

DO THE MATH

Instructions:

Please fill in the following budget worksheet.

First, decide if each item is something that you believe is necessary or unnecessary for a single person on social assistance. Second, for the necessary items, fill in what you think each item would cost each month. (Amounts should be based on what you think a single person would need. For items that are not necessarily bought each month, calculate the average monthly cost.)

Housing-Related Costs

Rent (including utilities) - Choose one of the following:

- Bachelor Apartment \$
- One Bedroom Apartment \$
- Shared Accomodation \$

Telephone \$

Internet \$

Other housing related costs (e.g. replacement and repair of furniture, electronics, etc.): \$

Food

Remember to include all food groups:

- Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives
 - Beverages
 - Other
- \$

Transportation Costs

Public Transit \$

Vehicle and Vehicle-related Expenses

\$

Other transportation costs:

\$

Health

Over the Counter Medications (aspirin, cold medicine, allergy medication, antacid, etc.)

\$

Vitamins

\$

Medical Administration Expenses (e.g. dispensing fees for medications)

\$

Dental Care (currently only *emergency* dental procedures are covered by social assistance)

\$

Other health costs (e.g. alternative health care, vision upgrades, etc.):

\$

Clothing and Personal Hygiene

Personal Care (Toilet Paper, Soap, Shampoo, Toothpaste, Toothbrush, dental floss, shaving, deodorant, tampons, skin care, hair products, condoms, etc.)

\$

Haircuts

\$

Makeup

\$

Household Cleaners (laundry detergent, dish soap, all purpose cleaner)

\$

Laundromat Expenses

\$

Clothing (casual & work-related)

\$

Shoes

\$

Other personal costs: \$

Entertainment & Recreation

User fees for swimming/fitness class at local community centre \$

Cable television \$

Video rental \$

Gifts for a social event (e.g. birthdays, holidays, etc.) \$

Beverage at a cafe and/or meal in a restaurant \$

Alcohol \$

Other entertainment/recreation costs: \$

Miscellaneous Expenses

Books and other reading materials \$

Pet food and other pet expenses \$

Banking Fees, Postage Costs \$

Emergency Expenses \$

Other miscellaneous costs: \$