

**Household 1 - Single mother with one child 2-6 years old (girl)**

**Household goods**

**Total: 74.93**

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Household/mother</b>								
Housing	h6b	Flooring	Non-slip tiles for the whole flat, 3-room flat. Low price.	30 years	Non-slip tiles, \$6psf x 65sqm (=699.65sqf)	4197.90	1	2.68
Housing	h7a	Night curtain	3-room flat, 2 sets for each bedroom, total 4 sets. Neighbourhood shop. Ready-made. Average price.	5 years	IKEA: MERETE room darkening curtains, 1 pair, 145x250cm	59.00	4	0.91
Housing	h7a	Day curtain	2 sets for living room. Neighbourhood shop. Ready-made. Low price.	5 years	IKEA: HANNALILL curtains, 1 pair, 145x250m	29.90	2	0.23
Housing	h7a	Curtain rods	3-room flat, 1 set for living room and each bedroom, total 3 sets. IKEA. Low price.	30 years	IKEA: BETYDLIG curtain rod holder (\$1.90 x 2); BETYDLIG wall ceiling bracket (\$2.90 x 2); RÄCKA curtain rod (120-210cm) (\$6.90).	16.50	3	0.03
Housing	h7a	Light bulbs	3-room flat, 2 for living room and dining area, 2 for 2 bedrooms, 2 for 2 bathrooms, 1 for kitchen and 1 for laundry/service yard. Neighbourhood hardware shop. LED energy-saving bulbs, protect eyesight, brightest.	5 years	Neighbourhood shop: LED energy saving bulbs	4.90	8	0.15
Housing	h7a	Light casing	3-room flat. Neighbourhood hardware shop. Plastic casing.	10 years	IKEA: BJÄRESJÖ ceiling lamp	3.90	8	0.06
Housing	h7a	Night light	1 for kitchen, 1 for living room. Neighbourhood hardware shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night light	1.90	2	0.01
Housing	h7a	Ceiling fans	Space-saving. Only for master bedroom and living room.	8 years	Courts: D'Fan 511BK 36in ceiling fan with remote control (\$199); installation fee (\$40).	239.00	2	1.15
Housing	h7a	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	1	0.16
Housing	h6b	Painting	Odour-free. Cheapest.	20 years	Whole flat, including all walls, ceilings and base coat with Nippon light-coloured paint	1080.00	1	1.04
Housing	h6b	Window grilles	For safety, to prevent children from accidentally falling.	20 years	All windows in living room, service yard, 2 bedrooms, aluminium grilles in silver or bronze.	980.00	1	0.94
Entrance	h7a	Padlock	1 piece. Horizontal type, trusted brand.	30 years	Neighbourhood shop: Yale horizontal lock	65.90	1	0.04
Entrance	h7a	Doorbell	1 piece. Neighbourhood hardware shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Battery operated wireless doorbell	10.90	1	0.04
Entrance	h7a	Shoe rack	1 piece. Plastic. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Plastic shoe rack	13.90	1	0.05
Living room	h7a	Door stoppers	2 for bedrooms and 1 for main door.	3 years	Neighbourhood shop: Rubber stopper, pack of 2 pieces	1.80	2	0.02
Living room	h7a	Sofa	1 set. IKEA. PVC. Average price.	7 years	IKEA: KIVIK 3-seat sofa	625.00	1	1.71
Living room	h7a	Coffee table	1 unit. IKEA. Glass, easy to clean. Low price.	5 years	IKEA: SAMMANHANG coffee table, 70x70cm	99.00	1	0.38
Living room	h10a	Television	1 set. Courts/Challenger/Harvey Norman. 43", smart TV, Samsung/LG. Cheapest.	10 years	Courts: LG 43" Full HD Smart LED TV	549.00	1	1.05
Living room	h7a	Television cabinet	1 unit. IKEA. With display and storage. Low price.	10 years	IKEA: PLLASTA TV bench, 160x40x54cm	165.00	1	0.32
Living room	h7a	Bookcase	1 unit. IKEA. Standalone unit. Low price.	15 years	IKEA: BILLY bookcase, 80x28x237cm	109.00	1	0.14
Living room	h12b	Clock	1 piece. Neighbourhood shop. Cheapest.	10 years	Neighbourhood shop: Digital clock	4.90	1	0.01
Living room	h9	Mobile phone	1 set. Handphone with good camera, Huawei/Xiaomi/Oppo.	2 years	Xiaomi store: Xiaomi redmi 9C (2GB RAM + 32GB ROM)	159.00	1	1.52
Living room	h9	Mobile plan	SIM-only plan.	1 month	Circles Life: Monthly 20GB, 100min call, 25 SMS	18.00	1	4.14

