

See which prices have gone up or down – and how much warm clothes are costing as we approach winter

Prices have increased over the past 12 months by more than 10% on average, putting pressure on already stretched household budgets.

A further drop in fuel prices has lowered some costs for drivers, but the rising cost of food, caused in part by the energy crisis, has offset that.

Higher energy prices have wide-ranging knock-on effects, in terms of increased production and delivery costs, that cause prices to rise across almost every other thing you buy.

Read more:

[Inflation rises to 10.1% as economy reels from mini-budget chaos](#)

How much has your individual spending gone up? Use our calculator to see how much prices are rising on the groceries, clothing, and leisure activities you pay for.

Which prices are increasing fastest?

Food prices have really accelerated upwards in recent months, most notably among dairy products.

Semi-skimmed milk costs 40% more than last year, two pints will set you back £1.18 on average now compared with 84p in September 2021, a rise of 34p. Margarine and butter have both risen by more than a quarter.

Eggs have managed to stay at pretty much the same price as

they were in 2021, however.

Children's clothes are among the shop-bought goods that have had the highest price rises. They have gone up by 15% on average but some items have seen even more extreme rises.

The price of a girl's jacket has increased by more than 50% to £33.45 in September 2021, compared with £23.62 last year.

And it's not good news for women as we approach winter either, as boots, tights and leggings have all increased by more than a quarter, while swimwear and vest tops are cheaper than they were this time last year.

Top five food price rises:

- Semi-skimmed milk (2 pints): up 40%, 84p to £1.18
- Baked beans (400-425g): up 34%, 66p to 89p
- Pasta/spaghetti (500g): up 33%, 84p to £1.12
- Canned soup (390-425g): up 31%, 81p to £1.06
- Chicken kiev (2): up 30%, £1.97 to £2.56

There are foods that have become cheaper in the last year, though nothing by more than one pence.

Overall, only 52 out of the 524 products in our database are cheaper than they were this time last year.

The four food price falls:

- Corn snack (50g): 73p to 72p
- Rice pouch (220-280g): 94p to 93p
- Peanuts (150-300g): £1.41 to £1.40
- Large eggs (12): £2.48 to £2.47

Other items have gone down in price by more. A saucepan is about 25% cheaper on average (£12.94 now compared with £17.18 in 2021).

Perhaps unsurprisingly, people aren't paying much for DVDs

these days, just £8.69 on average compared with £12.80 this time last year.

Football boots are down 17% to £54 and golf balls are about 20p cheaper.

No category out of 25 has seen an overall decrease in prices across all items though. Clothes are closest with a 0.8% rise on average.

Is it more expensive to live a healthy lifestyle?

Vegetables have become 11% more expensive in the last year, while fruit is up 9%. That's slower than the rate for meat, which has risen by almost 14%.

Alcohol has only gone up by 4% on average, less than half the rate of other drinks.

You will notice more of a difference if you like to drink out, however. The average pint of lager in a pub is 36p more than last year, an 8.6% rise.

Is there worse to come?

Richard Lim, chief executive of Retail Economics, says that we're still at the "thin edge of the wedge of inflation".

"There's still a lot more pain to come," he says. "And it's the least affluent households that are going to see much higher rates of inflation as they spend more of their income on food and energy."

We'll continue to update our spending calculator over the coming months so you can see how you'll be affected.

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Methodology

The ONS collects these prices by visiting thousands of shops across the country and noting down the prices of specific items. There are upwards of 100,000 prices published every month, from more than 600 products.

The items that form the “official shopping basket” change each year to reflect how the purchasing habits of the population have changed. For example in March 2021, after a year of the pandemic, hand gel, loungewear bottoms and dumbbells were added, while canteen-bought sandwiches were among the items removed.

Where there aren't the exact equivalent items available at a survey shop, ONS officials pick the best alternative and note that they've done this so it's weighted correctly when the averages are worked out.

Shops are weighted as well, so the price in a major chain supermarket will have a greater impact on the average than an independent corner shop.

To get our figures, we've made an average for each item in each month that takes into account the weightings of these shops and the month of the entry, so more recent price information is weighted more heavily. We've ended up with a figure that takes into account every price entry from the previous 12 months. We will be updating these figures each month while the cost of living crisis continues.

During the pandemic, more of the survey was carried out over the phone and work is ongoing to digitise the system to be able to take in more price points by getting data from supermarket receipts, rather than making personal visits.

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