

Nutrition Facts

The Weekly Cost of the Nutritious Food Basket in London and Middlesex County (May, 2010)

This information outlines the approximate price of eating well in London and Middlesex County. Weekly costs are based on a May 2010 survey of 67 food items (the *Nutritious Food Basket*) from 12 main chain and independent grocery stores in London and Middlesex County. The foods surveyed are determined by food buying patterns of average Canadians and data provided by Statistics Canada. The *Nutritious Food Basket* is calculated to meet the nutrient needs of most people in each age and gender group.

	Age	Approximate Cost Per Week (\$)
Boy	2-3	21.16
	4-8	27.32
	9-13	36.33
	14-18	51.48
Girl	2-3	20.74
	4-8	26.50
	9-13	31.07
	14-18	37.20

	Age	Approximate Cost Per Week (\$)
Man	19-30	49.68
	31-50	44.86
	51-70	43.40
	70+	43.00
Woman	19-30	38.43
	31-50	38.00
	51-70	33.65
	70+	33.06
Pregnant Woman	Younger than 18 years of age	41.52
Pregnant Woman	19-30	41.88
Pregnant Woman	31-50	40.89
Breastfeeding Woman	Younger than 18 years of age	43.21
Breastfeeding Woman	19-30	44.49
Breastfeeding Woman	31-50	43.49

Monthly Cost of Basic Needs in Middlesex-London Area in 2010

Case Scenario 1: Income vs. Basic Expenses for Family of Four (Male: 42 yrs, Female: 38 yrs, Boy: 14 yrs, Girl: 8 yrs) as Ontario Works Recipients

Expenses	Urban	Rural	Income	Urban & Rural
Rent ¹ (includes utilities)	\$1075.00	\$768.00	Shelter Allowance	\$674.00
Food ²	\$699.65	\$699.65	Basic Need	\$438.00
Transportation			Canada Child Tax	\$552.74
2 Adult Bus Passes ³ (Citipass)	\$162.00	\$0.00	Benefit and National Child Benefit Supplement (July 2010)	
1 car ⁴ for rural areas	\$0.00	\$379.39	Ontario Child Benefit ⁷	\$183.33
Personal Care Items ⁵	\$167.35	\$167.35	Ontario Sales Tax Credit	\$86.67
Clothing ⁶	\$180.09	\$180.09	Harmonized Sales Tax Credit	\$63.50
			Property Tax Credit (basic amount only)	\$20.83
Total	\$2284.09	\$2194.48	Total	\$2019.07

¹ Based on average rental cost of 3-bedroom apartment in London and in Strathroy-Caradoc to represent average rental costs for the County as per the Canadian Mortgage and Housing Corporation (CMHC), Rental Market Report, Fall 2009.

² Based on local pricing of the Nutritious Food Basket (May 2010)

³ Based on London Transit rates in 2010. Individuals may be eligible to obtain a bus pass through OW.

⁴ Estimated based on the total adjusted cost of operating a vehicle in rural area in Ontario as per *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts adjusted from Canadian Statistics and the cost of purchasing the vehicle as per *A Living Wage for Toronto* by Canadian Centre for Policy Alternatives, November 2008.

⁵ Based on adjusted average spending expenditure on personal care items in Ontario as per *Spending Patterns in Canada* publication by Statistics Canada, 2008.

⁶ Based on adjusted cost from *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts from 2006 Canadian Statistics.

⁷ Effective July 2009 this amount increased from \$50 to \$92 per child

Monthly Cost of Basic Needs in Middlesex-London Area in 2010

Case Scenario 2: Income vs. Basic Expenses for a Single Male: 26 yrs as Ontario Works Recipient

Expenses	Urban	Rural	Income	Urban & Rural
Rent ¹ (includes utilities)	\$714.00	\$645.00	Shelter Allowance	\$364.00
Food ²	\$216.11	\$216.11	Basic Need	\$221.00
Transportation			Ontario Sales Tax Credit	\$21.67
1 Adult Bus Pass ³ (Citipass)	\$81.00	\$0.00		
1 car ⁴ for rural areas	\$0.00	\$379.39	Harmonized Sales Tax	\$20.83
Personal Care Items ⁵	\$41.84	\$41.84	Credit (excludes single supplement)	
Clothing ⁶	\$45.02	\$45.02	Property Tax Credit (basic amount only)	\$20.83
Total	\$1097.97	\$1327.36	Total	\$648.33