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

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

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Kitchen	h7b	Scouring pad	1 pack. NTUC. Cheapest.	6 months	NTUC: FairPrice multipurpose scouring pad, pack of 5	1.80	1	0.07
Kitchen	h7b	Sponge	1 pack. NTUC. Cheapest.	6 months	NTUC: FairPrice multipurpose 2-in-1 scouring sponge, pack of 4	2.10	2	0.16
Kitchen	h7b	Cif	1 bottle. NTUC. Cheapest.	6 months	NTUC: Cif cream surface cleanser, 500ml	1.90	1	0.07
Kitchen	h7b	Hand soap	1 bottle. NTUC. Liquid soap. Cheapest.	3 months	NTUC: FairPrice moisturising hand soap, 500ml	2.85	1	0.22
Laundry/ cleaning	h7a	Washing machine	1 unit. Courts/Harvey Norman. Top load, 8kg. Average price.	10 years	Courts: TOSHIBA AWJ900DS top load washer, 8kg	399.00	1	0.77
Laundry/ cleaning	h7b	Washing machine cleaner	Cheapest.	2 months	NTUC: Nichigo washing machine cleaner, 250g	5.00	1	0.58
Laundry/ cleaning	h7b	Laundry detergent	1 bag. NTUC. Low price. Laundry 3 times per week.	1 month	NTUC: Somat detergent powder, 1.2kg	13.95	1	3.21
Laundry/ cleaning	h7b	Softener	1 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
Laundry/ cleaning	h7a	Broom	1 piece. Neighbourhood shop. With handle. Cheapest.	1 year	Neighbourhood shop: Regular plastic broom	2.30	1	0.04
Laundry/ cleaning	h7a	Dustpan	1 piece. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Dustpan without stick handle	2.50	1	0.01
Laundry/ cleaning	h7a	Mop head	1 piece. Neighbourhood shop. Changeable mop head. Low price.	6 months	Neighbourhood shop: Regular mop head	2.90	1	0.11
Laundry/ cleaning	h7a	Mop stick	1 piece. Neighbourhood shop. Handle. Low price.	2 years	Neighbourhood shop: Metal mop stick	1.00	1	0.01
Laundry/ cleaning	h7a	Pails	2 pieces. Neighbourhood shop. Cheapest.	5 years	Neighbourhood shop: Small size pail	4.90	2	0.04
Laundry/ cleaning	h7a	Plastic basins	1 piece. Cheapest.	5 years	Giant: MCPW plastic rectangle basin, 11"	4.90	1	0.02

