

**BUDGETING FOR BASIC NEEDS  
AND  
BUDGETING FOR MINIMUM ADEQUATE  
STANDARD OF LIVING**

**JUNE 2015**

The annual pricing revision is based on a May/June price survey and/or Statistics Canada Price Index for the province of Quebec.

Higgins, A.C. et al  
First edition in 1961  
2015 revision

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Disponible également en français:  
« Budget de subsistance et  
budget de confort minimum »

## CONTENTS

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Preface

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<b>INTRODUCTION</b>		1
First Part		
<b>BUDGETING FOR BASIC NEEDS</b>		
Chapter 1		
<b>Standards for individual basic needs</b>		
1.1 Shelter		4
1.2 Water tax		4
1.3 Food		4
1.4 Clothing		4
1.5 Personal care		4
1.6 Household supplies		5
1.7 Utilities		5
1.8 Heating		5
Chapter 2		
<b>Schedules for individual basic needs</b>		
2.1 Shelter	Appendix I	6
2.2 Water tax	Appendix II	6
2.3 Food	Appendix III	7
2.4 Clothing	Appendix IV	10
2.5 Personal care	Appendix V	17
2.6 Household supplies	Appendix VI	20
2.7 Utilities	Appendix VII	21
2.8 Heating	Appendix VIII	22
Chapter 3		
<b>Allowances for individual basic needs</b>		
3.1 Rent	Table I	23
3.2 Water tax	Table II	23
3.3 Food	Table IIIA & B	24
3.4 Clothing	Table IV	26
3.5 Personal care	Table V	27
3.6 Household supplies	Table VI	28
3.7 Utilities	Table VII	29
3.8 Heating	Table VIII	29

## Chapter 4

### **Budgeting for basic needs per sex and age group**

4.1 Introduction		30
4.2 All allowances except rent	Table IX	31
4.3 All allowances except rent and heating	Table X	32
4.4 All allowances except rent, heating and utilities	Table XI	33
4.5 All allowances except rent, heating, utilities and household supplies	Table XII	34

## Second Part

### **BUDGETING FOR MINIMUM ADEQUATE STANDARD OF LIVING**

## Chapter 5

### **Standards, goods and services and allowances needed to meet minimum adequate standard of living**

5.1 Personal allowances		36
5.2 Reading material		36
5.3 Telephone		37
5.4 Transportation		37
5.5 Furniture and repairs		37
5.6 Entertainment		38
5.7 Recreation		38
5.8 Religion		38
5.9 School supplies		39
5.10 Replacements		39

## Chapter 6

### **Budgeting for minimum adequate standard of living per age and sex group**

6.1 Introduction		40
6.2 All allowances except rent	Table XIII	41
6.3 All allowances except rent and heating	Table XIV	42
6.4 Examples of two-parent families	Table XV	43
6.5 Examples of single-parent families	Table XVI	44
6.6 Examples for the elderly (65 +)	Table XVII	45

## Appendices

- 1. Family monthly allowance to ensure a minimum adequate standard of living –  
*Financial Eligibility Table for Food Supplementation***
- 2. Comparison of three measures of low income for year 2014**

## PREFACE

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The development, maintenance and upgrading of "Budgeting for Basic Needs" has been a continuous activity of the Montreal Diet Dispensary since 1959.

Members of the committee that initially contributed to its development were drawn from the Montreal Council of Social Agencies. They included:

Mary Currie (chairman)  
Agnes C.Higgins  
Mary Coulter  
Marie Donnelly  
Gladys Fulford  
Jean-Paul Labelle  
Peter Melvyn  
Anna Mae Pattee  
Etta Burko

The first publication occurred in 1961. Over the years, its publication has involved an unusually large number of MDD's staff and volunteers.

The publications

"Wage earners' minimum living cost family budgets"  
"Minimum monthly budget for elderly persons living alone"  
"Minimum monthly budget for retired couples"

were initially published separately.

Since 1983, they have been published together with "Budgeting for Basic Needs" under the subtitle "Budgeting for Minimum Adequate Standard of Living".

The present edition incorporates a revision of the schedule for food undertaken in 1982 and a revision of the rent schedule undertaken in 1992. The figures quoted each year are based on a May/June price survey and/or Statistics Canada, Consumers Price Index for the Quebec area.

MDD staff for the 2015 project: Jackie Demers, P.Dt.

## INTRODUCTION

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The question of the family budget has long been one of a vital concern to many health and welfare agencies. How much income does a family require to meet basic needs? What are these basic needs? What is their cost? How do they vary with families of differing sizes and age groups? Some families have to live on a low income over a period of years, others during a temporary contingency. What bearing has this aspect? How are seasonal needs planned? Are there provisions for repairs and replacement of essential home equipment? How the expenses met when there is illness in the home?

These are some of the questions which led to the establishment of a Committee on Family Budgeting by the Case Work Section of the Montreal Council of Social Agencies, in 1959. In its membership the Committee brought together representatives of agencies who had had many years of experience with budgeting for families, particularly with those on low income. The agencies knew the importance of a standard, not only as a guide in giving competent help to families on the subject of money management, but as a basis for planning essential assistance for those in needy circumstances. They recognized the value of a standard in measuring the adequacy of a family's income and in determining how the income may be apportioned to meet the basic items for each family. Such a standard would also be useful as an aid in assessing the capacity of a family to pay for medical services and drugs in clinics and health centres.

Agency experience supports the essential value of an adequate budget in upholding the dignity of the individual and keeping the family intact. It also aids in fully developing the capacity of each member of the family towards rehabilitation and independence.

The Committee began with an examination of various budgets being used by local welfare agencies. Contents and scales of those were carefully studied in relation to the philosophy and objectives of welfare programmes. Certain differences were noted between "bare bone" budgets designed to maintain a family during a short-term (less than six months) and those related to a continuing need for support. The problem of providing adequately for a clothing item and for various special needs and circumstances was apparent.

In 1959, the Committee decided to give primary attention to the development of desirable minimum adequate budgets for families and individuals who are in need of financial aid in the Montreal area.

Eight items were selected by the Committee. These are the minimum adequate requirements for the maintenance of a family as a unit and the preservation of health and self-respect of the individual. The standards for these basic items recognize the need to develop the capacity of each member towards well-being and independence. From agency experience, these are shelter, water tax, food, clothing, personal care, household supplies, utilities, and fuel for heating the home. While keeping the same basic philosophy, we have updated the list of kinds and amounts of basic item for shelter and food to reflect the changes in the marketplace that occurred over the years.

The first part of this report, titled "Budgeting for Basic Needs", outlines the standard requirements for the eight items chosen by the Committee as Basic Needs. It lists the kinds and amount of items which are needed to meet the standard, determined on the basis of deferring family situations, and the cost allowances for these basic items. A simplified budgeting method is provided in the tables IX to XII for individual total allowances.

In addition to the 8 basic needs, the second part of this document, "Budgeting for minimum adequate standard of living", covers 10 other essential needs to allow for a minimal integration to society and to ensure the good physical maintenance of the family: transportation, school supplies, religion, replacements, reading material, recreation, personal allowances, entertainment, telephone, furniture and repairs.

The budgeting amounts allotted to the 8 basic needs are the same as the ones in Budgeting for Basic Needs. Allocations for the 10 other needs are described in chapter 5. A simplified budgeting method is provided in tables XIII and XIV for individual total allowances. There are also the examples of calculation of "minimum adequate standard of living budget" according to family size (table XV), for single-parent families (table XVI) as well as for persons over 65 years of age (table XVII).

**First Part**

**BUDGETING FOR BASIC NEEDS**

## STANDARDS FOR INDIVIDUAL BASIC NEEDS

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### 1.1 Shelter

The Central Mortgage and Housing has established a guide specifying the standards on shelter requirements according to family size. These standards were adopted by the Committee and meet the requirements for health and decency in housing. Suggested allowances for housing (Appendix I) derived from a survey made by the Montreal Diet Dispensary amongst its clientele in 1992.

**IMPORTANT:** In assessing the minimum budget for a given family, the actual rent paid by the family must be used.

### 1.2 Water tax

In January 1987, the water tax was abolished in Montreal.

### 1.3 Food

The standard for food for each individual according to age and sex refer to the Dietary Reference Intakes (DRI) established for the populations of Canada and the United States (1999-2004). The schedules for the kinds and amounts of foods which are required for each individual to meet the DRI were determined by the Diet Dispensary in 2005. These schedules have been slightly modified in 2009-2010, namely in order to facilitate menu elaboration and recipe preparation. Thrice yearly (January, May and September), these schedules are priced and published in "Cost of the Nutrition Food Basket" (Tables III A and III B).

### 1.4 Clothing

The standard for clothing is taken from the "Individual Minimum Adequate Clothing Costs", as published by the Montreal Diet Dispensary, October 1959. The schedules of the kinds and amounts of clothing required for each individual according to age and sex were then established from American data and a survey of Montreal families. They meet the individual minimum clothing needs for health and self-respect. For a description of this study, see Appendix IV.

### 1.5 Personal care

The standard for the individual minimum adequate personal care was adopted by the Committee using the New York State schedule as a guide. The kinds and amounts of goods and services selected for the individual schedules represent the minimum necessary for the care of the teeth and hair, personal cleanliness, and sanitary needs, as well as the minimum for dry cleaning and shoe care (Appendix V).

For the individual personal care allowances, see Table V. The pricing for these allowances is done every year by the Montreal Diet Dispensary.



1.6 Household supplies

The standard for the Minimum Adequate Household Supplies was adopted by the Committee, using New York Standard as a guide. The kinds and amounts of goods were selected to provide minimum supplies for household cleanliness, the maintenance of clothing at home, home medicinal needs and other household necessities (Appendix VI). The allowance for household supplies is given according to family size on Table VI. The pricing for these allowances is done every year by the Montreal Diet Dispensary.

1.7 Utilities

The standard for electricity and gas provides:

- sufficient electrical power for lighting, operating small appliances and a refrigerator;
- gas for cooking and operating a side-arm water heater.