¹ Based on average rental cost of a 1-bedroom apartment in London and in Strathroy-Caradoc to represent average rental costs for the County as per the Canadian Mortgage and Housing Corporation's 2009 Rental Market Report

² Based on local pricing of the Nutritious Food Basket (May 2010)

³ Based on London Transit rates in 2010. Individuals may be eligible to obtain a bus pass through OW.

⁴ Based on the total adjusted cost of operating a vehicle in rural area in Ontario as per *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts adjusted from Canadian Statistics and the cost of purchasing the vehicle as per *A Living Wage for Toronto* by Canadian Centre for Policy Alternatives, November 2008.

⁵ Based on adjusted average spending expenditure on personal care items in Ontario as per *Spending Patterns in Canada* publication by Statistics Canada, 2008.

⁶ Based on adjusted cost from *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts from 2006 Canadian Statistics.

Monthly Cost of Basic Needs in Middlesex-London Area in 2010

Case Scenario 3: Income vs. Basic Expenses for a Single Parent (Female 35 yrs) and Child (Boy 11 yrs) as Ontario Works Recipients

Expenses	Urban	Rural	Income	Urban & Rural
Rent ¹ (includes utilities)	\$910.00	\$893.00	Shelter Allowance	\$572.00
Food ²	\$323.34	\$323.34	Basic Need	\$341.00
Transportation			Canada Child Tax	\$286.33
Adult bus pass ³ (Citipass)	\$81.00	\$0.00	Benefit and National	
1 car ⁴ for rural areas	\$0.00	\$379.39	Child Benefit	
			Supplement (July 2009)	
Personal Care Items ⁵	\$83.68	\$83.68	Ontario Child Benefit ⁷	\$91.67
Clothing ⁶	\$90.04	\$90.04	Ontario Sales Tax Credit	\$43.33
			Harmonized Sales Tax	\$31.75
			Credit	
			Property Tax Credit	\$20.83
			(basic amount only)	
Total	\$1488.06	\$1769.45	Total	\$1368.91

¹ Based on average rental cost of 2-bedroom apartment in London and in Strathroy-Caradoc to represent average rental costs for the County as per the Canadian Mortgage and Housing Corporation's 2009 Rental Market Report

² Based on local pricing of the Nutritious Food Basket (May 2010)

³ Based on London Transit rates in 2010. Individuals may be eligible to obtain a bus pass through OW.

⁴ Based on the total adjusted cost of operating a vehicle in rural area in Ontario as per *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts adjusted from Canadian Statistics and the cost of purchasing the vehicle as per *A Living Wage for Toronto* by Canadian Centre for Policy Alternatives, November 2008.

⁵ Based on adjusted average spending expenditure on personal care items in Ontario as per *Spending Patterns in Canada* publication by Statistics Canada, 2008.

⁶ Based on adjusted cost from *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts from 2006 Canadian Statistics.

⁷ Effective July 2009 this amount increased from \$50 to \$92 per child

Monthly Cost of Basic Needs in Middlesex-London Area in 2010

Case Scenario 4: Income vs. Basic Expenses for a Single Person (Male 50 yrs) as Ontario Disability Support Program Recipient

Expenses	Urban	Rural	Income	Urban & Rural
Rent ¹ (includes utilities)	\$714.00	\$645.00	Shelter Allowance	\$464.00
Food ²	\$195.14	\$195.14	Basic Need	\$578.00
Transportation			Ontario Sales Tax Credit	\$21.67
Adult bus pass ³ (Citipass)	\$81.00	\$0.00		
1 car ⁴ for rural areas	\$0.00	\$379.39		
Personal Care Items ⁵	\$41.84	\$41.84	Harmonized Sales Tax Credit (excludes single supplement)	20.83
Clothing ⁶	\$45.02	\$45.02	Property Tax Credit (basic amount only)	20.83
Total	\$1077.00	\$1306.39	Total	\$1115.16

¹ Based on average rental cost of a 1-bedroom apartment in London and in Strathroy-Caradoc to represent average rental costs for the County as per the Canadian Mortgage and Housing Corporation's 2009 Rental Market Report

² Based on local pricing of the Nutritious Food Basket (May 2010)

³ Based on London Transit rates in 2010. Individuals may be eligible to obtain a bus pass through OW.