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

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Bedroom	h7a	Bedsheet set	2 sets. Supermarket, in a set with pillow cases. Average price.	2 years	NTUC: Fitted queen-sized bedsheet set with 2 pillow cases, solid colours, 880 threadcount	24.00	2	0.46
Bedroom	h7a	Wardrobe	1 unit. Neighbourhood furniture shop. Wooden, 2 doors. Average price.	10 years	Neighbourhood shop: Single cupboard with mirror	268.00	1	0.51
Bedroom	h7a	Dressing table	1 piece. Courts. Low price.	10 years	IKEA: Syvde dresser	249.00	1	0.48
Bedroom	h7a	Night light	1 piece. Neighbourhood shop. Battery-operated. Cheapest.	5 years	Neighbourhood shop: Night/side light, battery-operated	1.90	1	0.01
Storeroom/ DIY	h7a	Repairs/DIY	For plumbing, appliance repairs. Annual budget \$200.	1 year	-	200.00	1	3.84
Storeroom/ DIY	h7a	Shelves	1 unit. Neighbourhood shop. Steel. Average price.	30 years	Shopee: 4-tier boltless racking with plywood shelves, 184x45x60cm, free delivery and installation	85.00	1	0.05
Storeroom/ DIY	h7a	Ladder	1 unit. Cheapest.	10 years	Neighbourhood shop: Regular ladder	45.90	1	0.09
Storeroom/ DIY	h7a	Storage boxes	5 boxes. Neighbourhood shop.	10 years	NTUC: Plastic storage box, 39L with wheels	15.90	5	0.15
Storeroom/ DIY	h7a	Toolbox and tools	1 set. IKEA. Average price.	30 years	IKEA: 17-piece tool set with hammer, spanner, pliers, screwdriver and bits, allen keys, bradawl	14.90	1	0.01
Storeroom/ DIY	h7a	Fire extinguisher	1 piece. Replace upon expiry.	1 year	Firesafety.sg: 1kg dry power fire extinguisher	38.00	1	0.73
Storeroom/ DIY	h10b	Stationery	Annual budget \$10. Items such as pencil, pen, eraser, ruler, glue, scissors, writing paper, stapler, hole puncher, scotch tape.	1 year	-	10.00	1	0.19
Storeroom/ DIY	h7a	Extension cords and plugs	1 set. Neighbourhood shop. 5m, multi-plugs. Cheapest.	5 years	Neighbourhood shop: Multi-socket extension plug, 3m (\$13.90); multi-plugs (\$4.50 x 3).	27.40	1	0.11
Storeroom/ DIY	h7a	Batteries	Neighbourhood shop. 1 pack of 4 (AA) and 1 pack of 4 (AAA) for clocks, remote control. Cheapest.	6 months	Neighbourhood shop: AA and AAA batteries, pack of 4	1.30	2	0.10
Storeroom/ DIY	h7b	WD40	1 can. NTUC.	5 years	Neighbourhood shop: WD40	7.50	1	0.03
Storeroom/ DIY	h7b	Insecticide	1 can. NTUC.	6 months	Giant: Shieldtox powerguard all insect killer, 270ml	4.25	1	0.16
Storeroom/ DIY	h4a	Sewing kit	1 piece. Neighbourhood shop. Cheapest.	5 years	Daiso: Sewing kit with needles, mini scissors and threads	2.00	1	0.01
Storeroom/ DIY	h7a	Shopping trolley	1 piece. Neighbourhood shop. Cage-type. Cheapest.	3 years	Neighbourhood shop: Metal shopping trolley	16.90	1	0.11
<b>2-6 years old, girl</b>								
Living room	h7a	Pinch guard	3-room flat, 3 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	3	0.01
Living room	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
Living room	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
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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Living room	h7a	Playpen	1 piece. Online platforms, e.g. Shopee, Qoo10, Lazada, ezbuy, 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	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
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
Dining	h7a	Scissors	1 piece. IKEA. For cooked food, for children. Cheapest.	5 years	IKEA: TROJKA household scissors, blue	1.90	1	0.01
Laundry/cleaning	h7a	Hangers	12 pieces. IKEA. Child-sized. Cheapest.	5 years	IKEA: BAGIS children's plastic coat-hanger, assorted colours, pack of 8	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
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 (\$5-10). For children aged 2-12.	5 years	IKEA: BOLMEN step stool	7.90	1	0.03
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).	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 unit. 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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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



Household 1 - Single mother with one child 2-6 years old (girl)

Personal goods

Total: 46.88

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

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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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

Household 1 - Single mother with one child 2-6 years old (girl)

Transport

Total: 39.11

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
<b>Mother</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	1	29.46
Transport	h5b	Taxi, private hire car	2 trips per month. For bad weather conditions, family outings, when late or carrying heavy loads, meeting teachers at child's school during working day lunch time and long distances, \$20 per trip.	1 month	-	20.00	2	9.21
<b>2-6 years old, girl</b>								
Transport	h12b	Stroller	Only required up to 3 years old, can use the one bought from birth. 4 years old onwards, no need stroller.	5 years	Shopee: Prego Lite 2 two-way facing newborn stroller baby lightweight push trolley for infant/toddler (\$199, used over 3 years)	66.33	1	0.25
Transport	h12b	Baby carrier	For holiday. Only required up to 3 years old, can use the one from birth.	5 years	Pupsikstudio.com: Lillebaby baby carrier essentials original, suitable for newborn to 45lbs (\$149, used over 3 years)	49.67	1	0.19

Household 1 - Single mother with one child 2-6 years old (girl)

