

Middlesex-London Income and Cost of Living Scenarios for 2022

	Income ¹	Rent ²	Food ³	What's Left?*	% Income for Rent	% Income for Food
Single Man Ontario Works	\$863	\$860	\$392	-\$389	100%	45%
Single Man Ontario Disability Support Program	\$1,309	\$1,124	\$392	-\$207	86%	30%
Single Woman Old Age Security/Guaranteed Income Security	\$1,885	\$1,124	\$279	\$482	60%	15%
Single Parent with 2 Children Ontario Works	\$2,528	\$1,393	\$795	\$340	55%	31%
Family of 4 Ontario Works	\$2,760	\$1,607	\$1,084	\$69	58%	39%
Family of 4 Minimum Wage Earner	\$3,973	\$1,607	\$1,084	\$1,282	40%	27%
Family of 4 Median Income (after tax)	\$9,323	\$1,607	\$1,084	\$6,632	17%	12%

*** 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 (2022)

Includes all eligible benefits and credits. Individual incomes may vary, as individuals may not receive all eligible benefits and credits.

² Canadian Mortgage and Housing Corporation (January 2023). [Rental Market Survey](#): London, 2022, Table 1.1.2 Private Apartment Average Rents (\$), by Zone and Bedroom Type - London CMA. Accessed February 27, 2023.

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, as current tenants are protected from large annual rent increases due to Ontario's Ministry of Municipal Affairs and Housing rent increase guideline.

³ Nutritious Food Basket Survey Results for Middlesex-London Health Unit (2022)