⁴ Based on the total adjusted cost of operating a vehicle in rural area in Ontario as per *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts adjusted from Canadian Statistics and the cost of purchasing the vehicle as per *A Living Wage for Toronto* by Canadian Centre for Policy Alternatives, November 2008.

⁵ Based on adjusted average spending expenditure on personal care items in Ontario as per *Spending Patterns in Canada* publication by Statistics Canada, 2008.

⁶ Based on adjusted cost from *Low Income in Canada: 2000-2006 Using the Market Basket Measure*, October 2009 with amounts from 2006 Canadian Statistics.

**Weekly Cost of a Nutritious Food Basket, 2010
Reference Family of Four, by Health Unit**

Sorted Alphabetically by Health Unit	Cost - 2010	Cost - 2009
ALGOMA	\$173.64	\$168.27
BRANT	\$164.52	\$162.71
CHATHAM-KENT	\$158.63	\$157.74
DURHAM	\$162.07	\$162.32
EASTERN ONTARIO	\$173.19	\$171.02
ELGIN-ST. THOMAS	\$170.09	\$170.60
GREY-BRUCE	\$166.64	\$162.14
HALDIMAND-NORFOLK	\$167.53	\$163.80
HALIBURTON (HKPR)	\$167.73	\$174.60
HALTON	\$167.99	\$161.80
HAMILTON	\$159.49	\$162.10
HASTINGS	\$164.42	\$165.07
HURON	\$172.12	\$175.27
KINGSTON (KFL&A)	\$173.96	\$165.91
LAMBTON	\$163.74	\$170.89
LEEDS	\$163.06	\$166.51
LONDON	\$160.85	\$162.22
NIAGARA	\$168.70	\$167.74
NORTHBAY – PARRY SOUND	\$168.34	\$169.38
NORTHWESTERN	\$211.67	\$190.55
OTTAWA	\$167.16	\$170.04
OXFORD	\$168.86	\$169.72
PEEL	\$159.75	\$156.15
PERTH	\$169.55	\$164.78
PETERBOROUGH	\$171.27	\$166.73
PORCUPINE	\$183.35	\$189.94
RENFREW	\$168.68	\$166.12
SIMCOE-MUSKOKA	\$160.39	\$165.64
SUDBURY	\$170.96	\$187.79
THUNDER BAY	\$182.44	\$179.13
TIMISKAMING	\$174.99	\$174.47
TORONTO	\$165.19	\$164.18
WATERLOO	\$168.45	\$169.41
WELLINGTON G-D	\$170.73	\$167.02
WINDSOR	\$160.66	\$158.14
YORK	\$169.39	\$165.92
ONTARIO AVERAGE	\$169.17	\$168.50

Notes:

The mix of stores and the approach to store selection may be quite different between health units, making between health unit comparisons inappropriate.

¹ A reference family of four includes: a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.

Weekly Cost of a Nutritious Food Basket, Ontario 2010
Total Weekly Cost by Age and Sex

Total Weekly Cost by Age and Sex (in years)	Ontario Average Year 2010	Ontario Average Year 2009₁
BOY		
2-3	\$22.46	\$22.27
4-8	\$28.95	\$28.77
GIRL		
2-3	\$22.03	\$21.87
4-8	\$28.09	\$27.96
MALE		
9-13	\$38.36	\$38.14
14-18	\$54.00	\$53.78
19-30	\$52.13	\$51.98
31-50	\$47.14	\$46.93
51-70	\$45.57	\$45.27
Over 70	\$45.11	\$44.81
FEMALE		
9-13	\$32.88	\$32.66
14-18	\$39.26	\$39.07
19-30	\$40.40	\$40.28
31-50	\$39.95	\$39.82
51-70	\$35.46	\$35.26
Over 70	\$34.83	\$34.52
PREGNANCY		
18 and younger	\$43.74	\$43.50
19-30	\$44.13	\$43.95
31-50	\$43.05	\$42.83
LACTATION		
18 and younger	\$45.55	\$45.36
19-30	\$46.76	\$46.56
31-50	\$45.68	\$45.45
FAMILY OF FOUR₂	\$169.17₃	\$168.50