Clothing

Total: 26.25

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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Footwear	h4b	Sports shoes	1 pair. Decathlon. Low price.	3 years	Decathlon: Women's active walking shoes	25.00	1	0.16
Footwear	h4b	Sandals	1 pair. Bata. Low price.	2 years	Bata: Ladies Tan infinite ring sandals	29.95	1	0.29
Footwear	h4b	Flip-flops	1 pair. Neighbourhood shop. Low price.	2 years	Neighbourhood shop: Slippers	8.90	1	0.09
Accessories	h12b	Backpack	1 piece. Decathlon. For sports. Low price.	5 years	Decathlon: Sports backpack, 20L	30.00	1	0.12
Accessories	h12b	Casual bag	1 piece. Department store. Low price.	2 years	OG: Perlini&Mel double handle bag with canvas sling	49.90	1	0.48
Accessories	h12b	Laptop bag	1 piece. Challenger. Low price.	5 years	Challenger: OKADE black laptop bag, sling	19.90	1	0.08
Accessories	h12b	Handbag	1 piece. Department store. Low price.	3 years	OG: Perlini&Mel PU leather handbag	49.90	1	0.32
Accessories	h12b	Evening bag	1 piece. Department store. For special occasions. Low price.	5 years	OG: Renoma evening bag	85.00	1	0.33
Accessories	h12b	Wallet	1 piece. Department store. Low price.	2 years	OG: Perlini&Mel trifold long purse	35.00	1	0.34
Accessories	h12b	Watch	1 piece. Neighbourhood shop. Average price.	3 years	Neighbourhood shop: Casio sports watch, rubber strap water resistant 100	52.00	1	0.33
Accessories	h12b	Fashion accessories	Annual budget \$50. For hair ties, earrings, brooches.	1 year	-	50.00	1	0.96
Accessories	h12b	Cap	1 piece. Decathlon. Low price.	5 years	Decathlon: Artengo TC 500 racket sports cap	8.90	1	0.03
Accessories	h12b	Belt	1 piece. Metro. Low price.	5 years	BHG: Woven PU leather belt	29.00	1	0.11
Accessories	h12b	Earphones	1 set. Challenger. Wireless. Low price, around \$30.	3 years	Challenger: Ipipoo AP-7 wireless earphone	24.90	1	0.16
Accessories	h12b	Luggage	1 piece. Department store. Cabin size. Cheapest.	10 years	BHG: Travel Time trolley case TSA lock, 18"	49.00	1	0.09
Accessories	h12b	Umbrella	1 piece. Neighbourhood shop. Foldable. Cheapest.	1 year	Neighbourhood shop: Foldable umbrella	4.90	1	0.09
Accessories	h12b	Water bottle	1 piece. NTUC. BPA-free, 500ml.	1 year	NTUC: BPA-free water bottle, 500ml	9.90	1	0.19
<b>2-6 years old, girl</b>								
Outerwear	h4a	Windbreaker	1 piece. Uniqlo. Cheapest.	2 years	Uniqlo: KIDS AIRism UV cut long-sleeved 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
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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
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

Household 1 - Single mother with one child 2-6 years old (girl)

Social participation

Total: 66.88

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



Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Special occasions	h10a	Worship and donations to charitable causes	Religious or charity 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>Household</b>								
Activities	h10c	Holidays	Once a year. 4D3N or 3D2N trip to nearby countries, via budget airline.	1 year	E.g. WTS Travel: 4D3N Ipoh & Port Dickson, Syeun Hotel & PD Avillion Admiral Cove or similar, by coach, peak period (Nov-Dec 2020) (adult-single \$499.00, child with no bed \$269.00)	768.00	1	14.73

Household 1 - Single mother with one child 2-6 years old (girl)

Education and care services

Total: 127.59

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>								
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	-	50.00	12	11.51
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

Household 1 - Single mother with one child 2-6 years old (girl)

Health care

Total: 34.13

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

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Emergency	h8b	Dental emergency	Neighbourhood dental clinic, when polyclinics are closed. Around \$400, for consultation and procedures.	4 years	-	400.00	1	1.92
Insurance	h12c	Life insurance	Basic plan, premium around \$50 per month.	1 month	NTUC Income Star Assure Plan: Monthly premium of \$50 from 30 to 64 years old provides \$34,000 payment for death, terminal illness or total permanent disability	50.00	1	11.51
Insurance	h12c	Travel insurance	Cheapest, for the family.	1 year	FWD: Family package, 4D3N, Malaysia or Thailand, regardless of number of travellers	41.22	1	0.79
<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. KKH. Around \$120 per visit.	1 year	KK Hospital: A&E charges for children	120.00	2	4.60

