**Nutritious Food Basket Scenarios (Estimates) – Toronto, 2018**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Scenario 1** | **Scenario 2** | **Scenario 3** | **Scenario 4** | **Scenario 5** | **Scenario 6** | **Scenario 7** |
| **Family of Four, Ontario Works** | **Family of Four, Full-Time Minimum Wage Earner l** | **Family of Four, Median Income (after tax) m** | **Single Parent Household with 2 Children, Ontario Works** | **One Person Household, Ontario Works** | **One Person Household, Ontario Disability Support Program n** | **One Person Household, Old Age Security/ Guaranteed Income Supplement** |
| **Monthly Calculations** |  |  |  |  |  |  |  |
| **Income** |  |  |  |  |  |  |  |
| Income from Employment |  | $2,427.00 | $7,967.00 |  |  |  |  |
| Basic Allowance a | $486.00 |  |  | $354.00 | $337.00 | $662.00 |  |
| Maximum Shelter Allowance a | $744.00 |  |  | $686.00 | $384.00 | $489.00 |  |
| Old Age Security/Guaranteed Income Supplement b |  |  |  |  |  |  | $1,470.00 |
| Ontario Guaranteed Annual Income System c |  |  |  |  |  |  | $83.00 |
| Canada Child Benefit d | $1,130.00 | $1,087.00 | $389.00 | $1,130.00 |  |  |  |
| GST/HST credit e | $ 71.00 | $71.00 |  | $71.00 | $23.00 | $31.00 | $36.00 |
| Ontario Trillium Benefit f | $151.00 | $151.00 |  | $122.00 | $66.00 | $69.00 | $105.00 |
| Working Income Tax Benefit g |  | $13.00 |  |  |  |  |  |
| Employment Insurance paid h |  | $(40.00) | $(125.00) |  |  |  |  |
| Canada Pension Plan paid i |  | $(106.00) | $(360.00) |  |  |  |  |
| **Total Income** | **$2,582.00** | **$3,603.00** | **$7,871.00** | **$2,363.00** | **$810.00** | **$1,251.00** | **$1,694.00** |
|  |  |  |  |  |  |  |  |
| **Selected Expenses** |  |  |  |  |  |  |  |
| Average Monthly Rent (may or may not include heat/hydro) j | (3 Bdr.) | (3 Bdr.) | (3 Bdr.) | (2 Bdr.) | (Bachelor) | (1 Bdr.) o | (1 Bdr.) |
| $1,595.00 | $1,595.00 | $1,595.00 | $1,426.00 | $1,019.00 | $1,202.00 | $1,202.00 |
| Food k | $849.55 | $849.55 | $849.55 | $641.92 | $285.80 | $285.80 | $207.68 |
|  |  |  |  |  |  |  |  |
| **Total Selected Expenses** | **$2,444.55** | **$2,444.55** | **$2,444.55** | **$2,067.92** | **$1,304.80** | **$1,487.80** | **$1,409.68** |
|  |  |  |  |  |  |  |  |
| **Funds Remaining** (for other basic needs e.g. telephone, transportation, child care, household and personal care items, clothing, school supplies etc.) | **$137.45** | **$1,158.45** | **$5,426.45** | **$295.08** | **$(494.80)** | **$(236.80)** | **$284.32** |
|  |  |  |  |  |  |  |  |
| Percentage of income required for rent | 62% | 44% | 20% | 60% | 126% | 96% | 71% |
| Percentage of income required to purchase healthy food | 33% | 24% | 11% | 27% | 35% | 23% | 12% |

Note: All dollars rounded to nearest whole number.

**Scenario References**:

Scenario 1 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); Ontario Works (OW).

Scenario 2 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); income is based on one minimum wage earner, 40hr/wk, $14.00/hr (minimum wage in May 2018).

Scenario 3 - 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14).

NOTE: Income from employment is based on median after-tax income- couples with children; however, EI and CPP contributions are calculated using median total income- couples with children. Assumption of a dual income family with a split of 65% / 35% between partners."

Scenario 4 - 1 adult (female age 31-50), 2 children (girl age 8, boy age 14); Ontario Works.

Scenario 5 - 1 adult (male age 31-50); Ontario Works.

Scenario 6 - 1 adult (male age 31-50); Ontario Disability Support Program (ODSP).

Scenario 7 - 1 adult (female age 70+); income based on Old Age Security and Guaranteed Income Supplement (OAS/GIS).