The Manager of Statistics and Rate Research of the Quebec Hydro and the Public Relations Manager of the Quebec Natural Gas Company acted as consultants.

Schedule for utility requirements is given according to family size and according to the previously mentioned categories of uses (Table VII).

1.8 Heating

The standard for minimum adequate fuel requirements for heating is based on annual fuel needs for average winter weather and varies according to the number of persons in the household and number of rooms to be heated. When granted on a seasonal basis, the yearly fuel cost is divided by the number of months in the heating season (8 months). The installation manager of a fuel oil company was consultant to the Montreal Diet Dispensary in estimating fuel requirements.

Space heaters provide the most economical method of heating the home and "distillate stove oil" is the most commonly accepted fuel. For schedule of fuel requirements, see Appendix VIII. For fuel allowances, see Table VIII.

## SCHEDULES FOR INDIVIDUAL BASIC ITEM

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### Appendix I

#### 2.1 Housing

The guide to standards pertaining to housing occupancy suggests allowing a living room and a kitchen per family plus a number of bedrooms according to the composition of the family. The following table indicates the criteria for the allowance of one bedroom according to the standards for housing occupancy from two organizations (in force in 1992-1993).

#### **Criteria for the allowance of one bedroom according to the standards for housing occupancy from two organizations (in force in 1992-1993)**

<b>CANADIAN MORTGAGE AND HOUSING CORPORATION</b>	<b>MONTREAL HOUSING BUREAU</b>
Each of the following situations:	Each of the following situations:
- parents without children	- headmaster and spouse
- one person 18 year old or more (except in the case of a married or common-law couple)	- any additional person older than 14 years old
- a supported person older than 5 year old and not same sex than another	- 2 persons less than 7 year old
Maximum of 2 persons and minimum of 1 person per bedroom	- 2 persons younger than 14 year old, same sex and with less than 6 year age difference
	- 1 handicapped person (wheel chair)

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### Appendix II

#### 2.2 Water tax

When the tenant has to pay for the water tax, this item is part of Budget for Basic Needs.

### 2.3 Food

The weekly schedules for the kinds and amounts of foods which are required by each age-sex group were selected by the Montreal Diet Dispensary in 2005. The selection of the kinds and amounts of food within each food category were determined using food consumption patterns mainly from the Statistic Canada 1996 “Family Food Expenditure Survey”. This publication, the most recent survey in the matter at that time, provides the weekly quantities of all food categories bought by families as well as people living alone. The selected foods were chosen because of their nutrient contribution, their low cost and their frequency of consumption.

Nutritional breakdowns were calculated for each food item within food groups, using primarily the *Table de composition des aliments* published by the *Université de Montréal* (2003) which is based on the 2001 Canadian Nutrient File. For missing data, other references were consulted. Data used were for the cooked or uncooked edible portion, as applicable.

A weekly market order was then developed, fulfilling the Dietary Reference Intakes (DRI, 1999-2004) for each age-sex group, and fulfilling the most recent recommendations on fat intakes.

No allowance has been made in these schedules for normal nutrient loss through inevitable food wastage, but a provision of 5% in the final cost of food allowances has been calculated.

During year 2009-2010, the content of the Nutritious Food Basket has been slightly modified:

- the weekly portion of liver has been reduced to 90 grams for the age and sex groups where it was more important before;
- the number of eggs per week is higher for some age and sex groups in order to make eggs available for recipes;
- the weekly allowance for bread is lower and that of cereal products (rice, pasta, flour, etc.) is higher to facilitate menu elaboration and recipe preparation.

These changes have been monitored in a way that they do not change significantly the nutritive value of the basket nor its cost.

Weekly Schedule of Food Required by each Age (years) and Sex Group

Food Categories	Units	Child		Male Individuals					Female Individuals					Pregnancy			Lactation				
		0.5 to 1	1 to 3	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥71	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥71	≤18	19 to 30	31 to 50	
Infant Formula*	g	609	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
3.25 % m.f.†	—	5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
2 % m.f.†	—	6	—	7	7	6	5	—	—	6	—	—	—	—	—	—	—	—	—	—	—
1 % m.f.†	—	—	—	—	—	—	—	5	5	—	—	—	—	—	—	—	—	—	—	—	—
Meat	Kg	0.06	0.21	0.48	0.48	0.75	0.75	0.75	0.75	0.68	0.42	0.42	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Fish	Kg	0.03	0.12	0.18	0.24	0.3	0.3	0.3	0.3	0.3	0.18	0.24	0.24	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3
Liver	Kg	0.01	0.03	0.06	0.09	0.09	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.06	0.09	0.09	0.09	0.09	0.09
Eggs	unit	300	3	3	4	7	7	4	4.00	3	3	4	4	4	3	3	3	7	7	7	7
Cheese	g	60	60	120	120	210	180	150	150	120	90	120	150	150	150	120	150	150	150	150	150
Peanut butter	g	—	70	140	210	210	140	140	105	105	105	105	105	105	105	105	105	105	105	105	105
Legumes‡	g	—	60	100	180	240	240	200	200	200	100	150	150	200	200	200	200	200	200	200	200
Citrus Fruits	Kg	0.5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2
Other Fruits	Kg	0.5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Vegetables	Kg	0.5	1	1.5	2.5	2.5	2.5	2.5	2.5	2.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5
Potato	Kg	0.25	0.5	1	1.5	2	1.75	1.75	1.5	1.25	1	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25
Bread	tr.	1	14	21	35	42	35	35	28	28	21	28	21	21	21	21	21	35	28	28	28
Rice, pasta, flour, etc.	g	30	105	210	315	630	630	630	630	525	210	315	315	525	525	420	315	420	420	420	420
Breakfast Cereals	g	—	210	280	420	420	420	420	420	420	210	315	420	315	210	210	210	420	315	315	315
Butter/Margarine	g	—	70	70	105	105	105	105	105	105	70	105	105	70	70	70	70	105	70	70	70
Other Fats	g	—	35	105	140	210	140	140	105	105	105	105	105	105	105	105	105	105	105	105	105
Sugar	g	—	35	105	105	210	105	105	105	105	70	70	105	70	70	70	70	105	105	105	105
Other Sweets	g	—	35	105	105	210	105	105	105	105	70	105	105	70	70	70	70	105	105	105	105
Flaxseed	g	—	—	—	49	49	49	49	49	49	—	49	49	49	49	49	49	49	49	49	49
Baby Cereals	g	120	105	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—

\* commercial, powder  
 oo yolk only  
 † milk fat  
 ‡ dry  
 § slice (= 30 g)

**Comparison Between the Nutritive Value of the 2010 version of the Nutrition Food Basket and the Most Recent Nutrition Recommendations\***

