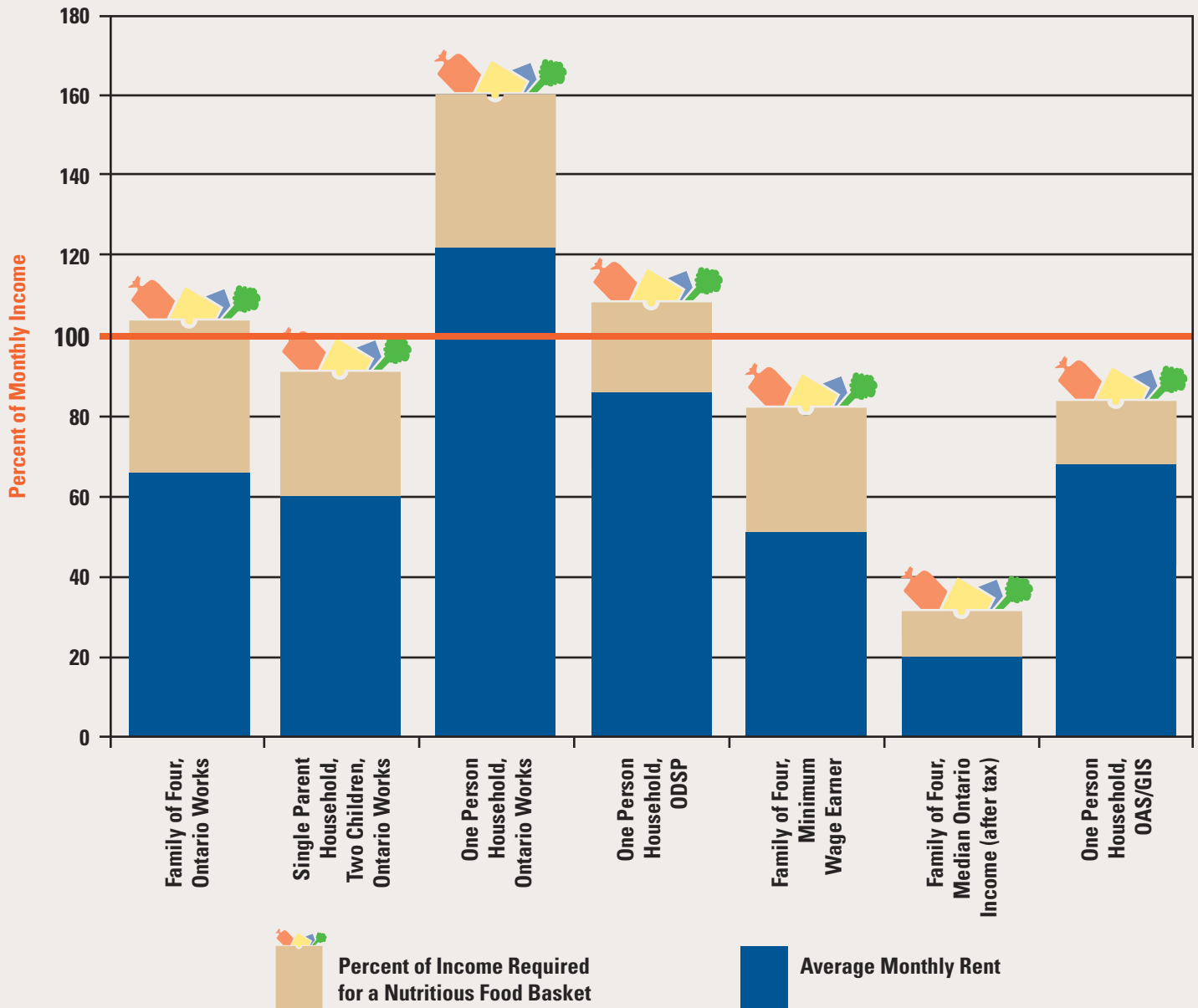


Nutritious Food Basket – Toronto 2013

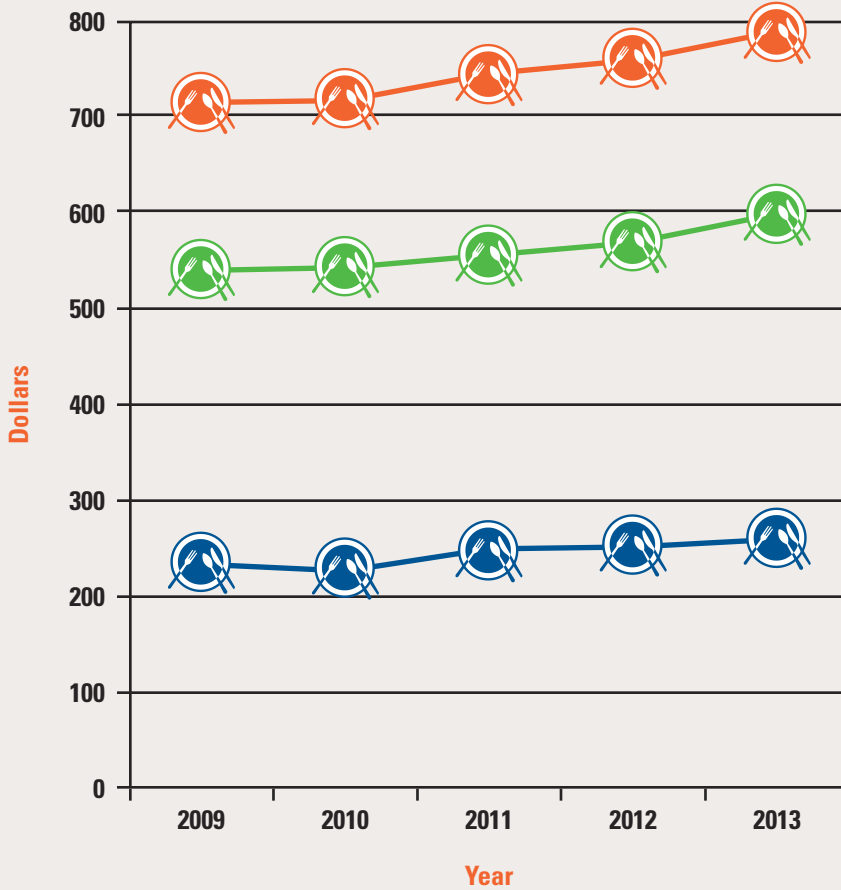
Cost of a Nutritious Food Basket and Rent Percent of Monthly Income, 2013



Nutritious Food Basket – Toronto 2013

Monthly Cost of a Nutritious Food Basket

Dollars, 2009-2013



↑ **4%**
Since 2012



\$792.82/Month



\$266.50/Month



Family of Four,
Ontario Works



Single Parent
Household,
2 Children,
Ontario Works



One Person
Household,
Ontario Works

Increase in Price by Item



Chicken Legs

↑ **13%**



Fruit

↑ **8%**



Eggs

↑ **6%**



Tomatoes

↑ **25%**



Ground Beef

↑ **23%**



Bread

↑ **7%**