

The Cost of Eating Healthy in Timiskaming, 2019

The [Nutritious Food Basket](#) (NFB) is an annual survey conducted by public health units in Ontario that measures and monitors the local cost of healthy eating. Survey values represent the dollar amount a family of 4 (2 adults and 2 children) has to spend each week to purchase a basket of healthy food items. The 2019 results for the NFB in Timiskaming show the cost of food at \$950/month for a family of four, a \$12 increase since 2017.

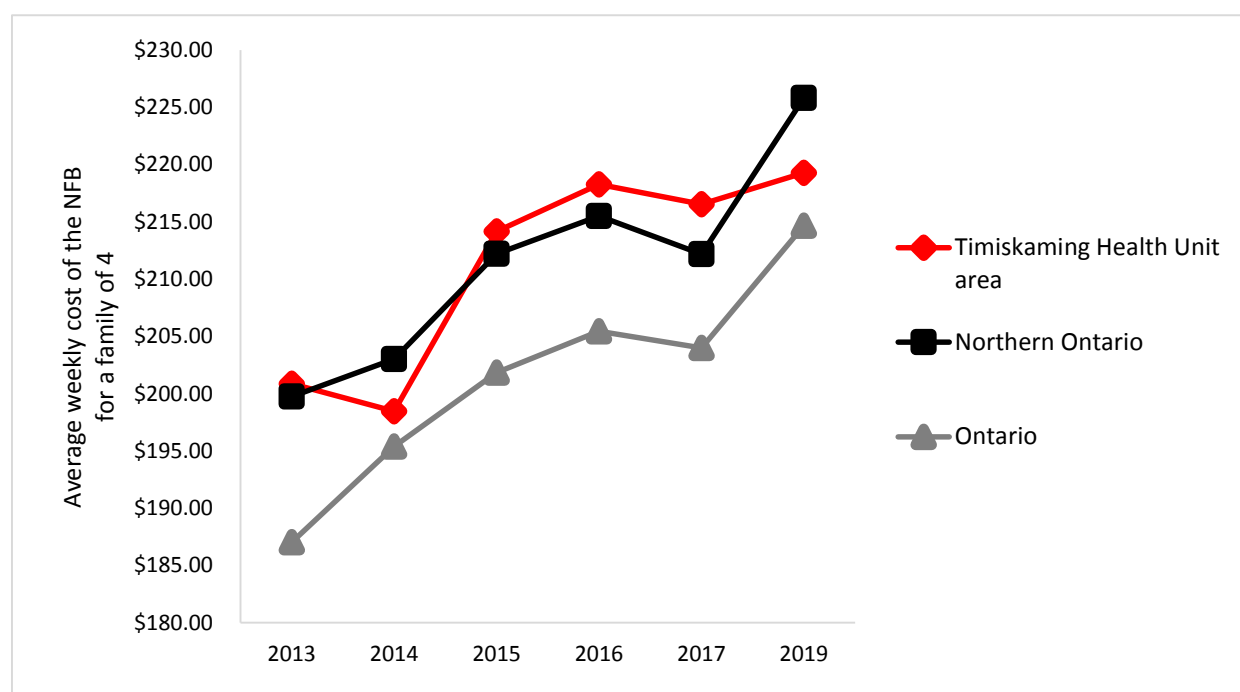


Figure 1: Average weekly cost of the NFB for a reference family of four in the Timiskaming Health Unit catchment area, Northern Ontario and Ontario, 2013 – 2019.

Note: The information on the 2018 NFB is not included in the above graphic as the NFB was not conducted at THU during that year (given uncertainty related to recent changes in the Ontario Public Health Standards (2018)).

Note: Contrary to the previous years, the average of NFB values is now done for Northern Ontario (instead of only Northeastern Ontario), which includes the following health units: Timiskaming, Porcupine, Algoma, North Bay & Parry Sound, Sudbury, Thunder Bay and Northwestern.

