

Weekly Cost of the Nutritious Food Basket in Toronto (May, 2007)



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.

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

STEP 2:

Write down the cost of feeding each person.

STEP 3:

This is your subtotal.

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

STEP 5:

To determine the cost per month, multiply by 4.33

Age/Sex/Group		Cost Per Week
Child	1	15.54
	2-3	16.39
	4-6	21.68
Boy	7-9	25.92
	10-12	32.33
	13-15	37.83
	16-18	43.99
Girl	7-9	25.05
	10-12	29.84
	13-15	31.93
	16-18	30.37
Man	19-24	41.65
	25-49	40.43
	50-74	36.72
	75+	33.44
	Women	19-24
	25-49	29.73
	50-74	29.21
	75+	28.45

Pregnancy

Age 13-15	
Trimester 1	35.38
Trimesters 2,3	37.32
Lactation	38.36
Age 16-18	
Trimester 1	35.33
Trimesters 2,3	37.92
Lactation	38.89
Age 19-24	
Trimester 1	34.45
Trimesters 2,3	36.69
Lactation	37.54
Age 25-49	
Trimester 1	33.15
Trimesters 2,3	35.11
Lactation	35.80

Sex	Age (years)	Cost Per Week (\$)	Example
Man	37	40.43	
Woman	37	29.73	
Boy	13	37.83	
Girl	8	25.05	
Subtotal		\$133.04	
TOTAL		\$133.04 x no adjustment = \$133.04 x 4.33= \$576.06/month	
Example: Reference Family of 4, Toronto (May, 2007)			
Sex	Age (years)	Cost Per Week (\$)	Your Household
Subtotal			
TOTAL			

* 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

September 2007	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 for social assistance rates provided by Toronto Social Services)			
Basic Allowance (d)	\$206.00	\$559.00	\$644.00
Shelter Allowance (d)	\$342.00	\$583.00	\$634.00
Winter Clothing Allowance (e)	\$0.00	\$18.00	\$18.00
Back-to-School Allowance (f)	\$0.00	\$5.92	\$16.84
Ontario Child Benefit (g)	\$0.00	\$41.66	\$41.66
Canada Child Tax Benefit (h)	\$0.00	\$292.81	\$292.81
Universal Child Care Benefit (i)	\$0.00	\$100.00	\$0.00
Federal GST Benefit (j)	\$19.75	\$60.33	\$60.33
Total	\$567.75	\$1,660.72	\$1,707.64
Selected Monthly Expenses			
Food (k)	\$ 201.32	\$ 356.67	\$576.06
Average Monthly Rent (l) (assuming rent includes heat, electricity)	\$738.00 (Bachelor)	\$1,073.00 (2 Bdr.)	\$1,280.00 (3 Bdr.)
Telephone (m)	\$25.39	\$25.39	\$25.39
Transportation (n)	\$99.75	\$99.75	\$283.25
Total	\$1,064.46	\$1,554.81	\$2,164.70
Monthly Funds Remaining (for other basic needs, e.g., household and personal care items, clothing, child care)	- \$496.71/month	+ \$105.91/month	- \$457.06/month

- a) 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) Net annual income calculation = 12 months x (\$1,142.00 Basic & Shelter Allowances + \$18 Winter Clothing + \$5.92 Back-to-School + \$41.66 Ontario Child Benefit + \$292.81 CCTB + \$100.00 UCCB) = \$19,204.68
- c) Net annual income calculation = 12 months x (\$1,278.00 Basic & Shelter Allowances + \$18 Winter Clothing + \$16.84 Back-to-School + \$41.66 Ontario Child Benefit + \$292.81 CCTB) = \$19,767.72
- d) Basic and Shelter Allowance does not take into consideration the 2% increase announced in the March 2007 Provincial budget. Scheduled to take effect in November 2007
- e) Based on a one time payment of \$108.00 for every eligible dependent divided over 12 months
- f) Back-to-School Allowance is \$71 for dependents aged 4-12 and \$131 for dependents aged 13-17.
- g) The Ontario Child Benefit in July 2007 will provide all social assistance families with children below the age of 18 with a lump of \$250 per child. Starting in July 2008, monthly benefits will be issued.
- h) CCTB includes Basic Benefit and NCBS (this figure is based on income remaining after the maximum chargeable amount (clawback) per number of dependants is deducted).
- i) UCCB paid to children below six and is based on net annual incomes as described in notes 2 & 3.
- j) Based on net annual income. GST credit issued on a quarterly basis. Figures derived from GST Guideline Table effective July 2007-June 2008.
- k) Based on Nutritious Food Basket 2007.
- l) Canada Mortgage and Housing Corporation, Average Rental in Toronto, April 2007.
- m) Based on Bell Canada rates August 2007, does not include long distance.
- n) Transportation takes into consideration TTC transit fares as of April 1, 2006. Monthly adult Metropass is \$99.75 and student Metropass is \$83.75 (aged 13 to 19 years old). Child fares are not calculated.

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.