

## Middlesex-London Monthly Income and Cost of Living Scenarios for 2019

	<b>Income<sup>1</sup></b> (including Benefits & Credits)	<b>Rent<sup>2</sup></b>	<b>Food<sup>3</sup></b> (Nutritious Food Basket)	<b>What's Left?*</b>	<b>Change from 2018</b>
Single Man Ontario Works	\$825	\$669	\$308	<b>-\$152</b>	<b>-\$21</b>
Single Man Ontario Disability Support Program	\$1,272	\$877	\$308	<b>\$87</b>	<b>-\$38</b>
Single Woman Old Age Security/Guaranteed Income Security	\$1,727	\$877	\$224	<b>\$626</b>	<b>-\$21</b>
Single Parent with 2 Children Ontario Works	\$2,401	\$1087	\$693	<b>\$621</b>	<b>-\$57</b>
Family of 4 Ontario Works	\$2,623	\$1240	\$916	<b>\$467</b>	<b>-\$73</b>
Family of 4 Minimum Wage Earner	\$3,633	\$1240	\$916	<b>\$1,477</b>	<b>-\$84</b>
Family of 4 Median Income (after tax)	\$7,981	\$1240	\$916	<b>\$5,827</b>	<b>-\$2</b>

**\* 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

<sup>1</sup> Income Scenario Spreadsheet prepared by Ontario Dietitians in Public Health (2019)

<sup>2</sup> Canadian Mortgage and Housing Corporation, [Rental Market Report, Ontario Highlights, 2018](#) Table 1.1.2\_1 Private Apartment Average Rents (\$) by Bedroom Type Ontario - CMAs

Utility costs may or may not be included in the rental estimates.

This reference provides an average of current rental costs paid by tenants. The rental cost for a new tenant would likely be higher, since current tenants are protected from large annual rent increases due to Ontario's Ministry of Municipal Affairs and Housing rent increase guideline.

<sup>3</sup> Nutritious Food Basket Data Results for Middlesex-London Health Unit (2019)