0.64
Vaccination	h8b	Flu	Follow guideline, once a year.	1 year	Polyclinic	30.00	1	0.58
Vaccination	h8b	Pneumococcal disease	Follow guideline, 1-2 doses in adulthood.	23 years	One-off, estimated \$150. Male Life Expectancy at 60 in 2017 = 23.3 years.	150.00	1	0.12
Vaccination	h8b	Zoster (shingles)	Follow guideline, 1 dose from 60 years old.	23 years	TTSH	240.75	1	0.20
Treatment	h8b	GP visit	Three times a year, at polyclinic.	4 months	Polyclinic: Consultation and medication	14.00	1	0.81
Treatment	h8b	Cataract	Where necessary, up to two eyes.	23 years	Public hospital: Day surgery, P75 bill \$1193 per eye in 2017.	2386.00	1	1.97
Treatment	h8b	Dentures	Where necessary, up to two arches.	23 years	Polyclinic: Up to \$707 per arch	1414.00	1	1.17
Treatment	h8b	Implants	Where necessary, up to two units.	23 years	Polyclinic: Up to \$1944 per unit	3888.00	1	3.21
Treatment	h8b	Crowns	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$786 per tooth	1572.00	1	1.30
Treatment	h8b	Wisdom tooth extraction	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$825 per tooth	1650.00	1	1.36
Treatment	h8b	Root canal treatment	Where necessary, up to two teeth.	23 years	Polyclinic: Up to \$815 per tooth	1630.00	1	1.35
Emergency	h8b	A&E visits	Once a year.	1 year	Public hospital	120.00	1	2.30
Emergency	h8b	Dental emergencies	Once a year.	1 year	Polyclinic: Consultation only	26.60	1	0.51
Insurance	h12c	Integrated Shield Plan	Gives peace of mind and also saves money. MediShield Life is not enough. For Class B1, premium budget of \$800 per year.	1 year	AIA HealthShield Gold Max B, annual premium rises with age, e.g. \$455 at 56-60 years old rising to \$1287 at 66-70 years old.	800.00	1	15.34
Women								
Screening	h8b	Colorectal cancer	Follow guideline, once a year.	1 year	CHAS GP	32.00	1	0.61
Screening	h8b	Cervical cancer	Follow guideline, every 3 years.	3 years	CHAS GP	10.25	1	0.07
Screening	h8b	Breast cancer	Follow guideline, every 2 years.	2 years	Polyclinic	50.00	1	0.48
Screening	h8b	Diabetes, hypertension, high cholesterol, obesity	Guideline says every 3 years, participants said once a year.	1 year	CHAS GP	10.00	1	0.19
Screening	h8b	Dental check-ups	Guideline says once or twice a year, participants said twice a year.	6 months	Polyclinic	16.80	1	0.64
Vaccination	h8b	Flu	Follow guideline, once a year.	1 year	Polyclinic	30.00	1	0.58
Vaccination	h8b	Pneumococcal disease	Follow guideline, 1-2 doses in adulthood.	27 years	One-off, estimated \$150. Female Life Expectancy at 65 in 2017 = 27.0 years.	150.00	1	0.11
Vaccination	h8b	Zoster (shingles)	Follow guideline, 1 dose from 60 years old.	27 years	TTSH	240.75	1	0.17
Treatment	h8b	GP visit	Three times a year, at polyclinic.	4 months	Polyclinic: Consultation and medication	14.00	1	0.81
Treatment	h8b	Cataract	Where necessary, up to two eyes.	27 years	Public hospital: Day surgery, P75 bill \$1193 per eye in 2017.	2386.00	1	1.69
Treatment	h8b	Dentures	Where necessary, up to two arches.	27 years	Polyclinic: Up to \$707 per arch	1414.00	1	1.00

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Treatment	h8b	Implants	Where necessary, up to two units.	27 years	Polyclinic: Up to \$1944 per unit	3888.00	1	2.76
Treatment	h8b	Crowns	Where necessary, up to two teeth.	27 years	Polyclinic: Up to \$786 per tooth	1572.00	1	1.12
Treatment	h8b	Wisdom tooth extraction	Where necessary, up to two teeth.	27 years	Polyclinic: Up to \$825 per tooth	1650.00	1	1.17
Treatment	h8b	Root canal treatment	Where necessary, up to two teeth.	27 years	Polyclinic: Up to \$815 per tooth	1630.00	1	1.16
Emergency	h8b	A&E visits	Once a year.	1 year	Public hospital	120.00	1	2.30
Emergency	h8b	Dental emergencies	Once a year.	1 year	Polyclinic: Consultation only	26.60	1	0.51
Insurance	h12c	Integrated Shield Plan	Gives peace of mind and also saves money. MediShield Life is not enough. For Class B1, premium budget of \$800/year.	1 year	AIA HealthShield Gold Max B, annual premium rises with age, e.g. \$455 at 56-60 years old rising to \$1287 at 66-70 years old.	800.00	1	15.34

Male or female, 55-64 years old, living alone

Housing, utilities

Total: 53.66

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