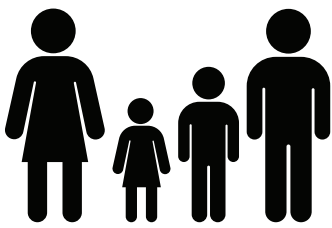


# How much does it cost to eat nutritiously?

The Nutritious Food Basket is a measure to assess the cost of basic healthy eating according to current nutrition recommendations and average food prices. The Nutritious Food Basket is based on the cost of 67 food item prices from 12 stores across the City of Toronto.<sup>1</sup>



## Employed couple with 2 kids



### Median Income

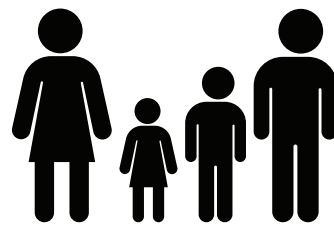
Income \$9,458

Canada Child Benefit \$363 Rent (3-bedroom)<sup>2</sup> \$1,961

Nutritious Food Basket<sup>3</sup> \$1,141

**Remains: \$6,719**

## Couple with 2 kids



### Ontario Works

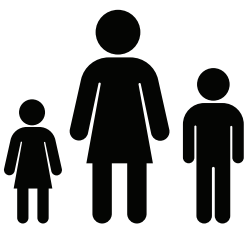
Income \$1,250<sup>4</sup>

Canada Child Benefit \$1,206 Rent (3-bedroom) \$1,961

Nutritious Food Basket \$1,141

**Remains: -\$646**

## Single parent with 2 kids



### Minimum Wage

Income \$1,974

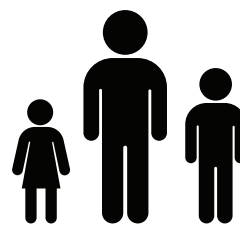
Canada Child Benefit \$1,206

Rent (2-bedroom) \$1,703

Nutritious Food Basket \$855

**Remains: \$622**

## Single parent with 2 kids



### Ontario Works

Income \$1,057

Canada Child Benefit \$1,206

Rent (2-bedroom) \$1,703

Nutritious Food Basket \$855

**Remains: -\$295**

## Single individual



### Minimum Wage

Income \$1,974

Rent (bachelor unit) \$1,225

Nutritious Food Basket \$392

**Remains: \$357**

## Single individual



### Ontario Works

Income \$733

Rent (bachelor unit) \$1,225

Nutritious Food Basket \$392

**Remains: -\$884**

## Single older individual



### Old Age Security (OAS) + Guaranteed Income Supplement (GIS)

Income \$1,714

Rent (bachelor unit) \$1,225

Nutritious Food Basket \$279

**Remains: \$210**

## Single individual



### Ontario Disability Support Program (ODSP)

Income \$1,228

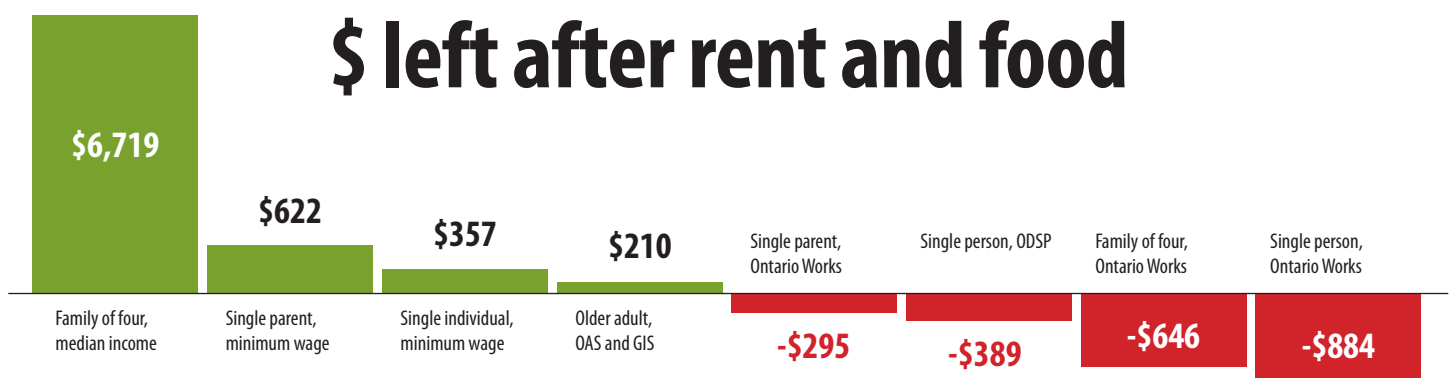
Rent (bachelor unit) \$1,225

Nutritious Food Basket \$392

**Remains: -\$389**

All figures above represent monthly numbers.

## \$ left after rent and food



The remainder to be spent on transportation, clothing, cellphone, internet, household cleaning products, childcare, recreation, and other essentials.

Learn more at [dailybread.ca](https://dailybread.ca)

### References:

- 1 - National nutritious food basket - Canada.ca
- 2 - Current City of Toronto Average Market Rents & Utility Allowances – City of Toronto
- 3 - Cost of living in Toronto for low-income households - City of Toronto Open Data Portal
- 4 - Social Assistance Rates (Sept 2022)



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