

The Cost of Eating Well

North Bay Parry Sound District

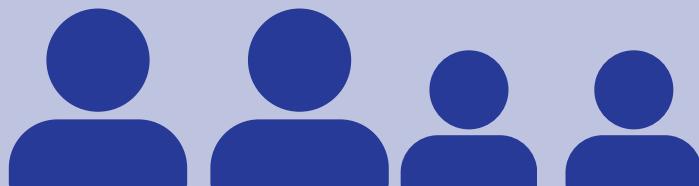
The Nutritious Food Basket is a survey used by public health agencies in Ontario to estimate food costs. It includes a list of food items that follow [Canada's Food Guide](#). The results are used to assess how affordable it is to eat well in relation to household income and local rent rates.

How much does it cost monthly to follow Canada's Food Guide?

Family of four

\$1,260

Two parents 31-50 yrs
Youth 14-18 yrs
Child 4-8 yrs



Pregnant single person

19-30 yrs

\$464



Single parent with older kids

\$940

Parent 31-50 yrs
Youth 14-18 yrs
Child 4-8 yrs



Single parent with young kids

\$740

Parent 31-50 yrs
Two children 2-4 yrs



Single person

31-50 yrs

\$438



Single older person

70+ yrs

\$313



Food and Housing Affordability: North Bay 2025

Social assistance rates are too low.

About 95% of households relying on Ontario Works in the Nipissing District are single adults. The following scenarios show that income from Ontario Works is not enough for the basic costs of living. Increasing social assistance rates in Ontario will help these households make ends meet.

Long standing apartment in North Bay:

	Single parent with two kids aged 8 and 14	Single person
	Ontario Works monthly income \$2799 (Includes tax credits)	Ontario Works monthly income \$916 (Includes tax credits)
	3 Bedroom \$1720	Bachelor \$709
	Groceries \$940	Groceries \$438
	Money remaining \$139	Money remaining \$-231

New apartment in North Bay in 2025:

	Single parent with two kids aged 8 and 14	Single person
	Ontario Works monthly income \$2799 (Includes tax credits)	Ontario Works monthly income \$916 (Includes tax credits)
	3 Bedroom \$2561	Bachelor \$1363
	Groceries \$940	Groceries \$438
	Money remaining \$-702	Money remaining \$-885