## Household 1 - Single mother with one child 2-6 years old (girl)

## Food

Total: 131.68

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	13 slices	FairPrice high-fibre white bread, around 9 slices	0.69	1.90	1	2.74
Eating in	h1	Rolled oats	160g	FairPrice rolled oats 1kg	6.25	4.75	1	0.76
Eating in	h1	Special K original corn flakes	40g	Kellogg's Special K cereal - original 300g	7.50	6.90	1	0.92
Eating in	h1	Spaghetti	90g	San Remo pasta - instant spaghetti 500g	5.56	2.40	1	0.43
Eating in	h1	Pasta	90g	San Remo pasta - penne 500g	5.56	2.40	1	0.43
Eating in	h1	Brown rice	200g	FairPrice Thailand rice - brown (unpolished) 5kg	25.00	11.20	1	0.45
Eating in	h1	White rice	200g	FairPrice jasmine fragrant rice 11 kg	55.00	14.30	1	0.26
Eating in	h1	Coffee	4 cups (20g coffee powder)	FairPrice instant coffee powder jar - original blend 200g	10.00	6.25	1	0.63
Eating in	h1	Tea	2 cups (2 teabags)	Lipton Yellow Label tea bags - international blend 100 bags	50.00	5.65	1	0.11
Eating in	h1	Milk	3375ml	FairPrice UHT milk - low fat 1L	0.30	1.70	1	5.74
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	Low-fat cheese	2 slices	FairPrice cheese slices, 12 slices per pack, 3 packs	18.00	9.55	1	0.53
Eating in	h1	Butter	2 servings (10g)	FairPrice block butter - pure creamery 250g	25.00	4.15	1	0.17
Eating in	h1	Minced chicken	315g	Pasar fresh chicken minced 270g (Halal)	0.86	2.78	1	3.24
Eating in	h1	Skinless chicken thigh	135g	Pasar fresh skinless chicken thigh 268g (Halal)	1.99	2.44	1	1.23
Eating in	h1	Batang	180g	Pasar batang steak 234g	1.30	4.19	1	3.22
Eating in	h1	Eggs	3 eggs	Pasar fresh eggs, 10 eggs, 550g	3.33	1.90	1	0.57
Eating in	h1	Spinach	210g	Chef Chinese spinach 250g	1.00	1.60	1	1.60
Eating in	h1	Zucchini	130g	Thygrace green zucchini (Malaysia) 554g	1.00	2.49	1	2.49
Eating in	h1	Tomatoes	2 medium tomatoes (246g)	Fresh tomatoes 246g	1.00	0.81	1	0.81
Eating in	h1	Carrots	235g	Pasar Australia carrot 235g	1.00	0.45	1	0.45
Eating in	h1	Garlic	5 cloves (20g)	Chef China garlic 500g	3.00	2.45	1	0.82
Eating in	h1	Ginger	Around 3 knobs (14g)	Pasar yellow ginger 200g	3.00	1.10	1	0.37
Eating in	h1	French beans	200g	YK french beans 250g	1.00	2.00	1	2.00
Eating in	h1	Bananas	6 bananas	1 bunch of bananas, 6 bananas	1.00	1.92	1	1.92
Eating in	h1	Oranges	6 oranges	Pasar Australian Valencia oranges, a bag of around 9 oranges	1.50	4.50	1	3.00
Eating in	h1	Apples	4 apples	USA Royal Gala apples, 6 apples	1.50	5.25	1	3.50
Eating in	h1	Honey	1.5 tsp (10.5g)	FairPrice 100% pure honey 500g	47.62	5.50	1	0.12
Eating in	h1	Cinnamon	2.25g	Crab brand, bottled cinnamon powder 50g (Halal)	22.22	1.65	1	0.07
Eating in	h1	Salt	3g	FairPrice fine salt 500g	166.67	0.42	1	0.00
Eating in	h1	Black pepper	2.7g	FairPrice black pepper - ground 100g	37.04	4.05	1	0.11
Eating in	h1	Mixed herbs	1.5 tsp (1.5g)	Masterfoods mixed herb blend 10g	6.67	3.90	1	0.59
Eating in	h1	Light soya sauce	10ml	FairPrice soya sauce - light 660ml	66.00	1.85	1	0.03

