

2022 – Nutritious Food Basket Scenarios^a

	Scenario 1	Scenario 2	Scenario 3	Scenario 4	Scenario 5	Scenario 6	Scenario 7	Scenario 8
	Family of Four, Ontario Works	Family of Four, Full-Time Minimum Wage Earner ^m	Family of Four, Median Income (after tax) ⁿ	Single Parent Household with Two Children, Ontario Works	One Person Household, Ontario Works	One Person Household, Ontario Disability Support Program ^o	One Person Household, Old Age Security/Guaranteed Income Supplement	Married Couple, Ontario Disability Support Program
Monthly Calculations								
Income								
Income from Employment		\$2,600.00	\$9,458.00					
Basic Allowance ^b	\$494.00			\$360.00	\$343.00	\$672.00		\$1341.00
Maximum Shelter Allowance ^b	\$756.00			\$697.00	\$390.00	\$497.00		\$781.00
Old Age Security/Guaranteed Income Supplement ^c							\$1,618.00	
Ontario Guaranteed Annual Income System ^d							\$83.00	
Canada Child Benefit ^e	\$1,206.00	\$1,162.00	\$363.00	\$1,207.00				
GST/HST credit ^f	\$76.00	\$76.00		\$76.00	\$25.00	\$32.00	\$38.00	\$50.00
Ontario Trillium Benefit ^g	\$186.00	\$186.00		\$154.00	\$87.00	\$90.00	\$128.00	\$124.00
Canada Worker Benefit ^h		\$80.00						
Employment Insurance paid ⁱ		\$(41.00)	\$(132.00)					
Canada Pension Plan paid ^l		\$(132.00)	\$(428.00)					
Climate Action Incentive Payment (CAIP)	\$62.00	\$62.00	\$62.00	\$54.00	\$31.00	\$31.0	31.00	\$47.00
Total Income	\$2,780.00	\$3,993.00	\$9,323.00	\$2548.00	\$876.00	\$1,322.00	\$1,898.00	\$2343.00
Selected Expenses								
Average monthly rent (may or may not include heat/hydro) ^k	(3 Bdr.) \$1,367.00	(3 Bdr.) 1,367.00	(3 Bdr.) \$1,367.00	(2 Bdr.) \$1,032.00	(Bachelor) \$650.00	(1 Bdr.) ^o \$862.00	(1 Bdr.) \$862.00	(1 Bdr.) \$862.00
Food ^l	\$1,125.00	\$1,125.00	\$1,125.00	\$828.00	\$404.00	\$404.00	\$292.00	\$673.00
Total Selected Expenses	\$2,492.00	\$2,492.00	\$2,492.00	\$1860.00	\$1,054.00	\$1,266.00	\$1,154.00	\$1535.00
Funds Remaining (for other basic needs e.g. telephone, transportation, child care, household and personal care items, clothing, school supplies, etc.)	\$288.00	\$1,501.00	\$6,831.00	\$688.00	\$(178.00)	\$56.00	\$744.00	\$808.00
Percentage of income required for rent	49%	34%	15%	41%	74%	65%	45%	37%
Percentage of income required to purchase healthy food	40%	28%	12%	32%	46%	31%	15%	29%

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, \$15.00/hr (minimum wage in May 2022).

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).

Scenario 8 : 2 adults (male and female age 31-50); Ontario Disability Support Program (ODSP).

a - Due to the Northern Ontario Energy Credit portion of the Ontario Trillium Benefit (OTB), this worksheet is applicable for the Northern Ontario districts of Algoma, Cochrane, Kenora, Manitoulin, Nipissing, Parry Sound, Rainy River, Sudbury (including the City of Greater Sudbury), Thunder Bay, and Timiskaming.

b - b - Basic and maximum shelter allowance. OW rates effective October 2018 and Ontario Disability Support Payment (ODSP) rates effective September 2018. Source: Social Assistance, Pension and Tax Credit Rates April to June 2019, <https://www.odph.ca/upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf#upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf>. Ministry of Children, Community and Social Services. (Accessed July 18, 2022)

c - Old Age Security and Guaranteed Income Supplement (OAS/GIS) rates. Source: Social Assistance, Pension and Tax Credit Rates April to June 2022. <https://www.odph.ca/upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf#upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf>. (Accessed July 18, 2022).

d - Ontario Guaranteed Annual Income System. Source: Social Assistance, Pension and Tax Credit Rates April to June 2022, <https://www.odph.ca/upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf#upload/membership/document/2022-07/sa-pension-taxcredit-rates-april-june2022.pdf>. (Accessed July 18, 2022)

e - Canada Child Benefit (CCB) includes Canada Child Benefit monthly amount, and Ontario Child Benefit monthly amount. Tax Year 2020 : <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html> (Accessed July 18, 2022).

f - 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. Tax Year 2020 : [Child and family benefits calculator - Canada.ca](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html) (Accessed July 18, 2022).

g - 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. Tax Year 2020 : [Child and family benefits calculator - Canada.ca](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html) (Accessed July 18, 2022).

h - Canada Worker Benefit (formerly Working Income Tax Benefit): <https://www.canada.ca/content/dam/cra-arc/formspubs/pbg/5000-s6/5000-s6-20e.pdf>. (Accessed July 18, 2022).

i - Reference: EI premium rates and maximums. [EI premium rates and maximums - Canada.ca](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html) (Accessed July 18, 2022).

j - Reference: CPP contribution rates, maximums and exemptions. [CPP contribution rates, maximums and exemptions - Canada.ca](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html) (Accessed July 18, 2022).

- k** – Climate Action Incentive Payment Amounts. <https://www.canada.ca/en/departement-finance/news/2022/03/climate-action-incentive-payment-amounts-for-2022-23.html>. Note: The first payment of this tax credit was made July 15, 2022 but covered the first two quarters of 2022.
- l** - Rental Market Report. Canada Mortgage and Housing Corporation, Oct 2021. Some communities may need to add utility costs. [Rental Market Survey Data Tables | CMHC \(cmhc-schl.gc.ca\)](#) (Accessed Sept 19, 2022).
- m**- Reference: Nutritious Food Basket Data Results 2022 for North Bay Parry Sound District - Includes Family size adjustment factors.
- n** - Reference: Minimum wage. <http://www.labour.gov.on.ca/english/es/pubs/guide/minwage.php> (Accessed July 18, 2021).
- o** - Source: Statistics Canada. Table 11-10-0190-01. Market income, government transfers, total income, income tax and after-tax income, by economic family type. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110019001> (Accessed August 9, 2022).
- p** - 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>
Excel document developed by North Bay Parry Sound District Health Unit
Updated for 2022 by the Ontario Dietitians in Public Health Food Insecurity Work Group