

2016 Hamilton Nutritious Food Basket Scenarios							
Scenarios[†]	Households with Children				Single Person Households		
	Family of 4 Ontario Works	Family of 4 Minimum Wage	Family of 4 Average Income	Family of 3 Ontario Works	Single Male Ontario Works	Single Male ODSP	Senior Female OAS/GIS
Monthly Income*	\$2227	\$2940	\$7448	\$2016	\$768	\$1206	\$1563
Estimated Rental Housing Cost**	\$1065	\$1065	\$1065	\$920	\$604	\$756	\$756
Cost of Nutritious Food***	\$795	\$795	\$795	\$601	\$268	\$268	\$194
Income remaining for other expenses	\$367	\$1080	\$5588	\$495	(\$104)	\$182	\$613
% Income for Shelter	48%	36%	14%	46%	79%	63%	48%
% Income for nutritious food	36%	27%	11%	30%	35%	22%	12%

* 2016 Nutritious Food Basket (NFB) Income Scenario Spreadsheet, developed by North Bay Parry Sound District Health Unit, September 2016. Includes all tax benefits.

** Market rate rental housing data received from Canada Mortgage and Housing Corporation, January 2016, based on October 2015 data. May or may not include utilities.

***City of Hamilton, Public Health Services, Nutritious Food Basket Survey, May 2016.

†Scenarios Composition

Family of four = 2 adults (male and female ages 31-50) and 2 children (boy age 14 and girl age 8)

Family of three = Female (age 31-50) and 2 children (boy age 14 and girl age 8)

Single male (age 31-50)

Senior female (age 70+)