

## FAMILY TYPE: LONE PARENT WITH 1 CHILD

These are the lists constructed by groups of lone parents for a minimum income standard for lone parents with 1 child.

### Summary

Budget area	Weekly budget (£)
Food and drink	50.53
Clothing and footwear	16.41
Housing costs	107.54
Household goods and services	23.09
Childcare	135.05
Personal goods and services (inc health)	19.47
Transport	17.16
Social and cultural activities	40.16
<b>TOTAL</b>	409.42
<b>Total excluding childcare</b>	274.37

**NB** In the tables on the following pages, the column headings refer to:

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
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**Item:** Name or type of item

**Quantity:** Number of items needed (in food this could relate to individual items, e.g. cooking apples, or packs of an item, e.g. bag of apples, cartons of fruit juice)

**Unit price:** The cost for 1 of that item (whether an individual item or a pack)

**Life (weeks):** The number of weeks the item is expected to last before it needs replacing

**Weekly cost:** (Quantity x Unit price) divided by (Life in weeks)  
e.g. 1 pack of fishcakes costing 80p lasting 2 weeks has a weekly cost of  $(1 \times £0.80)/2 = £0.40$

## Food and drink

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Apple pie	1	0.99	1.0	0.99
Apples, fresh	1	0.76	1.0	0.76
Bacon	1	0.82	1.0	0.82
Baked beans	1	0.35	1.0	0.35
Bananas, fresh	1	1.30	1.0	1.30
Beef mince	1	3.14	4.0	0.79
Bovril	1	0.73	12.0	0.06
Bread, wholemeal, sliced	2	0.65	1.0	1.30
Broccoli, fresh	1	0.60	1.0	0.60
Carrots, fresh	1	0.21	1.0	0.21
Cheese, Dairylea	1	0.91	1.0	0.91
Cheddar cheese	1	1.53	2.0	0.77
Cheese, soft	1	0.65	2.5	0.26
Chicken breast	1	3.42	2.8	1.22
Chilli mix packet	1	0.56	1.0	0.56
Coffee, instant	1	0.65	10.0	0.07
Cream crackers	1	0.36	2.8	0.13
Cream, single	1	0.40	1.0	0.40
Crisps	1	0.35	1.0	0.35
Cucumber	1	0.34	1.0	0.34
Eggs	1	1.12	1.3	0.84
Extra food for Christmas	1	20.00	52.0	0.38
Fish fingers	1	1.79	5.0	0.36
Frozen fish fillets	1	2.49	2.0	1.25
Frozen oven chips	1	1.75	25.0	0.07
Fruit juice (orange)	1	1.19	1.0	1.19
Gravy granules	1	0.70	10.0	0.07
Jam	1	0.69	6.0	0.12
Jelly	1	0.45	1.0	0.45
Kit Kat	1	1.99	9.0	0.22
Kiwi, fresh	1	0.35	1.0	0.35
Leafy green salad	1	1.00	1.0	1.00
Leeks, fresh	1	0.15	1.0	0.15
Lentils	1	0.68	10.0	0.07
Malt loaf	1	0.56	1.0	0.56
Marmite	1	0.97	14.0	0.07
Mayonnaise	1	0.52	4.0	0.13
Melon, fresh	1	1.48	1.0	1.48
Milk, semi skimmed	1	1.34	1.0	1.34
Milk, whole	2	1.34	1.0	2.68
Mushrooms, fresh	1	0.17	1.0	0.17

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
'Nice' biscuits	2	0.28	1.8	0.32
Onions, fresh	1	0.07	1.0	0.07
Oranges, fresh	1	0.26	1.0	0.26
Pasta, dried	1	0.41	11.0	0.04
Peas, frozen	1	1.79	3.5	0.51
Pizza	1	1.98	2.0	0.99
Porridge	1	0.39	12.0	0.03
Potatoes	1	1.12	2.0	0.56
Raisins	1	0.58	4.9	0.12
Ready Brek	1	1.52	13.0	0.12
Red kidney beans, canned	1	0.29	2.0	0.15
Reduced fat spread	1	0.97	2.0	0.49
Rice	1	0.44	3.0	0.15
Rice cakes	1	0.76	6.0	0.13
Rusk	1	0.94	4.0	0.24
Salt	1	0.24	52.0	0.00
Satsumas, fresh	1	0.48	1.0	0.48
Sausages	1	0.84	1.0	0.84
Soft drinks, concentrated	1	1.49	2.3	0.65
Spaghetti Bolognese (toddler meal)	1	0.57	1.0	0.57
Spinach, fresh	1	1.09	1.0	1.09
Sponge cake, chocolate	1	0.79	1.0	0.79
Steak, stewing	1	1.73	2.0	0.87
Strawberries, fresh	1	1.49	1.0	1.49
Sugar	1	0.73	15.0	0.05
Sweetcorn, frozen	1	0.80	12.0	0.07
Tea	1	1.86	5.7	0.33
Tinned rice pudding (baby jar)	1	0.27	1.0	0.27
Tomato puree	1	0.17	3.5	0.05
Tomatoes, canned	1	0.42	2.0	0.21
Tomatoes, fresh	1	0.69	1.0	0.69
Tuna, tinned	1	0.64	1.0	0.64
Turkey, cooked	1	0.78	3.5	0.22
Twix	1	0.98	3.5	0.28
Weetabix	1	1.78	4.0	0.45

