

Weekly Cost of the Nutritious Food Basket in Toronto (May, 2006)

How to Calculate the Food Costs of a Nutritious Food Basket *			
Follow the steps below to find out the cost of a weekly nutritious food basket.		Age/Sex/Group	Cost Per Week
STEP 1: Write down the age and sex of all the people you are feeding. For example: Man, 37 years old and Woman, 37 years old Boy, 13 years old and Girl, 8 years old		Child	1 14.62 2-3 15.45 4-6 20.42
STEP 2: Using Table #1, write down the cost of feeding each person.		Boy	7-9 24.42 10-12 30.32 13-15 35.51 16-18 41.38
STEP 3: This is your subtotal.		Girl	7-9 23.40 10-12 27.83 13-15 29.73 16-18 28.26
STEP 4: It costs a little more to feed a small group of people and less to feed a large group. Use the following adjustments for household size: 1 person – multiply by 1.15 4 people – make no change 2 people – multiply by 1.10 5 people – multiply by 0.95 3 people – multiply by 1.05 6+ people – multiply by 0.90		Man	19-24 39.16 25-49 37.94 50-74 34.29 75+ 30.95
STEP 5: To determine the cost per month, multiply by 4.33		Women	19-24 28.96 25-49 27.50 50-74 27.00 75+ 26.31
Sex	Age (years)	Cost Per Week (\$)	Example
Man	37	37.94	
Woman	37	27.50	
Boy	13	35.51	
Girl	8	23.40	
Subtotal		\$124.35	
TOTAL		\$124.35 x no adjustment = \$124.35 x 4.33= \$538.43/month	
Example: Reference Family of 4, Toronto (May, 2006)			
Sex	Age (years)	Cost Per Week (\$)	Your Household
Subtotal			
TOTAL			
		Pregnancy	
		Age 13-15	
		Trimester 1	32.79
		Trimesters 2,3	34.63
		Lactation	35.63
		Age 16-18	
		Trimester 1	32.76
		Trimesters 2,3	35.19
		Lactation	36.12
		Age 19-24	
		Trimester 1	31.91
		Trimesters 2,3	34.04
		Lactation	34.86
		Age 25-49	
		Trimester 1	30.54
		Trimesters 2,3	32.45
		Lactation	33.13

* The cost of the Nutritious Food Basket is based on the 66 food items collected from 12 stores across the City. The software program automatically adds 5% to the basket cost to cover the cost of miscellaneous foods used in meal preparation, e.g., spices, seasonings, condiments, baking supplies, coffee/tea.

Monthly Household Budget for Three Household Types Supported by Ontario Works Benefits and Living in Market Rental Accommodations

	One Person Household (male, aged 25-49) (a)	Single-Parent Household (female, aged 25-49, boy age 10 and girl age 3) (b)	Reference Family of four (male and female age 37, boy age 13, girl age 8) (c)
Monthly Income (Data from Toronto Social Services)			
Basic Allowance	\$206.00	\$559.00	\$644.00
Shelter Allowance	\$342.00	\$583.00	\$634.00
Winter Clothing Allowance (d)	\$0.00	\$43.20	\$43.20
Canada Child Tax Benefit (e)	\$0.00	\$308.90	\$288.15
Universal Child Care Benefit (f)	\$0.00	\$100.00	\$0.00
Federal GST Benefit (g)	\$20.94	\$59.00	\$59.00
Total	\$568.94	\$1,653.10	\$1,668.35
Selected Monthly Expenses			
Food (h)	\$188.92	\$333.12	\$538.43
Average Monthly Rent (i) (assuming rent includes heat, electricity)	\$740.00 (Bachelor)	\$1,067.00 (2 Bdr.)	\$1,272.00 (3 Bdr.)
Telephone (j)	\$30.00	\$30.00	\$30.00
Total	\$958.92	\$1,430.12	\$1,840.43
Monthly Funds Remaining (for other basic needs, e.g., household and personal care items, clothing, school supplies, transportation, child care)	- \$389.98/month	+ \$222.98/month	- \$172.08/month

- a) No income other than OWA. Only basic and shelter allowances factored into estimated OWA net income for calculation of GST credit. **Net annual income = 12 months x \$548.00 Basic & Shelter Allowances = \$6,576.00.**
- b) No income other than OWA and CCTB. Only basic and shelter allowances factored into estimated OWA net income for calculation of CCTB, GST credit. **Net annual income = 12 months x (\$1,142.00 Basic & Shelter Allowances + \$308.90 CCTB + \$100.00 UCCB) = \$18,610.80.**
- c) No income other than OWA and CCTB. Only basic and shelter allowances factored into estimated OWA net income for calculation of CCTB, GST credit. **Net annual income = 12 months x (\$1,278.00 Basic & Shelter Allowances + \$288.15 CCTB) = \$18,793.80.**
- d) Based on \$108.00/eligible dependent child spread over 5 months.
- e) CCTB includes Basic Benefit, Supplement (Enhancement) for Children Under Seven and NCBS (this figure is based on income remaining after the maximum chargeable amount (clawback) per number of dependants was deducted).
- f) UCCB paid to children below six and is based on net annual incomes as described in notes 2 & 3.
- g) Based on net annual incomes described in notes 1-3. GST issued on a quarterly basis.
- h) Based on Nutritious Food Basket 2006.
- i) Canada Mortgage and Housing Corporation, Rental Market Statistics 2006.
- j) Based on September 2006 information provided by Settlement Organization, funded by the Ministry of Citizenship and Immigration.

The monthly shelter allowance in the Ontario Works Benefits does not reflect the high cost of market rental accommodations in Toronto. For this reason, many low and/or fixed income residents have to choose between paying the rent or buying food.