

Items purchased	Weekly Spend	Monthly Spend	Explanation/Assumptions
Food and drink (home)			
BREAKFAST			
			Breakfast would usually be...
			What would be your usual breakfast (if you could afford it) (cereals? Toast etc.?).
			NB: if you include milk in 'drink' below do not include here.
LUNCH			
			Lunch would usually be...
			What would each member of your household have as an average lunch (if you could afford it)
			School dinners?
DINNER			
			Dinner would usually be...
			What would be an average evening meal be if you could afford it? For example, if it is stew with rice, what ingredients would you need for the stew and how long would it last?
SNACKS			
			What snacks might you have? Fruit, sweets occasional treats?
STAPLES/SUNDRIES			
			What staples?

			Pasta/rice (NB: if you have included this above in average meal do not double-count by including again here)
			Condiments
			Salt/pepper/sugar etc
			Oil
DRINKS			
			What drinks?
			Tea, coffee, juice, cordial (NB: if packed lunch and drink is given do not forget this)
Total Food and drink	£0.00	£0.00	
Household goods			
			What household goods do you need?
			Cleaning products? scourers and cloths, bathroom/kitchen cleaner, floor cleaner, mop, bleach, toilet cleaner etc., washing up liquid.
			Laundry? - Detergent; laundrette?
			Toilet paper
			Kitchen roll
			Clingfilm/tin foil
			Household goods (kitchenware, cookware, tableware) etc.
Total Household goods	£0.00	£0.00	
Household services			
			Telephone/internet?
			Gas
			Electricity

			TV licence
Total Household services	£0.00	£0.00	
Clothing			
			Clothing for each family member
			Long-sleeve tops
			Trousers/skirts
			School uniform
			Short sleeve tops
			Underwear
			Shoes
			Accessories (gloves/hats/scarves)
			Jackets and coats
Total Clothing	£0.00	£0.00	
Personal goods and services			
			Toiletries i.e. toothbrushes, toothpaste, sanitary products, soap/shower gel, shampoo/conditioner, moisturiser, razer, etc.
			Medicine - prescription and non-prescription
			Haircuts
Total	£0.00	£0.00	
Babies			
			What items do you need?
			Nappies
			Wipes
			Formula

Total	£0.00	£0.00	
Transport			
			Do you need a travel card/bus pass each, if so, for what zones?
Total	£0.00	£0.00	
Social & cultural participation & goods to promote development			
			Mobile phone
			School trips
			After-school activities
			Occasional outings and activities for the children (entry fees/costs whilst there)
			Toys?
			School equipment (bag/stationery etc)?
			Presents and celebrations (birthdays and christmas)
Total	£0.00	£0.00	
TOTAL	£0.00	£0.00	