

**Detailed Food Allowance Calculations & Notes of Interest:**

Household Scenario	Type of Income			Average Food Allocation <sup>1</sup>
	Social Assistance	Disability Benefit	Minimum Wage based on 35 hours/week	
Single adult	<p>\$3.50/day for food = \$10.50 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$760.00/month = \$106/month for food</li> </ul>	<p>\$5.50/day for food = \$16.50 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$1,183.42/month = \$165/month for food</li> </ul>	<p>\$7.30/day for food = \$21.90 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$14.60/hour @ 35 hours per week = \$1676/month w/deductions = \$234.64/month for food</li> </ul>	<p>\$5.45/day food allowance = <b>\$16.35 for 3 days</b></p>
Single adult with child  *does not include daycare cost deductions	<p>\$5.00/day for food = \$15.00 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$1,077.22.month = \$150.80/month for food</li> </ul>	<p>\$7.50/day for food = \$22.50 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$1,609.08.month = \$225/month for food</li> </ul>	<p>\$7.30/day for food = \$21.90 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$14.60/hour @ 35 hours per week = \$1676/month with deductions = \$234.64/month for food*</li> </ul>	<p>\$6.55/day food allowance = <b>\$19.65 for 3 days</b></p>
Couple with children  *does not include daycare cost deductions	<p>\$6.07/day for food = \$18.21 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$1,301.06/month = \$182.00/month for food</li> </ul>	<p>\$9.67/day for food = \$29.01 for 3 days</p> <ul style="list-style-type: none"> <li>Based on \$2,073.06/month = \$290/month for food</li> </ul>	<p>\$14.60/day for food = \$43.80 for 3 days</p> <ul style="list-style-type: none"> <li>Based on 2 people working minimum wage \$14.60/hour @ 35 hours per week = \$1676/month with deductions = \$234.64/month for food*</li> </ul>	<p>\$10.12/day food allowance = <b>\$30.36 for 3 days</b></p>

<sup>1</sup> These food allowances have been calculated based on an allocation of 14% of a monthly income toward food. The final number is an average of Social Assistance, Disability Benefit and a minimum wage job at \$14.60/hour x 35hours/week. The couple with 2 children scenario assumes that both adults are making minimum wage. There are other subsidies that a person might be eligible for, including subsidized day care, housing, etc.



## Notes of Interest:

**The Food Bank:** The [LRCA Food Bank](#) is an invaluable resource for many who have limited income. Due to the limited resources available for those who really need it, ***we ask that you do not visit the food bank for the purpose of this challenge.*** Food banks have been changing in recent years and have become a vital food recovery program with participating grocery stores donating items that would have previously gone to the landfill.

The food items, amounts and choices received each week will vary and what is available will depend on the number of clients accessing services and the amount and type of food that is donated. It is therefore difficult to include an equivalent dollar value but can be a significant contribution to a family's wellbeing.

A low percentage of those considered low income in our community, choose to use the food bank each week, perhaps because of stigma or other factors. Weekly menu items may include bread, pastries, eggs, canned soup, chilli, beans, rice, canned tomatoes, fresh and/or canned fruit and vegetables, canned ham or flaked ham/chicken/turkey and frozen meat.

**Shelter:** The [Ladysmith Shelter](#) is an important resource for many people on limited income. Many people choose to have Breakfast and/or Dinner at the shelter, regardless of whether they have stayed there overnight. ***We ask that you do not visit the shelter for the purpose of this challenge.***