1. Basic and maximum shelter allowance. OW rates effective October 2017 and Ontario Disability Support Payment (ODSP) rates effective September 2017. Source: Social Assistance, Pension and Tax Credit Rates April to June 2018, <https://www.odph.ca/upload/membership/document/2018-07/social-assistance-pension-tax-credit-rates-april-june2018.pdf> Ministry of Community and Social Services. (Acccessed July 11, 2018)
2. Old Age Security and Guaranteed Income Supplement (OAS/GIS) rates. Source: Social Assistance, Pension and Tax Credit Rates April to June 2018. <https://www.odph.ca/upload/membership/document/2018-07/social-assistance-pension-tax-credit-rates-april-june2018.pdf> (Accessed July 11, 2018).
3. Ontario Guaranteed Annual Income System (GAINS) rates. Source: Social Assistance, Pension and Tax Credit Rates April to June 2018, Ministry of Community and Social Services. <https://www.odph.ca/upload/membership/document/2018-07/social-assistance-pension-tax-credit-rates-april-june2018.pdf> (accessed July 11, 2018)
4. Canada Child Benefit (CCB) includes Basic monthly amount, National Child Benefit Supplement monthly amount, and Ontario Child Benefit monthly amount. Effective July 2017 to June 2018. <http://www.cra-arc.gc.ca/bnfts/clcltr/cfbc-eng.html> (accessed July 10, 2018).
5. Based on net annual income. GST/HST is issued on a quarterly basis, but calculated on a monthly basis. Figures derived from GST/HST and related provincial programs calculator. Effective July 2017 to June 2018. <http://www.cra-arc.gc.ca/bnfts/clcltr/cfbc-eng.html> (accessed July 10, 2018).
6. Ontario Trillium Benefit (OTB) includes Ontario Energy and Property Tax Credit, the Northern Ontario Energy Credit, and Ontario Sales Tax Credit. Based on average apartment rental rates for Ontario (see k) and net annual income. Benefit is issued on a monthly basis. Figures derived from Ontario Trillium Benefit and related provincial programs calculator. Effective July 2017 to June 2018. <http://www.cra-arc.gc.ca/bnfts/clcltr/cfbc-eng.html> (accessed July 10, 2018).
7. h - Reference: Working Income Tax Benefit Calculation Sheet. <http://www.cra-arc.gc.ca/bnfts/wtb/cdn_clc_fm_17-eng.html> base amounts for 2018 benefits found at <https://www.taxtips.ca/filing/witb/witb-2016.htm> (accessed July 10, 2018)
8. Reference: EI premium rates and maximums. <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/ei/cnt-chrt-pf-eng.html> (accessed July 10, 2018).
9. Reference: CPP contribution rates, maximums and exemptions. <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/cpp-rpc/cnt-chrt-pf-eng.html> (accessed July 10, 2018).
10. CMHC Rental Market Survey Table 1.1.2. Toronto zones 1-17, which align with the City of Toronto. Canada Mortgage and Housing Corporation, Rental Market Report, Greater Toronto Area. 2017. <https://eppdscrmssa01.blob.core.windows.net/cmhcprodcontainer/sf/project/cmhc/pubsandreports/esub/_all_esub_pdfs/64459_2017_a01.pdf?sv=2017-07-29&ss=b&srt=sco&sp=r&se=2019-05-09T06:10:51Z&st=2018-03-11T22:10:51Z&spr=https,http&sig=0Ketq0sPGtnokWOe66BpqguDljVgBRH9wLOCg8HfE3w%3D> (accessed August 20, 2018)
11. Reference: Nutritious Food Basket Data Results 2018 for Toronto Public Health - Includes Family size adjustment factors.
12. Reference: Minimum wage. <http://www.labour.gov.on.ca/english/es/pubs/guide/minwage.php> (accessed July 10, 2018).
13. Source: Statistics Canada. Market income, government transfers, total income, income tax and after-tax income, by economic family type, Canada, provinces and selected census metropolitan areas (CMAs). <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110019001> (accessed July 10, 2018)
14. Housing for Scenario 6 was changed from a Bachelor apartment in 2010 to 1-bedroom in 2011. This change reflects a more accurate housing need for persons with a disability. This change will need to be recognized when attempting to compare year over year results.

Table adapted from Ministry of Health Promotion. (2010). Nutritious food basket guidance document. Retrieved from <http://www.ontla.on.ca/library/repository/mon/24006/302017.pdf>

Original excel document developed by the North Bay Parry Sound District Health Unit.

Updated for 2018 by Ontario Dietitians in Public Health Food Insecurity Work Group