Notes:

₁ Data from all 36 Health Units were submitted and used to calculate the average cost of the Nutritious Food Basket (NFB) for Ontario.

₂ A reference family of four includes: a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.

₃ This average should not be compared with that of 2008 or the preceding years, because the 2009 NFB is newly defined in terms of: (i) the food items included in the NFB and their corresponding weights, and (ii) the age of members included in a family of four.

Weekly Cost of a Nutritious Food Basket Ontario, 2010
Northern and Southern Health Unit Comparison

	Avg Weekly Cost for a Family of Four - 2010	<i>Avg Weekly Cost for a Family of Four - 2009</i>	Northern / Southern
ALGOMA	\$173.64	\$168.27	Northern
NORTHBAY – PARRY SOUND	\$168.34	\$169.38	Northern
NORTH WESTERN	\$211.67	\$190.55	Northern
PORCUPINE	\$183.55	\$189.94	Northern
SUDBURY	\$170.96	\$187.79	Northern
THUNDER BAY	\$182.44	\$179.13	Northern
TIMISKAMING	\$174.99	\$174.47	Northern
Average of 7 Northern Health Units	\$180.80	\$179.93	
BRANT	\$164.52	\$162.71	Southern
CHATHAM-KENT	\$158.63	\$157.74	Southern
DURHAM	\$162.07	\$162.32	Southern
EASTERN ONTARIO	\$173.19	\$171.02	Southern
ELGIN-ST. THOMAS	\$170.09	\$170.60	Southern
GREY-BRUCE	\$166.64	\$162.14	Southern
HALDIMAND-NORFOLK	\$167.53	\$163.80	Southern
HALIBURTON (HKPR)	\$167.73	\$174.60	Southern
HALTON	\$167.99	\$161.80	Southern
HAMILTON	\$159.49	\$162.10	Southern
HASTINGS	\$164.42	\$165.07	Southern
HURON	\$172.12	\$175.27	Southern
KINGSTON (KFL&A)	\$173.96	\$165.91	Southern
LAMBTON	\$163.74	\$170.89	Southern
LEEDS-GRENVILLE & LANARK	\$163.06	\$166.51	Southern
MIDDLESEX-LONDON	\$160.85	\$162.22	Southern
NIAGARA	\$168.70	\$167.74	Southern
OTTAWA	\$167.16	\$170.04	Southern
OXFORD	\$168.86	\$169.72	Southern
PEEL	\$159.75	\$156.15	Southern
PERTH	\$169.55	\$164.78	Southern
PETERBOROUGH	\$171.27	\$166.73	Southern
RENFREW	\$168.68	\$166.12	Southern
SIMCOE-MUSKOKA	\$160.39	\$165.64	Southern
TORONTO	\$165.19	\$164.18	Southern
WATERLOO	\$168.45	\$169.41	Southern
WELLINGTON DUFFERIN-GUELPH	\$170.73	\$167.02	Southern
WINDSOR	\$160.66	\$158.14	Southern
YORK	\$169.39	\$165.92	Southern
Average of 29 Southern Health Units	\$166.37	\$165.73	
Ontario Average (of 36 Health Units)	\$169.17	\$168.50	

Notes:

1. Geographic and environmental conditions throughout the Northern region may vary markedly from the Southern region. These differences in geographic and environmental conditions between Northern and Southern regions may be reflected in the retail prices of food items.
2. The Northern region is defined as: Algoma, North Bay-Parry Sound, Northwestern, Porcupine, Sudbury, Thunder Bay, and Timiskaming health units. The remaining 29 health units make up the South region.