Age (years)	Calories	Protein (g)	Carbohydrates (g)	Fibres (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vit. A (µg RAE)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B3 (mg NE)	Vit. B6 (mg)	Vit. B12 (µg)	Vit. C (mg)	Vit. D (µg)	Vit. E (mg ATE)	Folate (µg DFE)	Vit. Bs (mg)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Omega-3 (g)	Omega-6 (g)	Linoleic Acid (g)	Linolenic Acid (g)	EPA (g)	DHA (g)	
Child	0.5-1	736	19	98	4	30	2	0	99	654	0.8	1.1	14	0.6	1.9	98	7	7	205	3	647	10	111	555	1061	302	6	0.5	4.4	4.4	0.5	0.031	
	2-3	1435	59	184	17	56	24	1.2	244	847	1.5	2.1	31	1.3	4.2	96	10	4.3	285	5	1283	14	337	1507	2722	1156	8	1.3	6.9	6.9	1.3	0.133	
Male Individuals	4-8	1440	18-72	162-234	19	48-64	16	1.6	300	300	0.5	0.5	6	0.5	0.9	15	5	6	150	2	500	7	80	460	3000	1000	3	0.7	7	8.0	16.0	1.0	1.9
	9-13	1931	84	253	23	70	24	1.1	253	1474	1.7	2.5	36	1.9	5.9	111	11	7.7	392	7	1454	13	432	1876	3693	1763	12	2.0	11.5	11.5	1.9	0.197	
	14-18	2616	112	348	25	54-75	21	2.1	300	400	0.6	0.6	8	0.6	1.2	25	5	7	200	3	800	10	130	500	3800	1200	5	0.9	10	10.7	21.5	1.3	2.6
	19-30	2618	65-196	295-425	31	73-102	29	2.9	300	600	0.9	0.9	12	1.0	1.8	45	5	11	300	4	1300	8	240	1250	4500	1500	8	1.2	12	14.5	29.1	1.7	3.5
	31-50	3263	135	441	43	116	36	3.6	444	2146	2.9	3.7	60	3.1	8.2	141	15	13	736	10	1952	24	716	2878	5526	2915	20	5.4	20.4	20.4	5.1	0.333	
	51-70	3263	82-245	367-530	38	91-127	36	1.6	300	900	1.2	1.3	16	1.3	2.4	75	5	15	400	5	1300	11	410	1260	4700	1500	11	1.6	16	18.1	36.3	2.2	4.4
	≥71	2343	103	336	36	72	22	0.8	255	1913	2.3	2.7	46	2.5	6.7	131	11	8.4	605	8	1422	20	562	2200	4342	2149	15	4.1	12.9	12.9	3.9	0.321	
	4-8	1805	80	237	22	66	23	1.1	245	1464	1.6	2.5	33	1.9	5.8	112	11	7.2	382	7	1415	12	404	1778	3580	1670	11	2.0	10.6	10.6	1.9	0.196	
	9-13	2281	100	307	26	83-89	25	2.5	300	600	0.9	0.9	12	1.0	1.8	45	5	11	300	4	1300	8	240	1250	4500	1500	8	1.0	10	12.7	25.3	1.5	3.0
	14-18	2335	104	309	32	83	29	1.3	328	2085	2.2	3.1	43	2.5	7.5	133	14	8.6	526	9	1752	17	551	2325	4571	2113	15	4.0	12.8	12.8	3.8	0.260	
19-30	2336	58-175	263-380	26	65-91	26	2.6	300	700	1.0	1.0	14	1.2	2.4	65	5	15	400	5	1300	15	360	1250	4700	1500	9	1.1	11	13.0	26.0	1.6	3.1	
31-50	2297	57-201	258-373	25	51-89	26	2.6	300	700	1.1	1.1	14	1.3	2.4	75	5	15	589	8	1418	19	536	2153	4250	1968	15	3.9	12.1	12.1	3.6	0.319		
51-70	2198	98	303	32	73	24	1.0	273	1865	2.1	2.6	43	2.4	6.6	130	11	8.5	578	8	1403	17	509	2075	4162	1938	14	3.9	11.8	11.8	3.6	0.319		
≥71	2186	55-191	246-355	25	49-85	24	2.4	300	700	1.1	1.1	14	1.5	2.4	75	5	15	400	5	1000	18	320	700	4700	1500	8	1.1	12	12.1	24.3	1.5	2.9	
Pregnancy	2030	94	280	30	65	20	0.7	247	1879	1.9	2.6	41	2.3	6.6	131	11	8.0	540	8	1402	16	480	1993	4093	1918	14	4.0	11.3	11.4	3.7	0.319		
Lactation	2048	51-179	230-333	21	46-80	23	2.3	300	700	1.1	1.1	14	1.5	2.4	75	10	15	400	5	1200	8	320	700	4700	1300	8	1.1	11	11.4	22.8	1.4	2.7	
≤18	1929	88	268	29	62	19	0.7	223	1688	1.8	2.4	38	2.3	5.9	130	11	8.0	503	7	1367	15	469	1916	4031	1846	13	3.9	11.0	11.1	3.7	0.258		
19-30	1936	48-169	218-315	21	43-75	22	2.2	300	700	1.1	1.1	14	1.5	2.4	75	15	15	400	5	1200	8	320	700	4700	1200	8	1.1	11	10.8	21.5	1.3	2.6	
31-50	2786	118	366	39	103	40	1.9	486	1856	2.6	3.3	55	2.8	8.0	191	15	10	673	10	1836	21	628	2578	5058	2498	17	4.5	14.0	14.0	4.3	0.334		
≥71	2788	70-244	314-453	28	77-108	31	3.1	300	750	1.4	1.4	18	1.9	2.6	80	5	15	600	6	1300	27	400	1250	4700	1500	12	1.4	13	15.5	31.0	1.9	3.7	
19-30	2620	113	341	35	97	38	1.8	481	1814	2.4	3.2	52	2.6	8.0	191	15	9.6	646	9	1804	29	580	2448	4925	2271	16	4.4	12.7	12.8	4.1	0.334		
31-50	2608	65-228	293-424	28	58-101	29	2.9	300	770	1.4	1.4	18	1.9	2.6	85	5	15	600	6	1000	27	360	700	4700	1500	11	1.4	13	14.5	29.0	1.7	3.5	
≥71	2489	112	320	34	92	37	1.7	480	1813	2.3	3.2	51	2.6	8.0	191	15	8.8	616	9	1795	18	571	2423	4884	2260	16	4.0	11.4	11.4	3.7	0.334		
19-30	2498	62-219	281-406	28	56-97	28	2.8	300	770	1.4	1.4	18	1.9	2.6	85	5	15	600	6	1000	27	360	700	4700	1500	11	1.4	13	13.9	27.8	1.7	3.3	
31-50	2656	113	341	35	101	39	1.9	486	1856	2.4	3.2	52	2.6	8.0	191	15	9.7	647	9	1805	19	580	2449	4926	2319	16	4.5	13.5	13.5	4.2	0.334		
≥71	2666	67-233	300-433	29	74-104	30	3.0	300	1200	1.4	1.6	17	2.0	2.8	115	5	19	500	7	1300	10	360	1250	5100	1500	13	1.3	13	14.8	29.6	1.8	3.6	
19-30	2620	113	341	35	97	38	1.8	481	1814	2.4	3.2	52	2.6	8.0	191	15	9.6	646	9	1804	29	580	2448	4925	2271	16	4.4	12.7	12.8	4.1	0.334		
31-50	2627	66-230	296-427	29	58-102	29	2.9	300	1300	1.4	1.6	17	2.0	2.8	120	5	19	500	7	1000	9	310	700	5100	1500	12	1.3	13	14.6	29.2	1.8	3.5	
≥71	2530	112	320	34	97	38	1.8	481	1814	2.3	3.2	51	2.6	8.0	191	15	9.6	616	9	1795	18	571	2424	4885	2268	16	4.4	12.7	12.7	4.1	0.334		
19-30	2516	63-220	263-409	29	56-98	28	2.8	300	1300	1.4	1.6	17	2.0	2.8	120	5	19	500	7	1000	9	320	700	5100	1500	12	1.3	13	14.0	28.0	1.7	3.4	

\* Institute of Medicine of the National Academies. The National Academies Press, Washington DC, 1999-2004.  
† Not established.

## 2.4 Clothing

Three sources of information were considered in setting the schedules of the kinds and amounts of clothing required. Since clothing allotments for family members should be made on the basis of the way families actually clothe themselves, the first source of information was a group of low income homemakers whose families were representative of the age groups chosen for the schedules. The results of their suggestions were then considered and modified according to the findings of the Studies of Family Clothing Supplies by the United States Department of Agriculture, 1950 and 1951. The United States Study was tabulated according to percentage of people owning each item of clothing by age, number on hand by age, average expenditure yearly, average number purchased yearly, and average number of people purchasing yearly in the low income group. As a final check, the schedules thus obtained were then compared to those published by New York City Welfare and Health Council 1955, Toronto Welfare Council 1949, and Baron de Hirsch Institute, Montreal (revised 1959).

### Selection of age groups

For the children, from birth to 16 of age, the types of clothing worn vary with age.

Many studies have shown that a large proportion of women in the work force are between 20 - 30 years of age; the active housewife is included in this age group. For this reason, the 20-30 year group represents the housewife and the working woman.

As there are no clothing schedules for girls and boys ages 16 to 20, clothing allowances for active men or women were used in the budgets for these individuals.

**Schedule of kinds and amounts of clothing**

<b><u>Child 0 - 1 years</u></b>			<b><u>Child 2 - 5 years</u></b>		
<u>Items</u>	<u>Durability</u>		<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>		<u>quantity</u>	<u>years</u>
<u>Outer garments</u>			<u>Outer garments</u>		
Snowsuit (3 pieces)	1	1	Hat, winter	1	1
Coat or jacket lightweight	1	2	Hat, summer	1	2
Hat, summer	1	1	Snowsuit	1	2
Sweater, woollen	2	2	Jacket, lightweight	1	2
Overalls, cotton	1	1	Sweater	1	1
Overalls, corduroy	1	1	Jersey, cotton	3	1
Sun suit	2	1	Dresses, slips or suits	2	1
Jersey	2	1	Overalls, cotton	1	1
Dresses, slips or suits	2	1	Overalls, corduroy	1	1
			Jeans	1	2
			Jeans, lined	1	2
			Bathing suit or sun suit	1	1
			Shorts	1	2
<u>Undergarments</u>			<u>Undergarments</u>		
Vests	2	1	Panties	5	1
Panties	5	1	Vests	2	1
Sleeper (with 2 pants)	1	1	Pyjamas, flannel	1	2
			Pyjamas, cotton	1	2
<u>Footwear</u>			<u>Footwear</u>		
Shoes	2	1	Shoes	3	1
Socks	6	1	Slippers	1	2
Rubbers or plastic overshoes	1	1	Overshoes	1	1
			Socks	9	1
<u>Accessories</u>			<u>Accessories</u>		
Scarf	1	2	Scarf	1	3
Mittens	1	1	Mittens	1	1

## Appendix IV

**Schedule of kinds and amounts of clothing****Girl 6 - 11 years**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	2
Coat, winter	1	2
Spring jacket	1	2
Raincoat, plastic	1	4
Skirt, wool	1	2
Skirt, cotton	1	2
Dress, cotton	2	1
Tunic	1	1
Blouses, school	2	1
Blouses, other	2	2
Sweater, cardigan	1	2
Sweater, pullover	1	1
Shorts	2	4
Slacks, wool	1	2
Slacks (pants), cotton	1	2
Bathing suit	1	3
<u>Undergarments</u>		
Panties	5	1
Shirts	2	1
Pyjamas, flannel	1	2
Pyjamas, cotton	1	2
Bathrobe	1	5
Slips	1	1
<u>Footwear</u>		
Shoes	3	1
Sneakers	1	1
Slippers	1	2
Rubbers	1	2
Overshoes	1	2
Socks	6	1
Socks, knee	3	1
<u>Accessories</u>		
Kerchief	1	2
Gloves or mittens	1	1
Scarf, wool	1	2
Pocket Book (purse)	1	3
Handkerchiefs	3	1

**Girl 12 - 15 years**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	2
Coat, winter	1	3
Spring coat or shorter	1	3
Sports jacket, heavy	1	5
Dress, cotton	2	1
Skirt, wool	1	2
Skirt, cotton	1	2
Tunic	1	2
Blouses, school	2	2
Blouses, other	1	2
Sweater, cardigan	1	2
Sweater, pullover	1	1
Slacks	2	2
Shorts	1	2
Bathing suit	1	3
<u>Undergarments</u>		
Panties	4	1
Bras	2	1
Slips	2	1
Pyjamas, flannel	1	2
Pyjamas, cotton	1	2
Garter belt	1	1
Robe, cotton	1	5
<u>Footwear</u>		
Shoes	3	1
Running shoes	1	1
Slippers	1	3
Rubbers	1	2
Overshoes	1	3
Stocking	3	1
Socks, long	3	1
Socks, short	3	1
<u>Accessories</u>		
Kerchief	1	2
Gloves	1	1
Handkerchiefs	3	1
Pocket Book (purse)	1	3
Gym suit	1	4