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Yoghurt, low fat	2	0.98	1.5	1.31
Yoghurt, whole fat	1	0.98	1.2	0.82
Eating out in café once a month	1	4.27	4.3	0.99
Meal out once a month	1	10.41	4.3	2.42
Take-away food (pizza)	1	9.01	4.3	2.10
Wine (1 bottle red)	1	3.19	2.0	1.60
Wine (1 bottle white)	1	2.88	2.0	1.44
Wine (glass with with meal out)	1	1.92	4.3	0.45
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>50.53</b>

### Clothing and footwear

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
<b><i>Parent's</i></b>				
Bikini	1	9.00	52.0	0.17
Blouses (short sleeved)	1	16.00	52.0	0.31
Blouses (long sleeved)	1	20.00	52.0	0.38
Boots	1	25.00	52.0	0.48
Bras	6	4.00	52.0	0.46
Cardigans	2	30.00	52.0	1.15
Coat, summer	1	15.00	104.0	0.14
Coat, winter	1	40.00	156.0	0.26
Dress	1	25.00	52.0	0.48
Dressing gown	1	5.00	52.0	0.10
Fleece	1	14.00	52.0	0.27
Flip flops	1	3.00	52.0	0.06
Jacket	1	35.00	52.0	0.67
Jeans, every day	2	20.00	52.0	0.77
Jeans, smart	1	28.00	52.0	0.54
Jumpers	2	18.00	52.0	0.69
Knickers	10	1.00	26.0	0.38
Pyjamas	4	4.00	52.0	0.31
Sandals	1	8.00	52.0	0.15
Scarf	1	3.00	52.0	0.06
Shoes, heeled, for work, going out	2	20.00	52.0	0.77
Shoes, smart flat, for work	1	8.00	52.0	0.15
Shorts	1	6.00	52.0	0.12
Slippers	1	4.00	52.0	0.08

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Socks	6	0.75	52.0	0.09
Swimming costume	1	5.00	52.0	0.10
Tights	5	0.50	4.3	0.58
Tracksuit	1	12.00	52.0	0.23
Trainers, casual	1	5.99	52.0	0.12
Trousers	2	10.00	52.0	0.38
T-shirts, long sleeved	3	3.00	52.0	0.17
T-shirts, short sleeved	3	3.00	52.0	0.17
Vest tops	3	4.00	52.0	0.23
Waterproof coat	1	4.00	104.0	0.04
<b>Child's</b>				
Bibs, plastic	1	4.99	78.0	0.06
Cardigans	2	6.00	39.0	0.31
Cardigans	2	7.00	39.0	0.36
coat, lightweight	1	10.00	52.0	0.19
Coat, Winter	1	10.00	52.0	0.19
Dungarees	2	8.00	52.0	0.31
Gloves/mittens	1	3.00	104.0	0.03
Pyjamas	4	6.00	26.0	0.92
Shoes	1	18.00	13.0	1.38
Slippers	1	5.00	52.0	0.10
Socks	9	0.75	26.0	0.26
Suit	1	10.00	26.0	0.38
Trousers	4	2.00	26.0	0.31
T-shirt, short sleeved	9	1.00	26.0	0.35
Vests	1	5.00	26.0	0.19
Winter hat	1	0.00	104.0	0.00
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>16.41</b>

## Housing Costs

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Contents insurance	1	103.61	52.0	1.99
Council tax (Band B, central Loughborough, including 25% single adult reduction)	1	808.57	52.0	15.55
Decorating (average spent by lone parents with one child in social housing)	1	110.24	52.0	2.12
Fuel for heating	1	854.14	52.0	16.43
Rent on 2 bed terraced council house, central Loughborough	1	64.07	1.0	64.07
Water rates	1	383.74	52.0	7.38
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>107.54</b>