Table 1 - NFB WEEKLY COST FOR A FAMILY OF 4 (\$)						
	2013	2014	2015	2016	2017	2019
Timiskaming Health Unit	200.86	198.46	214.17	218.27	216.53	219.27
Northern Ontario	199.75	203.02	212.22	215.51	212.18	225.82
Ontario	187.03	195.40	201.85	205.45	204.00	214.67

The figures below represent how much money is left at the end of the month for various households, after paying for food and rent. It focus on those whose income are lower and are, therefore, are higher risk of food insecurity: those on social assistance or minimum wage. The left over money would have to be shared among other expenses such as childcare, medication, education, transportation, clothing, etc.

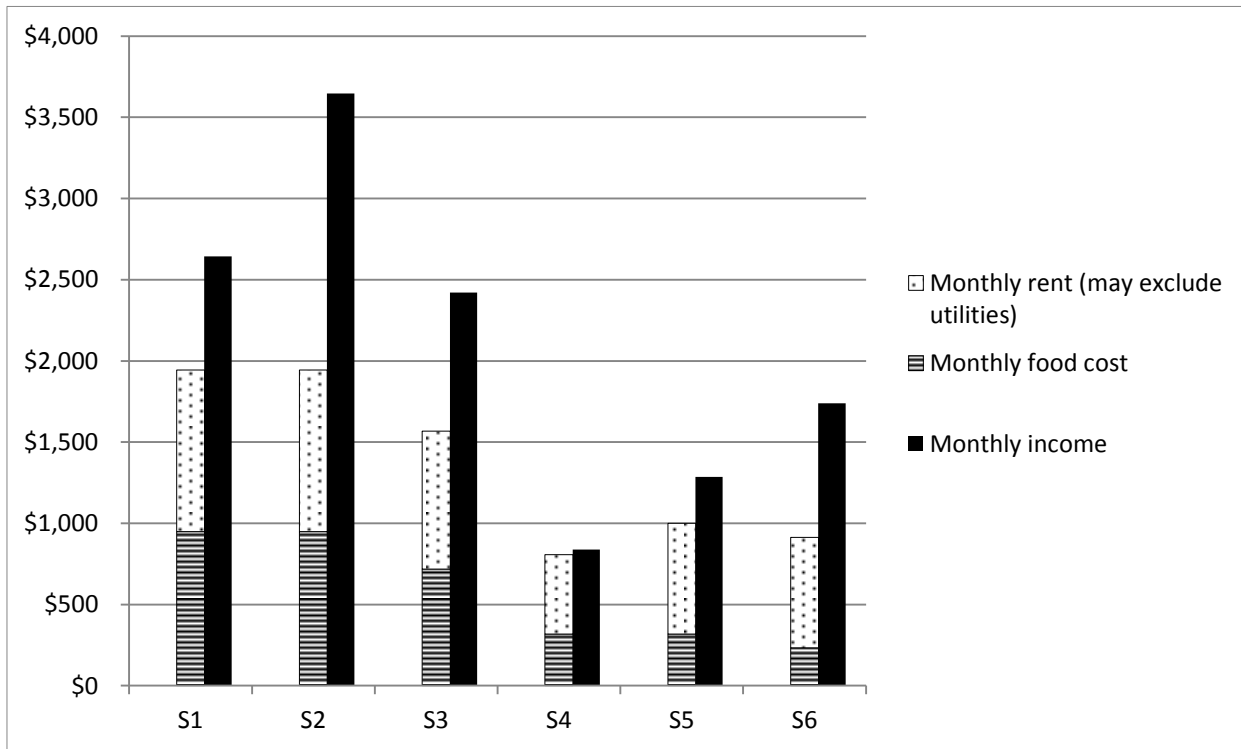


Figure 2: Comparing monthly cost of food and rent in the Timiskaming Health Unit catchment area to monthly income in 2019. See table 2 for scenarios' descriptions.