For girls 16 years and over, use schedule for "Women active working"



**Schedule of kinds and amounts of clothing****Boy 6 - 11 years**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	1
Overcoat, fleeced	1	2
Raincoat	1	5
Windbreaker	1	2
Trousers, wool	1	1
Trousers, school	2	1
Jeans	2	1
Shorts	2	2
Shirts, school	2	1
Shirts, other	1	1
Jersey	3	2
Sweater, pullover	1	1
Bathing suit	1	3
<u>Undergarments</u>		
Pyjamas, flannel	1	2
Pyjamas, cotton	1	2
Tops	3	1
Shorts	3	1
Combinations, winter	2	1
<u>Footwear</u>		
Shoes	2	1
Scampers	1	1
Sneakers	1	1
Slippers	1	2
Overshoes	1	2
Socks	6	1
<u>Accessories</u>		
Belt	1	2
Tie	1	1
Mittens	2	1
Handkerchiefs	2	1
Scarf	1	3

**Boy 12 - 15 years**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	2
Cap, summer	1	2
Duffle coat	1	4
Windbreaker, cotton	1	3
Raincoat	1	5
Sweater	1	1
Suit	1	1
Trousers, school	2	2
Jeans	2	1
Shorts	1	3
Shirts, school	3	1
Jersey	3	2
Bathing suit	1	3
<u>Undergarments</u>		
Combinations, winter	1	1
Shorts	3	1
Tops	3	1
Pyjamas, flannel	1	2
Pyjamas, cotton	1	2
<u>Footwear</u>		
Shoes	2	1
Scampers	1	1
Sneakers	1	1
Slippers	1	4
Overshoes	1	2
Socks	6	1
<u>Accessories</u>		
Belt	1	2
Ties	2	1
Gloves	1	1
Scarf, wool	1	3
Handkerchiefs	3	1
Gym suit	1	2

For boys 16 years and over, use schedule for "Men active working"

**Schedule of kinds and amounts of clothing****Man active - working**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	2
Coat, winter	1	5
Coat, lightweight	1	8
Jacket, heavy (parka)	1	5
Suit (2 pr. pants), wool	3	4
Jacket, sports	1	5
Trousers	2	1
Sweater	1	4
Shirts	4	1
Bathing suit	1	4
<u>Undergarments</u>		
Tops	3	1
Shorts	3	1
Pyjamas	2	4
Bathrobe	1	10
<u>Footwear</u>		
Shoes	2	1
Slippers	1	6
Rubbers	1	3
Overshoes, winter	1	3
Socks, wool	6	1
Socks, cotton	4	1
<u>Accessories</u>		
Belt	1	2
Ties	2	1
Handkerchiefs	4	1
Gloves, wool	2	3
Scarf	1	3

**Man inactive**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	2	3
Coat, winter	1	8
Coat, lightweight, spring	1	8
Jacket, heavy (parka)	1	8
Suit (2 pr. pants), wool	1	3
Trousers	3	2
Sweater	1	2
Shirts	5	2
<u>Undergarments</u>		
Combinations, wool	2	2
Combinations, cotton	2	2
Pyjamas	2	2
Bathrobe	1	8
<u>Footwear</u>		
Shoes	1	1
Slippers	1	3
Rubbers	1	4
Overshoes, winter	1	4
Socks, wool	3	1
Socks, cotton	3	1
<u>Accessories</u>		
Belt or suspenders	1	2
Ties	2	2
Gloves, wool	1	3
Handkerchiefs	4	1
Scarf, rayon	1	4

## Appendix IV

**Schedule of kinds and amounts of clothing****Woman active - working**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	1
Hat, summer	1	2
Coat, winter	1	2
Coat, spring & fall	1	4
Suit	1	4
Dress, rayon	2	1
Dress, wool	1	1
Dress, cotton	2	1
Aprons	2	4
Skirt	1	1
Blouses	2	1
Sweater	2	2
Slacks	1	3
Bathing suit	1	3
<u>Undergarments</u>		
Panties, cotton	4	2
Panties, wool mixture	1	1
Bras	2	1
Girdle	2	1
Slips	2	1
Nightgowns, flannel	2	4
Nightgowns, cotton	2	4
Bathrobe	1	4
<u>Footwear</u>		
Shoes, daily wear	2	1
Shoes, dressy	1	1
Slippers	1	2
Rubbers	1	2
Overshoes, winter	2	3
Stockings, nylon	9	1
Stockings, lisle	1	1
Anklets	2	2
<u>Accessories</u>		
Umbrella	1	3
Gloves, lined or wool	2	1
Kerchief	1	1
Purse	2	2
Handkerchiefs	4	1
Scarf, coat	1	1

**Woman active - housewife**

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	1
Hat, summer	1	2
Coat, winter	1	4
Coat, spring & fall	1	4
Sweater	1	2
Dress, rayon	1	1
Dress, wool	1	2
Dress, house	4	3
Dress, cotton	2	3
Aprons	2	4
Skirt	1	1
Blouses	2	2
Slacks	1	3
Bathing suit	1	5
<u>Undergarments</u>		
Panties, cotton	2	1
Panties, wool mixture	1	1
Bras	2	3
Girdle	3	4
Slips	2	2
Nightgowns, flannel	2	4
Nightgowns, cotton	2	4
Bathrobe	1	5
<u>Footwear</u>		
Shoes	2	1
Shoes, dressy	1	2
Slippers	1	2
Rubbers	1	2
Overshoes, winter	1	3
Stockings, nylon	6	1
Stockings, lisle	2	2
Anklets	2	1
<u>Accessories</u>		
Umbrella	1	5
Gloves, lined or wool	2	2
Kerchief	1	2
Purse	1	2
Handkerchiefs	4	1

## Appendix IV

Schedule of kinds and amounts of clothingWomen inactive - 60 years or over

<u>Items</u>	<u>Durability</u>	
	<u>quantity</u>	<u>years</u>
<u>Outer garments</u>		
Hat, winter	1	3
Hat, summer	1	3
Coat, winter	1	8
Coat, spring	1	8
Dress, rayon	1	2
Dress, wool mixture	1	4
Dress, house	2	1
Aprons	2	4
Sweater	1	2
<u>Undergarments</u>		
Vests, wool	2	2
Panties, wool	2	2
Panties, rayon	2	2
Bras	2	4
Nightgowns, flannel	2	4
Nightgowns, cotton	2	2
Girdle	1	3
Slips	3	2
Bathrobe, cotton	1	5
<u>Footwear</u>		
Shoes	1	1
Slippers	1	2
Rubbers	1	3
Overshoes, winter	1	5
Stockings, nylon	2	1
Stockings, silk	3	1
<u>Accessories</u>		
Umbrella	1	5
Gloves, lined or wool	2	4
Purse	1	4
Handkerchiefs	4	1
Scarf, coat	1	2

2.5 Personal care**Schedule of the kinds and amounts of personal care item**

<u>Items</u>	<b>Children</b>		
	0-1 year	2-3 years	4- 6 years
Laundry soap, 3 x 90 g	52	-	-
Borax, 100 g	8	-	-
Baby oil, 592 ml	1	-	-
Sterilized cotton, 12(4" x 4")	1	-	-
Safety pins, card of 4	4	-	-
Nursing bottles, with nipples and caps	4	-	-
Toilet soap, 3 x 90 g	2	6	6
Toothpaste, 130 ml	-	1	1½
Tooth brushes	-	2	2
Comb	-	½	½
Cleansing tissue, 136	6	1	1
Shoe polish, 32 g	-	1	1
Haircuts	-	4	4
Dry cleaning, snow suit	-	2	2

## Appendix V

**Schedule of the kinds and amounts of personal care item**

<u>Items</u>	<u>Girls</u>				<u>Women</u>	
	7-9	10-12	13-15	16-17	housewife	employed
Toilet soap, 3 x 90 g	6	6	6	6	6	6
Toothpaste, 130 ml	2½	2½	2½	2½	2½	2½
Tooth brush	2	2	2	2	2	2
Dressing comb	½	½	½	½	½	½
Bobby pins, card of 60	½	1	1	1	1	1
Cleansing tissue, 136	1	1	1	1	1	1
Nail file 5"	¼	¼	¼	¼	¼	¼
Deodorant, 45 g	-	1	1	1	1	2
Face powder, small	-	-	-	2	1	2
Lipstick	-	-	1	1	2	2
Permanent refills	-	-	-	2	2	3
Sanitary napkins, 18	-	6	12	12	12	12
Shoe polish, 32 g	1	1	1	1	1	1
Haircuts	4	4	5	6	6	8
<u>Dry cleaning</u>						
Coat	2	2	2	2	2	2
Skirt	-	1	1	1	-	2
Dress	-	-	-	1	1	2

## Appendix V

Schedule of the kinds and amounts of personal care item

<u>Items</u>	<u>Boys</u>			<u>Men</u>	
	<u>7-12</u>	<u>13-15</u>	<u>16-17</u>	<u>unemployed</u>	<u>employed</u>
Toilet soap, 3 x 90 g	6	6	6	6	6
Toothpaste, 130 ml	2½	2½	2½	2½	2½
Tooth brush	2	2	2	2	2
Dressing comb	½	½	½	½	½
Cleansing tissue, 136	1	1	1	1	1
Nail file, 5"	¼	¼	¼	¼	¼
Shaving soap	-	1	2	4	4
Shaving brush	-	¼	¼	¼	¼
Razor, safety	-	½	½	½	½
Razor blades, 10	-	1	3	7	7
Shoe polish, 32 g	1	1	1	1	1
Haircuts	12	12	12	12	12
<u>Dry cleaning</u>					
Coat	-	-	-	1	1
Suit	1	1	2	2	4
Heavy jacket	1	1	1	-	1
Hat	-	-	-	1	1

2.6 Household supplies**Schedule of the kinds and amounts of household supplies for one year for a family of 5**

From this schedule which represents the needs for a family of five persons, one person's allowance can be determined.