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
Eating in	h1	Vegetable oil	75ml	FairPrice vegetable oil 2L	26.67	5.75	1	0.22
Eating in	h1	Vanilla essence	3.75ml	Bake King essences - vanilla 26ml (Halal)	6.93	1.45	1	0.21
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	0.75 cans	Hunt's diced tomato 411g	1.00	2.45	1	2.45
Eating in	h1	Frozen mixed vegetables	75g	FairPrice frozen fresh mixed vegetables 400g	5.33	2.10	1	0.39
Eating in	h1	Plain crackers	1 packet	Meiji plain crackers - original, 7 pieces per pack, 4 packs	4.00	1.50	1	0.38
Eating in	h1	Biscuits	5 packets	Munchy's oat crunch crackers - chunky hazelnut, 8 pieces per pack, 8 packs	1.60	2.90	1	1.81
Eating in	h1	Potato chips	50g	Fairprice potato chips 75g	1.50	1.15	1	0.77
<b>Mother (eating out)</b>								
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	"	"	Food court: Grilled fish with sambal rice/fries \$8, chicken chop with fries \$7.50	1.00	8.00	1	8.00
Eating out	h3b	Nasi padang	3 plates of economy rice or nasi padang (choose 1 meat and 2 vegetable dishes)	City area hawker centre/food court: Nasi padang (rice, 1 meat, 2 vegetables)	1.00	5.50	3	16.50
Eating out	h3b	Sliced fish bee hoon soup	1 serving	City area hawker centre: Sliced fish bee hoon soup	1.00	5.00	1	5.00
Eating out	h3b	Chicken rice	2 servings	City area hawker centre: Roasted chicken rice	1.00	3.00	2	6.00
Eating out	h3b	Chicken porridge	2 bowls of sliced fish or chicken porridge with 1 egg	Neighbourhood hawker centre: Shredded chicken porridge \$3.50, egg \$0.50	1.00	4.00	2	8.00
Eating out	h3b	Yong tau foo with kway teow soup	1 serving	Neighbourhood hawker centre: Yong tau foo, 6 pieces with bee hoon or rice	1.00	3.00	1	3.00
Eating out	h3b	Chicken pau	1 piece	City area shopping mall: Chicken pau	1.00	1.80	1	1.80
Eating out	h3b	Curry puff	1 piece	City area shopping mall: Curry puff	1.00	2.00	1	2.00
Eating out	h3b	Coffee/tea	2 cups	City area/neighbourhood hawker centre: Kopi-si	1.00	1.00	2	2.00
Eating out	h3b	Fruit	3 servings	City area hawker centre/neighbourhood hawker centre/food court: Fruit (\$0.80-\$1)	1.00	1.00	3	3.00

Category	HES	Item	Weekly portion	What we found	Lifespan (weeks)	Price per pack \$	Qty to buy	Wkly cost \$
<b>2-6 years old, girl (eating out)</b>								
Eating out	h3b	Chicken porridge	2 bowls of sliced fish or chicken porridge with 1 egg	Neighbourhood hawker centre: Shredded chicken porridge \$3.50, egg \$0.50	1.00	4.00	2	8.00
Eating out	h3b	Nasi padang	1 plate of economy rice or nasi padang (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
Eating out	h3b	Soya bean milk	1 cup	Neighbourhood hawker centre: Fresh soya bean milk	1.00	1.50	1	1.50

Household 1 - Single mother with one child 2-6 years old (girl)

Housing and utilities

Total: 193.18

Category	HES	Item	What participants said	Lifespan	What we found	Price per pack \$	Qty to buy	Wkly cost \$
Housing	h6a	Housing	-	-	3-room HDB BTO flat, purchased at 26 years old. See details in report.	-	-	159.84
Housing	h12c	Fire insurance	Just fire insurance. Other home insurance not necessary as nothing valuable at home.	29 years	HDB Fire Insurance Scheme: FWD Insurance 5-year coverage, for 3-room flats.	4.87	6	0.02
Town council	h6c	Service and Conservancy Charges	-	1 month	Highest published rate (Bishan-Toa Payoh Town Council, since 1 Jun 2018), for 3-room flats.	48.00	1	11.05
Utilities	h6c	Water	-	1 month	Water tariff: \$2.74 per cubic metre (since 1 Jul 2018). National average usage for 3-room flats: 15.6 cubic metres (July 2020).	42.74	1	9.84
Utilities	h6c	Electricity	-	1 month	Electricity Tariff: \$0.2097/kWh (1 Jul 20 - 30 Sep 20). National average usage for 3-room flats: 329 kWh (July 2020).	68.99	1	15.88
Utilities	h6c	Gas	-	1 month	Gas Tariff: \$0.1636/kWh (1 Jul 20 - 30 Sep 20). National average usage for 3-room flats: 92 kWh (July 2020).	15.05	1	3.46
Utilities	h6c	GST Voucher – U-save	-	-	Permanent scheme (Regular GSTV – U-Save) with rates based on housing type. Annual subsidy of \$360 for 3-room flats is deducted from utilities costs. U-Save Special is not included.	-	-	-6.90