

Q: Does a single person on social assistance in Ontario receive enough income to live with health and dignity?

Do The Math *and find out!*

Join the campaign to Put Food in the Budget and help us reduce poverty.

Start by taking our Do The Math survey. What would you need to make ends meet if your situation changed and you had to rely on social assistance? If you were a single person on social assistance, what would you need? Would you have to move? How much would you need for rent and groceries? Is a telephone or internet connection a necessary expense? What about a cup of coffee or having a friend over for dinner?

Do the Math and compare your results to what single people on social assistance receive each month.

Visit us at
www.putfoodinthebudget.ca



Instructions

Please fill in the following budget worksheet. First, decide if each item is something that you believe is necessary or unnecessary for a single person on social assistance. Second, for the necessary items, fill in what you think each item would cost each month. (Amounts should be based on what you think a single person would need. For items that are not necessarily bought each month, calculate the average monthly cost.)

1 Housing-related costs

Rent and utilities (choose one):

Bachelor apartment \$ _____

One bedroom apartment \$ _____

Shared accommodation \$ _____

Telephone \$ _____

Internet \$ _____

Other (e.g. replacement and repair of furniture, electronics, etc.) \$ _____

TOTAL → \$ _____

2 Food

Vegetables and fruit \$ _____

Grain products \$ _____

Milk and alternatives \$ _____

Meat and alternatives \$ _____

Beverages \$ _____

Other \$ _____

TOTAL → \$ _____

Continued on back →

3 Transportation

Public transit \$ _____
Vehicle and vehicle-related expenses \$ _____
Other \$ _____

TOTAL → \$ _____

4 Health

Over-the-counter medications
(aspirin, cold medicine, allergy medication, antacid, etc.) \$ _____
Vitamins \$ _____
Medical administration \$ _____
Expenses *(e.g. dispensing fees for medications)* \$ _____
Dental care *(currently only emergency dental procedures are covered by social assistance)* \$ _____
Other *(e.g. alternative health care, vision upgrades, etc.)* \$ _____

TOTAL → \$ _____

5 Clothing & personal hygiene

Personal care *(toilet paper, soap, shampoo, toothpaste, toothbrush, dental floss, shaving, deodorant, tampons, skin care, hair products, condoms, etc.)* \$ _____
Haircuts \$ _____
Makeup \$ _____
Household cleaners *(laundry detergent, dish soap, all purpose cleaner)* \$ _____
Laundromat expenses \$ _____
Clothing *(casual & work-related)* \$ _____
Shoes \$ _____
Other \$ _____

TOTAL → \$ _____

6 Entertainment & recreation

Community centre user fees *(e.g. swimming or fitness classes)* \$ _____
Cable television \$ _____
Video rental \$ _____
Gifts *(e.g. birthdays, holidays, etc.)* \$ _____
Meals/beverages at restaurants/cafes \$ _____
Alcohol \$ _____
Other \$ _____

TOTAL → \$ _____

7 Miscellaneous expenses

Books and other reading materials \$ _____
Pet food and other pet expenses \$ _____
Banking fees, postage costs \$ _____
Emergency expenses \$ _____
Other \$ _____

TOTAL → \$ _____

8 Enter the totals and add them up

Housing-related costs \$ _____
Food \$ _____
Transportation \$ _____
Health \$ _____
Clothing & personal hygiene \$ _____
Entertainment & recreation \$ _____
Miscellaneous expenses \$ _____

TOTAL MONTHLY BUDGET → \$ _____

9 Does it add up?

Compare your monthly budget to the real-life earnings of low-income people in this province. What kind of things do you imagine that you would have to do without?

Monthly income for a single person on Ontario Works:

\$656

Monthly income for a single person on Ontario Disability Benefits:

\$1,098

Monthly before-tax income for a person earning minimum wage (35 hrs/week):

\$1,668