<u>Item</u>	<u>Quantity</u>	<u>Item</u>	<u>Quantity</u>
Aspirin tablets, 100	3	Laundry starch 567 g	12
Soda-mint tablets, 100	2	Clothes pins, 50	½
Milk of magnesia, 769 ml	3	Scrub brush	1
Tincture of iodine, 25 ml	1	Mop head	1
Camphorated oil, 100 ml	1	Toilet tissue, 8 r/2 ply	24
Oil of wintergreen, .15 ml	2	Wooden matches, 2 box of 250	6
Chloroform liniment, 145 ml	1	Electric bulbs, 4 x 60 watts	1½
Rubbing alcohol, 500 ml	2	Broom, corn	1
Petroleum jelly, 100 g	1	Whisk broom, corn	½
Absorbent cotton, 113g	2	Needles, 20	1
Adhesive tape, 1.25 cm x 4.5 m	1	Thread, 1,500 meters	2
Gauze bandage, 5 cm x 9 m	1	Darning cotton, 100 meters	2
Laundry soap, 3 x 90 g	52	Dress snaps, 8	1
Detergent, 1.4 Kg	7	Hooks and eyes, 14	1
Bleach, 3 L	4	Tacks, 50 units	1
Scouring powder, 400 g	12	Glue, 150 ml	1
Spot cleaner, 650 g	1	Safety pins, assorted 50	1



2.7 Utilities**Quantity of utility required per month, by family size**

FAMILY SIZE	NUMBER OF ROOMS	ELECTRICITY * Lighting, refrigeration, small appliances	GAS ** Cooking, water heating (bath, laundry)
1	1½ - 2	75 Kwh.	900 cu. ft.
2	3	106 Kwh.	1000 cu. ft.
3	4	138 Kwh.	1200 cu. ft.
4	4	183 Kwh.	1300 cu. ft.
5	5	207 Kwh.	1500 cu. ft.
6	5	246 Kwh.	1800 cu. ft.
7	6	276 Kwh.	2000 cu. ft.
8	6	306 Kwh.	2300 cu. ft.

\* Hydro-Quebec supplied information for electrical requirements.

\*\* The Gaz Metropolitan Inc. supplied information for gas requirements for cooking and side-arm water heating for households of 1, 4 and 7 persons from which the probable use for household of intermediate number of persons was determined.

2.8 Heating**Quantity of fuel needed to heat the home, by family size**

FAMILY SIZE	NUMBER OF ROOMS	QUANTITY OF FUEL
1	2	220 gal.
2	3	330 gal.
3	4	440 gal.
4	4	440 gal.
5	5	550 gal.
6	5	550 gal.
7	6	660 gal.
8	6	660 gal.

The yearly fuel requirements for distillate stove oil for space heating were estimated at the rate of 110 gallons per room taken as the average consumption needs with consideration given to location and exposure.

When central heating is used in a house, fuel requirements increase to 150 gallons per room.

## ALLOWANCES FOR INDIVIDUAL BASIC NEEDS

table I

### 3,1 Rent

**IMPORTANT:** To calculate a family's Budget for Basic Needs, one should use the amount of rent the family is actually paying.

The following table shows, only for use as an estimate, the average rental cost in Montreal. The two first data derive from the results of a rental survey conducted by the Montreal Diet Dispensary on the fall of 1992 for non-subsidized units while the third comes from the Canadian Mortgage and Housing Corporation (CMHC) Rental Market Report for the Montreal Census Metropolitan Area. The Dispensary rent allowances were adjusted for June 2015 using the average increase rate for each unit size reported in the October 2014 CMHC Rental Market Report.

<b>Average Rental Cost in Montreal, in 2015</b>			
<b>SIZE OF THE UNITS</b>	<b>THE MDD STUDY *</b>		<b>CMHC **</b>
	<b>NON HEATED</b>	<b>HEATED</b>	
	(\$)	(\$)	(\$)
Bachelor (1½ - 2½ rooms)	554	564	569
1 bedroom (3½ rooms)	567	587	655
2 bedroom (4½ rooms)	593	646	739
3 bedrooms (5½ rooms)	654	738	898
4 bedrooms (6½ rooms)	758	852	898

\* based on a survey conducted by the Montreal Diet Dispensary during the 1992 fall.

\*\* Canadian Mortgage and Housing Corporation, October 2014

N.B. No distinction is made between non heated and heated rentals in the CMHC report

table II

### 3,2 Water tax

When this tax applies, which is no longer the case in Montreal, it must be included in the Budget for Basic Needs.

table III a

3,3 Food

In Budgeting for Basic Needs, the amounts required for food for each family member correspond to the "Cost of the Nutritious Food Basket" published by the Dispensary. These amounts are obtained from the list of foods included in the basket and represent the cost of these foods in the Montreal area in May 2015. To calculate the basic needs of a family of four people, the amounts corresponding to the sex and age of each member of the family are added.

**IMPORTANT:** The following adjustments must be made when family size is less than four:

- 5% is added for a family of three people;
- 10% is added for a family of two people;
- 20% is added for a single person.

**Cost of the Nutritious Food Basket - May 2015**

SEX	AGE	DAILY COST (\$)	WEEKLY COST (\$)	MONTHLY COST (\$)
<b>Child</b>	6 - 11 months	4,36	30,50	132,17
	1- 3 years	4,90	34,30	148,63
<b>Boy/Man</b>	4- 8	6,38	44,64	193,44
	9-13	8,16	57,11	247,48
	14-18	9,66	67,61	292,98
	19-30	9,01	63,09	273,39
	31-50	8,57	59,98	259,91
	51-70	8,30	58,07	251,64
	>70	7,97	55,79	241,76
<b>Girl/Women</b>	4- 8	6,07	42,50	184,17
	9-13	7,60	53,21	230,58
	14-18	7,89	55,21	239,24
	19-30	7,78	54,43	235,86
	31-50	7,60	53,18	230,45
	61-70	7,42	51,95	225,12
	>70	7,10	49,73	215,50
<b>Pregnant</b>	≤18	9,14	63,99	277,29
	19-30	8,84	61,90	268,23
	31-50	8,72	61,07	264,64
<b>Lactating</b>	≤18	8,89	62,21	269,58
	19-30	8,84	61,90	268,23
	31-50	8,75	61,27	265,50

table III b

3,3 Food (continued)

This table takes into account the adjustment to be made, according to the size of family, to the Cost of the Nutritious Food Basket for each sex and age group.

<b>Cost of the Nutritious Food Basket, according to family size (May 2015)</b>				
<b>FAMILY SIZE</b>	<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4 and +</b>
<b>SEX/AGE</b>	<b>(\$)</b>	<b>(\$)</b>	<b>(\$)</b>	<b>(\$)</b>
<b>CHILD</b>				
0-1		145,38	138,78	132,17
2-3		163,50	156,07	148,63
4-5		212,78	203,11	188,80
<b>GIRL</b>				
6		202,58	193,38	184,17
7-9		202,58	193,38	184,17
10-11	276,69	253,63	242,11	230,58
12	276,69	253,63	242,11	230,58
13-15	287,09	263,17	251,21	239,24
16-18	287,09	263,17	251,21	239,24
<b>BOY</b>				
6		212,78	203,11	193,44
7-9		212,78	203,11	193,44
10-11		272,22	259,85	247,48
12		272,22	259,85	247,48
13-15	351,57	322,27	307,63	292,98
16-18	351,57	322,27	307,63	292,98
<b>WOMAN</b>				
housewife	279,79	256,47	244,81	233,16
pregnant	321,88	295,06	281,65	268,23
lactating	321,88	295,06	281,65	268,23
employed	279,79	256,47	244,81	233,16
retired	264,37	242,34	231,32	220,31
<b>MAN</b>				
employed	319,98	293,32	279,98	266,65
retired	296,04	271,37	259,03	246,70

\* The recommended adjustment is include

3,4 Clothing

The clothing allowances are taken from the "Individual Minimum Adequate Clothing Costs" published by the MDD in October 1959 <sup>1</sup>. These costs were adjusted for June 2015 prices, using the clothing index for Quebec. These costs include a 5% federal sales tax and a 9.5% provincial sales tax.

**Individual Minimum Adequate Clothing Costs, in June 2015**

SEX/AGE	MONTHLY COST (\$)	ANNUAL COST (\$)
<b>CHILD</b>		
0-1 year	20,95	251,41
2-5 years	29,04	348,51
<b>GIRL</b>		
6-11 years	36,86	442,34
12-15 years	49,70	596,36
<b>BOY</b>		
6-11 years	41,50	498,00
12-15 years	45,36	544,29
<b>WOMAN</b>		
employed	63,07	756,88
housewife	41,87	502,47
retired	25,26	303,09
<b>MAN</b>		
employed	49,72	596,69
retired	32,66	391,98

1. The original prices for the clothing item were taken from the T. Eaton Ltd and Simpsons Sears Ltd catalogues.

3,5 Personal care

The allowances for personal care item were obtained by the Dispensary, pricing the schedule for the kinds and amounts of personal care item in the Montreal area in June 2014, including the 5% federal and a 9.5% provincial sales taxes. In the present edition, these costs were adjusted for June 2015 using the index "Personal care", "Dry cleaning services" and "Hair services" for Quebec (Statistics Canada)

**Minimum Adequate Personal Care Costs, in June 2015**

SEX/AGE	MONTHLY COST (\$)	ANNUAL COST (\$)
<b>CHILD</b>		
0-1 year	21,62	259,43
2-3 years *	10,46	125,55
4-6 years	10,57	126,87
<b>GIRL *</b>		
7-9 years	11,87	142,41
10-12 years	19,85	238,23
13-15 years	25,77	309,23
16-17 years	32,91	394,91
<b>BOY</b>		
7-12 years	20,11	241,30
13-15 years	27,62	331,41
16-17 years	31,93	383,14
<b>WOMAN *</b>		
employed	41,65	499,79
housewife	32,36	388,34
<b>MAN</b>		
employed	45,49	545,92
retired	41,72	500,61

\* The number of hair cuts has been adjusted in June 1999 and 2001

table VI

3,6 Household supplies

The allowances for household supplies were calculated by the Dispensary, pricing the schedule for the Minimum Adequate Household Supplies for a family of five in the Montreal area, in June 2014, including the 5% federal and 9,5% provincial sales taxes. In the present edition, these costs were adjusted for June 2015 using the index "Household cleaning products" and "Non-prescribed medicines". N.B. For the individual living alone, the allowance is equal to 30% of the monthly cost of the family of five.