## Household goods and services

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
3 seater sofa	1	299.00	260.0	1.15
Armchair	1	249.00	260.0	0.96
Baking tray	2	0.99	260.0	0.01
Bath mat (non-slip for inside the bath)	1	2.99	104.0	0.03
Bath mat set (floor + pedestal mats)	1	4.99	260.0	0.02
Bed, double	1	209.99	520.0	0.40
Bedside table/cabinet	1	39.99	520.0	0.08
Bin	2	8.00	260.0	0.06
Black out curtains	1	15.99	260.0	0.06
Blanket, cellulose, for cot	3	5.99	104.0	0.17
Blanket, fleece, for cot	2	3.99	104.0	0.08
Brush	1	2.99	260.0	0.01
Bucket	1	2.00	260.0	0.01
Cake tin	1	1.99	260.0	0.01
Carpet (adult's bedroom)	1	353.69	520.0	0.68
Carpet (child's bedroom)	1	213.23	520.0	0.41
Carpet (hall)	1	152.36	260.0	0.59
Carpet (living area)	1	363.65	260.0	1.40

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Casserole dishes	1	9.99	520.0	0.02
Chest of drawers	1	48.94	520.0	0.09
Cleaning items (e.g. bleach, washing up liquid, etc.)	1	8.00	4.3	1.86
Clothes horse	1	16.99	260.0	0.07
Clothes line, non-rotary	1	1.99	260.0	0.01
Coffee table	1	69.00	780.0	0.09
Colander	1	2.99	52.0	0.06
Cooker	1	139.99	364.0	0.38
Corkscrew	1	0.99	260.0	0.00
Cot	1	95.00	156.0	0.61
Crockery set	1	20.00	520.0	0.04
Curtain pole	1	9.99	520.0	0.02
Curtain rail, bedroom	1	9.99	520.0	0.02
Curtain rail, living area	1	9.99	520.0	0.02
Curtains, child's bedroom	1	20.99	520.0	0.04
Curtains, parent's bedroom	1	20.99	520.0	0.04
Curtains, living area	1	20.99	520.0	0.04
Cushions	5	2.99	260.0	0.06
Cutlery set	1	17.99	520.0	0.03
Cutting/chopping board	3	1.49	104.0	0.04
Door mat	1	2.99	260.0	0.01
Drainer	1	6.99	260.0	0.03
Dresser/cabinet	1	199.99	780.0	0.26
Dressing table / Drawers	1	69.79	520.0	0.13
Duvet cover, double	3	15.00	260.0	0.17
Duvet, double	1	30.00	520.0	0.06
Fabric conditioner	5	0.05	1.0	0.25
Fridge freezer	1	199.99	520.0	0.38
Frying pan	1	3.99	260.0	0.02
Hand Blender	1	19.97	104.0	0.19
High chair	1	22.99	78.0	0.29
Iron	1	24.97	260.0	0.10
Ironing board	1	14.99	520.0	0.03
Kettle	1	5.59	104.0	0.05
Knives (set)	1	9.99	260.0	0.04
Lamp	1	8.00	260.0	0.03
Lamp (bedroom)	1	9.99	260.0	0.04
Lamp, standard	1	29.99	260.0	0.12
Lampshade (bathroom)	1	3.50	520.0	0.01
Lampshade (bedroom)	1	3.50	260.0	0.01
Lampshade (dining area)	1	3.50	520.0	0.01
Lampshade (kitchen)	1	3.50	520.0	0.01
Lampshade (living area)	1	3.50	520.0	0.01

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Landline telephone	1	29.99	260.0	0.12
Landline telephone rental and call charges	1	18.00	4.3	4.19
Lawnmower	1	34.99	520.0	0.07
Light bulbs (energy saving)	9	0.81	312.0	0.02
Linen basket	1	18.99	520.0	0.04
Mattress, cot	1	34.79	104.0	0.33
Measuring jug	1	2.99	520.0	0.01
Medicine cabinet	1	19.99	780.0	0.03
Microwave	1	22.75	156.0	0.15
Mixing bowl	1	0.90	52.0	0.02
Mobile telephone	1	24.99	260.0	0.10
Mop	1	5.99	520.0	0.01
Net curtains, bedroom	1	5.99	520.0	0.01
Net curtains, living area	1	5.99	520.0	0.01
Night light	2	1.99	260.0	0.02
Pegs	1	0.77	260.0	0.00
Pillows	4	5.00	260.0	0.08
Plastic mat (wipe clean)	1	3.00	260.0	0.01
Roasting dish	1	1.99	260.0	0.01
Roller blind, bathroom	1	14.99	520.0	0.01
Safety kit	1	9.99	104.0	0.10
Saucepan set	1	9.99	260.0	0.04
Sheets, fitted double	3	9.50	260.0	0.11
Sheets, fitted/bottom, for cot	1	13.98	104.0	0.13
Sheets, flat, for cot	4	3.00	104.0	0.12
Shower curtain	1	5.99	104.0	0.06
Sieve	1	0.99	260.0	0.00
Stair/Safety gate	2	15.95	104.0	0.31
Steamer	1	12.50	260.0	0.05
Storage box for toys	2	2.99	104.0	0.06
Storage jars	3	8.99	520.0	0.05
Table mats	2	2.99	260.0	0.02
Table, dining	1	109.99	520.0	0.21
Tea towels	5	0.30	52.0	0.03
Telephone, mobile	1	10.00	4.3	2.33
Tin opener	1	1.99	260.0	0.01
Toaster	1	19.97	260.0	0.08
Toilet brush	1	1.29	104.0	0.01
Toolkit	1	19.97	520.0	0.04
Towels, bath	5	3.99	364.0	0.05
Towels, hand	4	1.99	364.0	0.02
Tupperware box - Storage for crayons	1	0.49	104.0	0.00