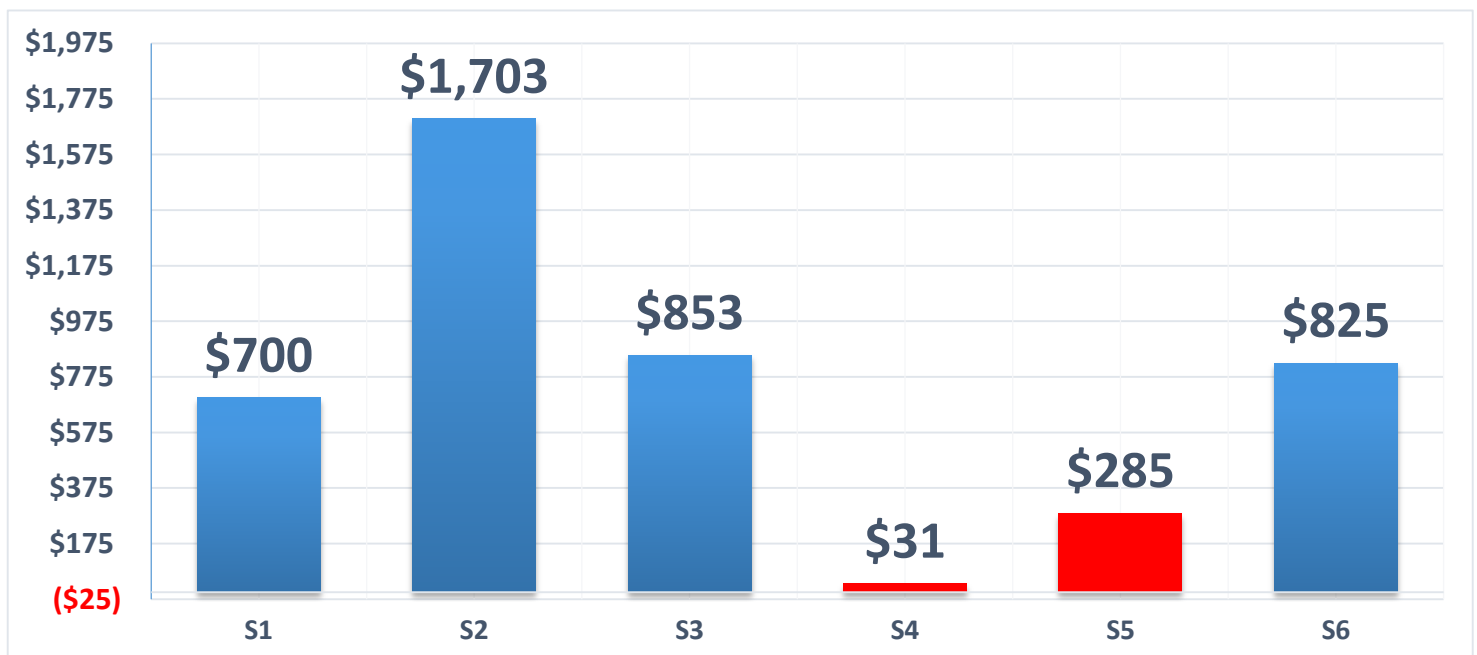


Figure 3: Comparing money left at the end of the month after paying for rent and food, for different household scenarios. See table 2 for scenarios' descriptions. Timiskaming Health Unit catchment area, 2019

Table 2 - 2017 NFB family and income scenarios.
S1- 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); Ontario Works
S2- 2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); income is based on one minimum wage earner, 40hr/wk, \$14.00/hr (minimum wage in August 2019)
S3- 1 adult (female age 31-50), 2 children (girl age 8, boy age 14); Ontario Works
S4- 1 adult (male age 31-50); Ontario Works.
S5- 1 adult (male age 31-50); Ontario Disability Support Program (ODSP)
S6- 1 adult (female age 70+); income based on Old Age Security and Guaranteed Income Supplement