<b>Minimum Adequate Household Supplies Costs, in June 2015</b>			
<b>FAMILY SIZE</b>	<b>ANNUAL COST (\$)</b>	<b>MONTHLY COST (\$)</b>	<b>MONTHLY COST PER PERSON (\$)</b>
1	203,75	16,98	16,98
2	271,66	22,64	11,32
3	407,49	33,96	11,32
4	543,33	45,28	11,32
5	679,16	56,60	11,32
6	814,99	67,92	11,32
7	950,82	79,24	11,32
8	1086,65	90,55	11,32



table VII

3,7

Utilities

The allowances for utilities were calculated by Hydro-Québec's and Gaz Métropolitain's representatives. These costs are an estimate for the Montreal area in 2015. They include a 5% federal sales tax and a 9.5% provincial sales tax.

**Minimum Adequate Utilities Costs, in 2015**

FAMILY SIZE	NUMBER OF ROOMS	MONTHLY COST PER FAMILY (\$)	MONTHLY COST PER PERSON (\$)
1	1-2	68,60	68,60
2	3	74,66	37,33
3	4	102,04	34,01
4	4	108,07	27,02
5	5	113,61	22,72
6	5	122,22	20,37
7	6	128,14	18,31
8	6	135,86	16,98

table VIII

3,8

Heating

Allowances for fuel were calculated by the Dispensary using the local fuel price for distillate stove oil in 2015. These costs include a 5% federal sales tax and a 9,5% provincial sales tax.

**Minimum Adequate Heating Costs, in 2015**

FAMILY SIZE	NUMBER OF ROOM	ANNUAL COST (\$)	MONTHLY COST HEATING SEASON (8 months) (\$)	MONTHLY COST PER PERSON *
1	2	988,90	123,61	123,61
2	3	1 483,36	185,42	92,71
3	4	1 977,81	247,23	82,41
4	4	1 977,81	247,23	61,81
5	5	2 472,26	309,03	61,81
6	5	2 472,26	309,03	51,51
7	6	2 966,71	370,84	52,98
8	6	2 966,71	370,84	46,35

\* per month of heating season

## BUDGETING FOR BASIC NEEDS PER SEX AND AGE GROUP

### 4,1 Description

In this chapter is presented a simplified method provided by tables of allowances for individuals to cover all basic needs according to size of family, sex, age of children and adult occupation. Each table presents specific characteristics on rent:

table IX : *includes fuel* for heating the home and, therefore, is recommended for eight months, from October to May.

table X : *Does not include fuel* for heating the home and is therefore recommended for use during the summer months, or for cases where heating is included in the rent.

table XI: *Does not include fuel and utilities* and is recommended when these items are included in the rent.

table XII: *Does not include household supplies, fuel and utilities.*

Using these tables, one can quickly calculate the Budget for Basic Needs of one family. Information required to do so is:

- size of family;
- sex and age of adults and children, activity of adults;
- shelter cost;
- what, if any, basic requirements are included in the cost of another item, e.g. utilities or fuel included in the rent.

#### Example of budgeting individual allowances from table IX:

Basic needs of the family	. Mother	\$407,53
	. Boy 14 years old	\$466,10
	. Girl 9 years old	\$333,04
	. Girl 4 years old	\$328,56
Total (without rent)		\$1 535,23
Rent		\$898,00
Total (with rent)		\$2 433,23

table IX

## 4.2 All allowances except rent

**Individual monthly allowances by family size for food,  
clothing, personal care, household supplies, utilities and fuel**

SEX/AGE	FAMILY SIZE							
	1 (\$)	2 (\$)	3 (\$)	4 (\$)	5 (\$)	6 (\$)	7 (\$)	8 (\$)
<b>CHILD</b>								
0- 1 year		329,31	309,08	274,88	270,59	257,93	257,34	249,39
2- 3 years		344,36	323,31	288,28	283,99	271,33	270,74	262,79
4- 5 years		393,76	370,47	328,56	324,27	311,61	311,02	303,08
<b>GIRL</b>								
6 years		391,37	368,55	331,74	327,45	314,80	314,20	306,26
7- 9 years		392,67	369,84	333,04	328,74	316,09	315,50	307,55
10-11 years		451,71	426,56	387,43	383,14	370,49	369,89	361,95
12 years		464,54	439,39	400,27	395,97	383,32	382,73	374,78
13-15 years		479,99	454,41	414,85	410,56	397,90	397,31	389,37
16-18 years	592,26	500,51	474,93	435,37	431,07	418,42	417,83	409,88
<b>BOY</b>								
6 years		406,21	382,92	345,66	341,36	328,71	328,11	320,17
7- 9 years		415,75	392,46	355,19	350,90	338,24	337,65	329,71
10-11 years		475,19	449,20	409,23	404,93	392,28	391,69	383,74
12 years		479,05	453,06	413,09	408,79	396,14	395,54	387,60
13-15 years		536,61	508,34	466,10	461,80	449,15	448,55	440,61
16-18 years	642,41	545,28	517,02	474,77	470,48	457,83	457,23	449,29
<b>WOMAN</b>								
housewife	563,21	472,06	446,79	407,53	403,24	390,59	389,99	382,05
pregnant	605,30	510,65	483,62	442,61	438,32	425,66	425,07	417,12
lactating		510,65	483,62	442,61	438,32	425,66	425,07	417,12
employed	593,70	502,55	477,28	438,02	433,73	421,07	420,48	412,54
retired	531,18	441,31	416,68	378,07	373,77	361,12	360,53	352,58
<b>MAN</b>								
employed	624,39	529,89	502,94	462,01	457,72	445,06	444,47	436,53
retired	579,61	487,11	461,15	421,22	416,93	404,27	403,68	395,74

4.3 All allowances except rent and heating

**Individual monthly allowances by family size for food,  
clothing, personal care, household supplies and utilities**

SEX/AGE	FAMILY SIZE							
	1 (\$)	2 (\$)	3 (\$)	4 (\$)	5 (\$)	6 (\$)	7 (\$)	8 (\$)
<b>CHILD</b>								
0- 1 year		236,60	226,68	213,07	208,78	206,43	204,36	203,04
2- 3 years		251,65	240,90	226,47	222,18	219,83	217,76	216,44
4- 5 years		301,05	288,06	266,76	262,46	260,11	258,04	256,72
<b>GIRL</b>								
6 years		298,66	286,14	269,94	265,64	263,29	261,23	259,90
7- 9 years		299,96	287,44	271,23	266,94	264,59	262,52	261,20
10-11 years		359,00	344,15	325,63	321,33	318,98	316,92	315,59
12 years		371,83	356,99	338,46	334,17	331,82	329,75	328,43
13-15 years		387,28	372,00	353,05	348,75	346,40	344,33	343,01
16-18 years	468,65	407,80	392,52	373,56	369,27	366,92	364,85	363,53
<b>BOY</b>								
6 years		313,50	300,52	283,85	279,55	277,20	275,14	273,81
7- 9 years		323,04	310,05	293,39	289,09	286,74	284,67	283,35
10-11 years		382,48	366,79	347,42	343,13	340,78	338,71	337,39
12 years		386,34	370,65	351,28	346,98	344,63	342,57	341,24
13-15 years		443,90	425,93	404,29	399,99	397,64	395,58	394,25
16-18 years	518,80	452,57	434,61	412,97	408,67	406,32	404,25	402,93
<b>WOMAN</b>								
housewife	439,60	379,35	364,38	345,73	341,43	339,08	337,01	335,69
pregnant	481,69	417,94	401,21	380,80	376,51	374,16	372,09	370,77
lactating		417,94	401,21	380,80	376,51	374,16	372,09	370,77
employed	470,08	409,84	394,87	376,21	371,92	369,57	367,50	366,18
retired	407,56	348,60	334,27	316,26	311,97	309,62	307,55	306,23
<b>MAN</b>								
employed	500,77	437,18	420,53	400,21	395,91	393,56	391,49	390,17
retired	455,99	394,40	378,75	359,42	355,12	352,77	350,70	349,38

