

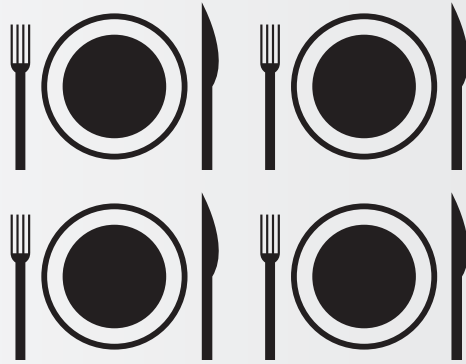
Limited Incomes = A Recipe for Hunger

Family of four living on Ontario Works



\$874

The cost of groceries for a family of four



39%

of monthly income needed for healthy food



50%

of monthly income needed for rent/housing

Leaves only **\$229** left to pay for:



heat



telephone



transportation



hydro



This leaves little money left for buying healthy food. Too often, it's so little that people go hungry.

You Can Create Change?

Advocate for:

- Basic income guarantee
- More affordable housing
- More affordable child care

Participate in or support:

- Your local Food Network
- Your local Good Food Box program
- Fruit for All Sudbury








Make it a
**Healthy
Day!**

Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

For more information, visit www.sdhu.com.



2015 NUTRITIOUS FOOD BASKET SCENARIOS

Households with Children					Single Person Households		
	Scenario 1	Scenario 2	Scenario 3	Scenario 4	Scenario 5	Scenario 6	Scenario 7
Scenarios ^a	 Ontario Works	 Minimum Wage Earner	 Median Ontario Income	 Ontario Works	 Ontario Works	 ODSP	 Senior OAS / GIS
Income							
Total Monthly Income (after tax)	\$2,214	\$2,900	\$6,952	\$2,006	\$752	\$1,205	\$1,556
Expenses							
	3 Bedroom			2 Bedroom	Bachelor	1 Bedroom	
Monthly Rent (may include heat/hydro) ^b	\$1,111	\$1,111	\$1,111	\$986	\$632	\$804	\$804
Food ^c	\$874	\$874	\$874	\$660	\$295	\$295	\$214
Funds Remaining for Other Basic Needs							
	\$229	\$915	\$4,967	\$360	(\$175)	\$106	\$538
% of Income Required for Rent	50%	38%	16%	49%	84%	67%	52%
% of Income Required to Purchase Healthy Food	39%	30%	13%	33%	39%	24%	14%

a - As applicable, all scenarios are based on the following:

1 male adult, 1 female adult, 1 girl, 1 boy, 1 female older adult

b - Rental costs calculations are from the Rental Market Report: Ontario Highlights. Canada Mortgage and Housing Corporation, Spring 2015.

www.cmhc-schl.gc.ca/odpub/esub/64507/64507_2015_B01.pdf

c - Reference: Nutritious Food Basket Data Results 2015 for the

Sudbury & District Health Unit – Includes Household Size Adjustment Factors.

For more information, please call 705.522.9200, ext. 257.

Ce document est disponible en français.

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