

Appendix A to Report No. 053-18

Monthly Income and Cost of Living Scenarios for 2018

	Income¹ (including Benefits & Credits)	Rent²	Food³ (Nutritious Food Basket)	What's Left?*
Single Man Ontario Works	\$810	\$655	\$286.30	-\$131.30
Single Man Ontario Disability Support Program	\$1251	\$840	\$286.30	\$124.70
Single Man Ontario Basic Income Pilot (previously receiving Ontario Works)	\$1518	\$655	\$286.30	\$576.70
Single Woman Old Age Security/Guaranteed Income Security	\$1694	\$840	\$207.11	\$646.89
Single Parent with 2 Children Ontario Works	\$2363	\$1041	\$643.88	\$678.12
Family of 4 Ontario Works	\$2582	\$1190	\$851.80	\$540.20
Family of 4 Ontario Basic Income Pilot (previously receiving Ontario Works)	\$3334	\$1190	\$851.80	\$1292.20
Family of 4 Minimum Wage Earner	\$3603	\$1190	\$851.80	\$1561.20
Family of 4 Median Income (after tax)	\$7871	\$1190	\$851.80	\$5829.20

*** People still need funds for utilities, Internet, phone, transportation, household operations and supplies, personal care items, clothing, school supplies, gifts, recreation and leisure, out of pocket medical and dental costs, education, savings and other costs.**

Data Sources

¹ Income Scenario Spreadsheet prepared by Ontario Dietitians in Public Health (2018)

² Canadian Mortgage and Housing Corporation Rental Market Statistics, Fall 2017 (utility costs may or may not be included in the rental estimates)

³ Nutritious Food Basket Data Results for Middlesex-London Health Unit (2018)