## 4.4 All allowances except rent , heating and utilities

**Individual monthly allowances by family size for food,  
clothing, personal care and household supplies**

SEX/AGE	FAMILY SIZE			
	1 (\$)	2 (\$)	3 (\$)	4 and + (\$)
<b>CHILD</b>				
0- 1 year		199,27	192,66	186,06
2- 3 years		214,32	206,89	199,46
4- 5 years		263,72	254,05	239,74
<b>GIRL</b>				
6 years		261,34	252,13	242,92
7- 9 years		262,63	253,42	244,21
10-11 years		321,67	310,14	298,61
12 years		334,50	322,97	311,45
13-15 years		349,95	337,99	326,03
16-18 years	400,05	370,47	358,51	346,55
<b>BOY</b>				
6 years		276,18	266,50	256,83
7- 9 years		285,71	276,04	266,37
10-11 years		345,15	332,78	320,40
12 years		349,01	336,64	324,26
13-15 years		406,57	391,92	377,27
16-18 years	450,20	415,25	400,60	385,95
<b>WOMAN</b>				
housewife	371,00	342,02	330,37	318,71
pregnant	413,09	380,61	367,20	353,79
lactating		380,61	367,20	353,79
employed	401,49	372,51	360,86	349,20
retired	338,97	311,28	300,26	289,25
<b>MAN</b>				
employed	432,18	399,85	386,52	373,19
retired	387,40	357,07	344,73	332,40

table XII

4.5 All allowances except rent , heating, utilities and household supplies

**Individual monthly allowances by family size for food,  
clothing and personal care**

SEX/AGE	FAMILY SIZE			
	1 (\$)	2 (\$)	3 (\$)	4 and + (\$)
<b>CHILD</b>				
0- 1 year		187,95	181,35	174,74
2- 3 years		203,00	195,57	188,14
4- 5 years		252,40	242,73	228,42
<b>GIRL</b>				
6 years		250,02	240,81	231,60
7- 9 years		251,31	242,10	232,90
10-11 years		310,35	298,82	287,29
12 years		323,18	311,65	300,13
13-15 years		338,63	326,67	314,71
16-18 years	383,07	359,15	347,19	335,23
<b>BOY</b>				
6 years		264,86	255,18	245,51
7- 9 years		274,39	264,72	255,05
10-11 years		333,83	321,46	309,08
12 years		337,69	325,32	312,94
13-15 years		395,25	380,60	365,95
16-18 years	433,22	403,93	389,28	374,63
<b>WOMAN</b>				
housewife	354,02	330,71	319,05	307,39
pregnant	396,11	369,29	355,88	342,47
lactating		369,29	355,88	342,47
employed	384,51	361,19	349,54	337,88
retired	321,99	299,96	288,94	277,93
<b>MAN</b>				
employed	415,20	388,53	375,20	361,87
retired	370,42	345,75	333,41	321,08

**Second Part**

**BUDGETING FOR MINIMUM ADEQUATE STANDARD OF LIVING**

**STANDARDS, GOODS AND SERVICES AND ALLOWANCES NEEDED  
TO MEET MINIMUM ADEQUATE STANDARD OF LIVING**

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5,1 Personal allowances

This allowance is based on "A Guide to Family Spending in Toronto" (1949) prepared by the Welfare Council of Greater Toronto. It allows for spending money on such things as stationary postage and other sundries. These costs were adjusted for June 2015 prices using the "All items index" for Quebec (Statistics Canada).

**Monthly allowances per person to meet the needs  
for personal allowances, according to age**

AGE	MONTHLY COST (\$)
3 - 9 years	2,13
10 - 13 years	4,07
14 - 16 years	6,14
17 - 18 years	10,26
Adult unemployed	20,46
Adult employed	40,85

5,2 Reading materiel

The June 2014 price for one daily newspaper was adjusted for June 2015 using the formation and reading materiel index for Quebec

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Cost per month	24,18
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### 5,3 Telephone

The Bell Canada price in June 2014 was adjusted for June 2015 using the telephone index for Quebec.

Cost per month	47,10
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### 5,4 Transportation

The standard allows for one bus pass for the wage earner to go to work, two bus fares for the housewife to go shopping once a week and 20 single fares for family outing at current rate.

FAMILY SIZE	COST PER MONTH (\$)
1	82,00
2 or more	174,95

### 5,5 Furniture and repairs

This allowance derived from data supplied by Statistics Canada (Consumers Income and Expenditure Division, Family Expenditure Section, in June 1979) and was updated in June 2015 using the household furnishings index for Quebec (Statistics Canada).

FAMILY SIZE	COST PER MONTH (\$)
1	10,09
2	27,16
3 or more	54,23

### 5,6 Entertainment

This is an allowance towards food costs for entertaining family and friends taken from "A Guide to family Spending in Toronto 1949". These costs were updated using the food index for Quebec for June 2015 (Statistics Canada)

FAMILY SIZE	COST PER MONTH (\$)
1	8,89
2	10,95
3	13,00
4	15,09
5	17,70
6	19,22
7	21,36
8	23,40

### 5,7 Recreation

This allowance covers membership dues and is taken from "A Guide to family Spending in Toronto 1949 ". These costs were updated using recreation index Quebec in June 2015 (Statistics Canada).

AGE	COST PER MONTH (\$)
6 - 12	4,09
13 - 18	6,73
Adult	6,73

### 5,8 Religion

This allowance is taken from "A Guide to Family Spending in Toronto 1949" and was revised in June 2015 (Statistics Canada).

AGE	COST PER MONTH (\$)
Child	2,57
Adult	7,74

### 5,9 Replacements

The standard covers the replacement of only minor and absolutely necessary items such as dishes, utensils or linen. The allowances selected were supplied by the Family Service Association in 1953. The costs were adjusted for June 2015 prices using the "All items index" for Quebec (Statistics Canada).

FAMILY SIZE	COST PER MONTH (\$)
1	4,06
2 or more	24,50

### 5.10 School supplies

This allowance is to cover workbooks, sundries, activity fees and sportswear for children in grades 1 to 6 and, for High School students, carfare, locks and a yearbook are added. The schedule was revised with the assistance of school boards in the Montreal region in September 1986 and updated using the appropriate index for Quebec in June 2015 (Statistics Canada).

AGE	ANNUAL COST (\$)	MONTHLY COST (\$)
Grade 1 to 6	252,62	21,05
High school	730,65	60,89

**BUDGETING FOR MINIMUM ADEQUATE STANDARD OF LIVING  
PER AGE AND SEX GROUP**

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6,1 Introduction

This chapter provides a simplified method to calculate total allowances for individuals to cover all 16 basic needs (other than shelter) as previously described, according to family size and age, using the following tables:

table XIII:        *includes fuel* and is therefore recommended for use in the 8 months, from October through May.

table XIV:        *does not include fuel* and is therefore recommended for use during the summer months or for cases where heating is included in the rent

Examples of calculation for a family of 4, using table XIII

Mother	\$527,47
Boy of 14 years	\$627,43
Girl of 9 years	\$447,89
Girl of 4 years	\$439,32
Total (without rent)	\$2 042,12
Shelter	\$898,00
Total (with rent)	\$2 940,12

Two other tables are also presented in this chapter.

table XV :        Example of cost of individual allowances for each need, indicating the total cost and total monthly income needed for various family compositions.

table XVI :        Examples of cost of allowances and total cost for the elderly.

## 6.2 All allowances except rent

**Individual monthly allowances for minimum adequate standard of  
living for all allowances except rent**

SEX/AGE	FAMILY SIZE							
	1 (\$)	2 (\$)	3 (\$)	4 (\$)	5 (\$)	6 (\$)	7 (\$)	8 (\$)
<b>CHILD</b>								
0- 1 year		483,73	421,74	359,89	339,12	315,30	306,81	292,94
2- 3 years		498,78	435,96	373,29	352,52	328,70	320,22	306,34
4- 5 years		573,93	508,87	439,32	418,55	394,73	386,24	372,37
<b>GIRL</b>								
6 years		575,64	511,04	446,60	425,82	402,00	393,52	379,64
7- 9 years		576,93	512,34	447,89	427,12	403,30	394,81	380,94
10-11 years		637,91	570,99	504,23	483,45	459,63	451,15	437,27
12 years		690,58	623,66	556,90	536,12	512,30	503,82	489,94
13-15 years		710,73	643,38	576,19	555,41	531,59	523,11	509,23
16-18 years	849,03	735,37	668,02	600,82	580,05	556,23	547,74	533,87
<b>BOY</b>								
6 years		590,48	525,42	460,51	439,73	415,91	407,43	393,56
7- 9 years		600,01	534,95	470,05	449,27	425,45	416,97	403,09
10-11 years		661,39	593,63	526,02	505,25	481,42	472,94	459,07
12 years		705,08	637,33	569,72	548,94	525,12	516,64	502,76
13-15 years		767,35	697,32	627,43	606,65	582,83	574,35	560,48
16-18 years	899,18	780,15	710,11	640,23	619,45	595,63	587,15	573,27
<b>WOMAN</b>								
housewife	774,46	661,41	594,37	527,47	506,70	482,87	474,39	460,52
pregnant	816,55	700,00	631,20	562,55	541,77	517,95	509,47	495,60
lactating		700,00	631,20	562,55	541,77	517,95	509,47	495,60
employed	825,34	712,29	645,25	578,35	557,58	533,75	525,27	511,40
retired	742,42	630,66	564,26	498,01	477,23	453,41	444,93	431,05
<b>MAN</b>								
employed	856,03	739,63	670,91	602,34	581,57	557,75	549,26	535,39
retired	790,86	676,45	608,73	541,16	520,38	496,56	488,08	474,21

6.3 All allowances except rent and heating

**Individual monthly allowances for minimum adequate standard of  
living for all allowances except rent and fuel**

SEX/AGE	FAMILY SIZE							
	1 (\$)	2 (\$)	3 (\$)	4 (\$)	5 (\$)	6 (\$)	7 (\$)	8 (\$)
<b>CHILD</b>								
0- 1 year		391,02	339,33	298,09	277,31	263,79	253,84	246,58
2- 3 years		406,07	353,55	311,49	290,71	277,19	267,24	259,99
4- 5 years		481,22	426,46	377,52	356,74	343,22	333,27	326,01
<b>GIRL</b>								
6 years		482,93	428,63	384,79	364,01	350,50	340,54	333,29
7- 9 years		484,22	429,93	386,09	365,31	351,79	341,84	334,58
10-11 years		545,20	488,58	442,42	421,64	408,12	398,17	390,92
12 years		597,87	541,26	495,09	474,32	460,80	450,84	443,59
13-15 years		618,02	560,98	514,38	493,60	480,08	470,13	462,88
16-18 years	725,41	642,66	585,61	539,02	518,24	504,72	494,77	487,51
<b>BOY</b>								
6 years		497,77	443,01	398,70	377,93	364,41	354,45	347,20
7- 9 years		507,30	452,55	408,24	387,46	373,94	363,99	356,74
10-11 years		568,68	511,22	464,21	443,44	429,92	419,97	412,71
12 years		612,38	554,92	507,91	487,13	473,61	463,66	456,41
13-15 years		674,64	614,91	565,62	544,85	531,33	521,37	514,12
16-18 years	775,56	687,44	627,70	578,42	557,64	544,12	534,17	526,92
<b>WOMAN</b>								
housewife	650,84	568,70	511,96	465,66	444,89	431,37	421,42	414,16
pregnant	692,94	607,29	548,79	500,74	479,97	466,45	456,49	449,24
lactating		607,29	548,79	500,74	479,97	466,45	456,49	449,24
employed	701,73	619,58	562,84	516,55	495,77	482,25	472,30	465,04
retired	618,81	537,95	481,85	436,20	415,43	401,91	391,95	384,70
<b>MAN</b>								
employed	732,42	646,92	588,50	540,54	519,76	506,24	496,29	489,03
retired	667,24	583,74	526,32	479,35	458,58	445,06	435,10	427,85

