

HOW MUCH DOES HEALTHY EATING COST IN HAMILTON?

Public Health Services annually conducts a survey of the cost of nutritious food in a sample of grocery stores in Hamilton using the Nutritious Food Basket (NFB). The foods included in the NFB, determined by Health Canada, are based on Canadian eating patterns and buying habits as well as their nutritional value.

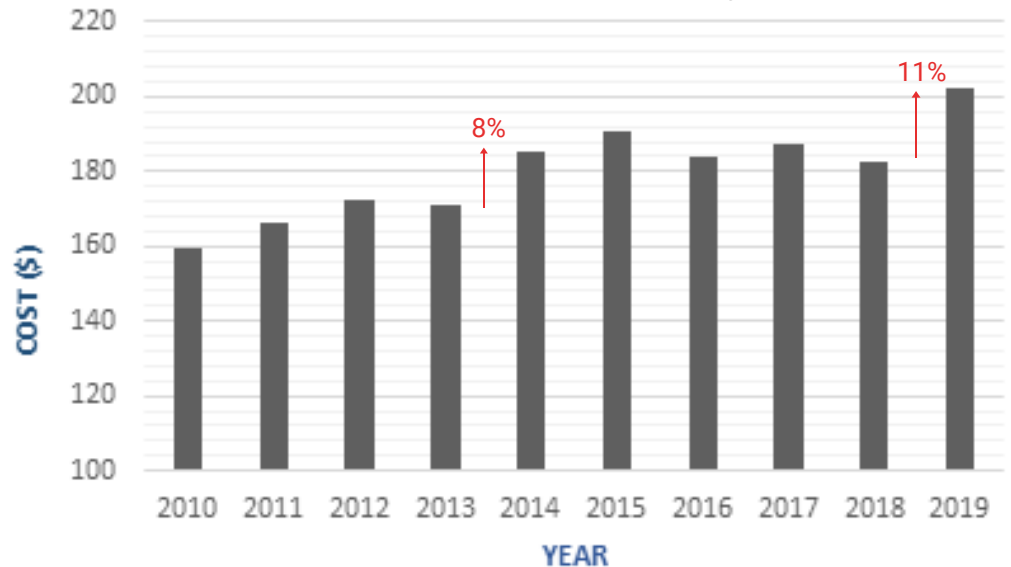


Weekly cost of the NFB for a reference family of four

Annual fluctuations in the cost of the NFB are usually



2 to 4% (increase or decrease) except from 2013 to 2014 when the cost increased about 8% and from 2018 to 2019 when the cost increased almost 11%.



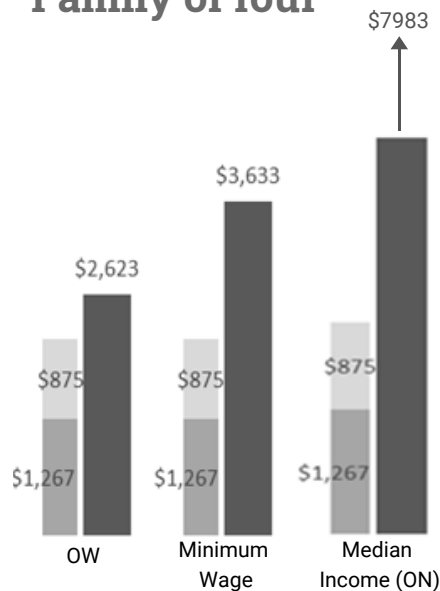
Monitoring food affordability in Hamilton 2019

Food affordability is monitored by comparing monthly costs of the NFB plus average market rents to family and individual incomes.

For all income scenarios, except family of four with median Ontario income, very little income is left for all other living expenses such as:

- utilities
- clothing
- phone
- transportation
- child care
- school supplies/expenses
- vision and dental care
- personal care (hair cuts, hygiene products)

Family of four



Single Person



A single person receiving Ontario Works is \$236 short of being able to rent a bachelor apartment and buy nutritious food.

*Average monthly market rent rates provided by Housing Services Division, City of Hamilton, July 2019
**Cost of the Nutritious Food Basket, Hamilton, May 2019