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Tupperware set	1	5.99	520.0	0.01
TV stand	1	17.99	520.0	0.03
Utensils (set)	1	1.25	52.0	0.02
Vacuum cleaner	1	59.99	260.0	0.23
Vinyl flooring (bathroom)	1	30.00	260.0	0.12
Vinyl flooring (kitchen)	1	58.00	520.0	0.11
Wardrobe	1	189.99	780.0	0.24
Washing machine	1	169.95	260.0	0.65
Washing powder	5	0.14	1.0	0.70
Washing up bowl	1	1.25	260.0	0.00
Window blind, kitchen	1	14.99	520.0	0.03
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>23.09</b>

### Childcare

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Childcare, parent working fulltime	1	7022.40	52.0	135.05
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>135.05</b>

### Personal goods and services, including health

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
3in1 potty trainer	1	19.99	104.0	0.19
Antiseptic	1	2.79	104.0	0.03
Bonjela	1	2.09	52.0	0.04
Bottles	2	1.29	52.0	0.05
Calpol	1	2.23	13.0	0.17
Changing bag	1	19.99	104.0	0.19
Clock, battery, for kitchen	1	4.99	260.0	0.02

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Dentist	1	60.80	52.0	1.17
Eczema cream	1	5.99	26.0	0.23
Flannels	4	0.20	260.0	0.00
Hairbrush	1	1.29	260.0	0.00
Hairdressers for child	1	8.00	9.0	0.93
Hairdressers for parent	1	20.00	12.0	1.67
Handbag, casual, work, going out	2	10.00	104.0	0.19
Ibuprofen	1	3.59	13.0	0.28
Nail scissors	1	0.99	260.0	0.00
Nappies	1	5.98	1.0	5.98
Nappy wipes	1	1.09	1.0	1.09
NHS Prescriptions	4	7.10	52.0	0.55
Optician	1	20.00	104.0	0.19
Plasters	1	0.99	8.6	0.12
Plastic bowls, cups plates	2	3.70	260.0	0.03
Purse	1	4.00	52.0	0.08
Pushchair with rain cover	1	99.99	156.0	0.64
Sudacreme	1	1.96	52.0	0.04
Swimming nappy pack	1	4.48	10.0	0.45
Teats	2	1.99	26.0	0.15
Tip up cup	2	0.87	104.0	0.02
Toilet rolls	2	0.35	1.0	0.70
Toiletries/personal care	1	4.00	1.0	4.00
Toothbrush	1	1.82	13.0	0.14
Toothpaste	1	0.84	6.0	0.14
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>19.47</b>

## Transport

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Bus	1	36.00	4.0	9.00
Taxi	1	35.10	4.3	8.16
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>17.16</b>

## Social and cultural activities

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Birthdays (household)	1	200.00	52.0	3.85
Birthdays (other children)	6	6.00	52.0	0.69
CD player/radio	1	34.99	260.0	0.13
Christmas crackers	1	2.00	52.0	0.04
Christmas or equivalent festival - presents	1	200.00	52.0	3.85
Christmas or equivalent festival - visit to Santa	1	5.00	52.0	0.10
Christmas tree + decorations	1	15.00	260.0	0.06
Day trips out with child	1	30.00	4.3	6.98
Digital camera	1	79.97	520.0	0.15
DVD	1	49.99	260.0	0.19
Freeview box	1	29.99	260.0	0.12
General social activities (parent)	1	15.00	1.0	15.50
General social activities (child)	1	97.50	52.0	1.88
Photos	1	5.00	52.0	0.10
Plants	1	5.00	52.0	0.10
Swimming	1	119.60	52.0	2.30
Toys/recreation	1	47.00	52.0	0.90
TV	1	89.99	260.0	0.35
TV licence	1	11.63	4.3	2.70
Walker (trolley and bricks)	1	20.00	104.0	0.19
<b>Total (NB may not be equal to the sum of the shown items due to rounding)</b>				<b>40.16</b>