## 6.4 Examples of family budgets

**Cost of Needs (\$) According to Family Size**  
vs  
**Governments' Allowances**

FAMILY SIZE	3	4	4	5	6
. adults *	2	2	2	2	2
. children : Girl / Boy	G	B,G	G,B	G,G,B	B,G,G,B
age	2	4,6	8,14	6,10,12	4,8,10,12
RENT (# of rooms)	4	4	4	5	5
<i>Needs for Adequate Standard of Living</i>					
Rent	592,76	592,76	592,76	653,81	653,81
Electricity & gas	102,04	108,07	108,07	113,61	122,22
Fuel **	247,23	247,23	247,23	309,03	309,03
Food	680,86	872,78	976,95	1162,03	1350,83
Clothing	120,64	157,50	173,82	210,68	239,72
Personal care	88,32	99,00	117,34	128,39	140,26
Household supplies	33,96	45,28	45,28	56,60	67,92
Replacement items	24,50	24,50	24,50	24,50	24,50
Carfare - to work	82,00	82,00	82,00	82,00	82,00
Carfare - other	92,95	92,95	92,95	92,95	92,95
Newspaper	24,18	24,18	24,18	24,18	24,18
School supplies		21,05	81,94	102,99	102,99
Religion	15,47	20,60	20,60	23,17	25,73
Recreation	13,45	17,55	24,27	25,73	25,73
Entertainment	13,00	15,09	15,09	17,70	19,22
Personal allowances	61,32	65,58	69,59	71,59	73,72
Telephone	47,10	47,10	47,10	47,10	47,10
Furniture, repairs	54,23	54,23	54,23	54,23	54,23
<b>Total</b>	<b>2294,00</b>	<b>2587,44</b>	<b>2797,90</b>	<b>3200,28</b>	<b>3456,15</b>
<i>Governments' Allowances in 2015</i>					
Employment Assistance *** <i>p</i>	936-1373	936-1373	936-1373	936-1373	936-1373
Canada Child Tax Benefits <i>f</i>	312,49	603,07	603,07	894,06	1185,05
Child Assistance <i>p</i>	197,17	98,50	98,50	98,50	147,83
Universal Child Care Benefit <i>f</i>	160,00	220,00	120,00	180,00	340,00
GST Credit <i>f</i>	57,25	69,17	69,17	81,08	93,00
Solidarity Tax Credit <i>p</i>	69,54	76,40	76,40	84,17	92,45
<b>Total (minimum)</b>	<b>1732,00</b>	<b>2003,00</b>	<b>1903,00</b>	<b>2274,00</b>	<b>2794,00</b>
<b>Total (maximum)</b>	<b>2169,00</b>	<b>2440,00</b>	<b>2340,00</b>	<b>2711,00</b>	<b>3231,00</b>

\* man working and housewife

\*\* during eight months

\*\*\* welfare

*p* provincial government*f* federal government

## 6.4 Examples of single-parent family budgets

## Cost of Needs (\$) According to Family Size

vs

## Governments' Allowances

FAMILY SIZE	2	3	4
. adult *	1	1	1
. children : Girl / Boy	G	B,G	G,G,B
age	2	4,6	6,10,12
RENT( # of rooms)	3	4	5
<i>Needs for Adequate Standard of Living</i>			
Rent	566,74	592,76	653,81
Electricity & gas	74,66	102,04	113,61
Fuel **	185,42	247,23	309,03
Food	419,97	641,30	895,38
Clothing	70,92	107,78	160,95
Personal care	42,82	53,51	82,90
Household supplies	22,64	33,96	45,28
Replacement items	24,50	24,50	24,50
Carfare	82,00	82,00	174,95
Newspaper	24,18	24,18	24,18
School supplies		21,05	102,99
Religion	7,74	12,87	15,43
Recreation	6,73	10,82	19,00
Entertainment	10,95	13,00	15,09
Personal allowances	20,46	24,72	30,73
Telephone	47,10	47,10	47,10
Furniture, repairs	27,16	54,23	54,23
<b>Total</b>	<b>1633,98</b>	<b>2093,04</b>	<b>2769,17</b>
<i>Governments' Allowances in 2015</i>			
Employment Assistance *** <i>p</i>	604-918	604-918	604-918
Canada Child Tax Benefits <i>f</i>	312,49	603,07	894,06
Child Assistance <i>p</i>	266,33	167,67	167,67
Universal Child Care Benefit <i>f</i>	160,00	220,00	180,00
GST credit <i>f</i>	57,25	69,17	81,08
Solidarity Tax Credit <i>p</i>	50,92	55,96	62,82
School fee allowance	0,00	76,00	275,00
<b>Total (mimimum)</b>	<b>1451,00</b>	<b>1796,00</b>	<b>2265,00</b>
<b>Total (maximum)</b>	<b>1765,00</b>	<b>2110,00</b>	<b>2579,00</b>

\* housewife not pregnant *p* provincial government\*\* during eight months *f* federal government

\*\*\* welfare



table XVII

6.5 Examples for the elderly

<b>Cost of Needs (\$) According to Family Size</b>			
vs			
<b>Governments' Allowances</b>			
FAMILY SIZE	2	1	1
. adults (65 +)	COUPLE	MAN	WOMAN
RENT (# of rooms)	3	1	1
<i>Needs for Adequate Standard of Living</i>			
Rent	566,74	554,40	554,40
Electricity & gas	74,66	68,60	68,60
Fuel **	185,42	123,61	123,61
Food	513,70	296,04	264,37
Clothing	57,92	32,66	25,26
Personal care	74,08	41,72	32,36
Household supplies	22,64	16,98	16,98
Replacement items	24,50	4,06	4,06
Carfare	98,50	49,25	49,25
Newspaper	24,18	24,18	24,18
Religion	15,47	7,74	7,74
Recreation	13,45	6,73	6,73
Entertainment	10,95	8,89	8,89
Personal allowances	40,93	20,46	20,46
Telephone	47,10	47,10	47,10
Furniture, repairs	27,16	10,09	10,09
<b>Total</b>	<b>1797,41</b>	<b>1312,51</b>	<b>1264,08</b>
<i>Governments' Allowances in 2015</i>			
Old Age Security and Guaranteed Income Supplement <i>f</i>	1652-2165	1060-1343	1060-1343
Quebec Pension Plan <i>p</i>	0,00	0,00	0,00
GST credit <i>f</i>	45,33	34,58	34,58
Solidarity Tax Credit <i>p</i>	64,50	50,42	50,42
<b>Total (average)</b>	<b>1762,00</b>	<b>1145,00</b>	<b>1145,00</b>
<b>Total (maximum)</b>	<b>2275,00</b>	<b>1428,00</b>	<b>1428,00</b>

\*\* during eight months

*f* federal government*p* according to contribute to QPP

**Family monthly allowance to ensure a minimum adequate standard of living – *Financial Eligibility Table for Food Supplementation***

This table presents a summary of the income required to meet the minimum basic needs of pregnant women's families, according to the size of the family size and whether it is a two- or one-parent family. It is used at the Dispensary to establish clients' eligibility to food supplements, which explains why it is titled *Financial Eligibility Table for Food Supplementation*.

Financial Eligibility Table  
For Food Supplementation

June 2015

INCOME NEEDED  
TO MEET MINIMUM BASIC NEEDS  
(except rent and debts)

Family size	Two parent	One parent
1	--	\$817 * §
2	\$1,440 * §	\$1,219 * §
3	\$1,758 * §	\$1,660 * §
4	\$2,062 * §	\$1,851 * §
5	\$2,349 * §	\$2,253 * §
6	\$2,692 * §	\$2,481 * §
7	\$2,979 * §	\$2,883 * §
8	\$3,321 * §	\$3,168 * §

\* Add \$35 for each child 5 to 7 years old; add \$100 for each child 8 to 17 years old and add \$150 for each child 18 years old and older.

\*\* Add the amounts for rent and debts to establish the income required.

**COMPARISON OF THREE MEASURES OF LOW INCOME FOR 2014**

Type of family		CANADA	QUEBEC	MDD	
Size	Description	Low-income cut-offs (500,000 inhabitants or more (\$))	Social Assistance + Family Allowance + CFAC (\$)	Basic Needs (\$)	Budgeting for Minimum Adequate Standard of Living (\$)
1	1 pregnant woman	24,328	10,899 ▲ ♥	14,167 ♣	16,636 ♣
2	1 pregnant woman 1 child (8 months)	30,286	19,320 ▲ ♥	17,653 ◆	21,618 ◆
4	1 woman, breastfeeding 1 girl (9 years old) 1 boy (5 years old) 1 girl (2 months)	45,206	30,231 ▲ ♥	25,911 ♠	30,900 ♠
4	1 man, employed 1 woman, housewife 1 boy(14-18 years old) 1 girl(9-13 years old)	45,206	Minimum wage + Family allowance + CCTB 34,397	29,706 ♠	36,217 ♠

■ Source : Statistic Canada, (before tax) for 2014

□ CCTB Canada Child Tax Benefit, 2014

▲ With a temporality limited capacity for employment, for 2014

♥ Include the \$ 55 per month allowance

♣ Rent: 2½, heated – \$ 552 per month

◆ Rent: 3½, heated – \$ 574 per month

♠ Rent: 5½, heated – \$ 718 per month