

Food affordability within Public Health Sudbury & Districts' Service Area

Each year, Public Health Sudbury & Districts surveys the price of a variety of food items from 10 local grocery stores. This survey is called the Ontario Nutritious Food Basket (ONFB). The ONFB is used to see how affordable food is by comparing the cost of the food basket and housing to various household income scenarios.

The 2025 results indicate that some households must make the choice between eating and paying for other core living expenses.



Household	Monthly income	Rent (% of income)	Cost of the ONFB (% of income)	What's left?
Family of 4, Ontario Works (2 school age children)	\$3,017	\$1,840 (61%)	\$1,287 (43%)	-\$110
Family of 4, minimum wage (2 school age children)	\$5,116	\$1,840 (36%)	\$1,287 (25%)	\$1,989
Family of 4, refugee claimants, minimum wage (2 school age children)	\$3,358	\$1,840 (55%)	\$1,287 (38%)	\$231
Family of 4, median income (after taxes) (2 school age children)	\$9,865	\$1,840 (19%)	\$1,287 (13%)	\$6,738
Family of 3, Ontario Works (2 school age children)	\$2,783	\$1,840 (66%)	\$959 (34%)	-\$16
Family of 3, Ontario Works (2 preschool age children)	\$2,980	\$1,462 (49%)	\$753 (25%)	\$765
Pregnant person, Ontario Disability Support Program	\$1,589	\$869 (55%)	\$475 (30%)	\$245
Family of 2, Ontario Works (formula-fed infant)	\$2,070	\$1,462 (71%)	\$587 (28%)	\$21
Family of 2, Ontario Works (breast-fed infant)	\$2,110	\$1,462 (69%)	\$455 (22%)	\$193
One-person, Ontario Works	\$907	\$869 (96%)	\$449 (50%)	-\$411

Household	Monthly income	Rent (% of income)	Cost of the ONFB (% of income)	What's left?
One-person, minimum wage	\$2,954	\$869 (29%)	\$474 (16%)	\$1,611
One-person, Ontario Disability Support Program	\$1,549	\$869 (56%)	\$449 (29%)	\$231
One-person, Old Age Security and Guaranteed Income Supplement	\$2,135	\$869 (41%)	\$318 (15%)	\$948

What can be done?

The root cause of food insecurity is poverty. Charitable food programs such as food banks are our primary response to food insecurity. However, charitable food programs do not address poverty. We need a sustainable income solution to this problem.

We can do this by:

- **learning more about**
 - what can be done to reduce food insecurity in Canada proof.utoronto.ca/food-insecurity (PROOF)
 - structural determinants of health nccdh.ca/resources/entry/keeping-it-political-and-powerful-defining-the-structural-determinants-of-health (*Keeping it political and powerful: Defining the structural determinants of health*, National Collaborating Centre for Determinants of Health)
- **supporting**
 - a basic income guarantee basicincomecanada.org (Basic Income Canada Network)
 - an adequate increase in social assistance rates
 - a minimum wage rate that aligns with the cost of living
 - access to community tax clinics to ensure everyone receives all the benefits they deserve

For more information about food affordability, contact Public Health Sudbury & Districts at 705.522.9200 (toll-free 1.866.522.9200) or visit phsd.ca/food-affordability.

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