

ST. PHILIP'S PANTRY

HOW WE CALCULATE YOUR FREQUENCY OF FOOD BANK USE

STEP 1: CALCULATION OF YOUR BALANCE OF INCOME AFTER EXPENSES

<u>INCOME</u>	<u>EXPENSES</u>
General Welfare..... \$ _____	Rent..... \$ _____
Family Benefits..... \$ _____	Hydro..... \$ _____
Work..... \$ _____	Phone (Max. \$30.00)..... \$ _____
Unemployment Insurance..... \$ _____	TTC (Max. \$45.00 per adult or Show Metro Pass \$95.00)..... \$ _____
Child Tax Credit..... \$ _____	Laundry (\$25/- for 1st person ÷ \$5/- for every other person)\$ _____
Child Support..... \$ _____	Medical Expenses (\$20/person)..< \$ _____
CPP/OAP..... \$ _____	Personal Care (\$15/ person)..... \$ _____
GST (\$ _____ per quarter) ÷ 3..... \$ _____	Leisure (\$30/ 1st person ÷ \$5 / every other)..... \$ _____
Monthly Average	Installations/improvements..... \$ _____ 10.00
Other (Specify) \$ _____	TOTAL EXPENSES (B)..... \$ _____
TOTAL INCOME (A)..... \$ _____	

TOTAL INCOME.....(A).....\$ _____
TOTAL EXPENSES.....(B).....\$ _____
- _____

STEP 2 : FIND YOUR BALANCE OF INCOME ON THE TABLE BELOW

TABLE FOR FREQUENCY OF FOOD BANK USE

	1 time / month	2 x/ month	3 x/ month	4 x/month	5 x/month
1 person	\$254 - \$450	\$203 - \$253	\$152 - \$202	\$76 - \$151	\$0 - \$75
2 people	\$279 - \$525	\$228 - \$278	\$177 - \$227	\$101 - \$176	\$0 - \$100
3 people	\$304 - \$600	\$253 - \$303	\$202 - \$252	\$126 - \$201	\$0 - \$125
4 people	\$329 - \$675	\$278 - \$328	\$227- \$277	\$151 - \$226	\$0 - \$150
5 people	\$349 - \$750	\$298 - \$348	\$247 - \$297	\$171 - \$246	\$0 - \$170
6 people	\$369 - \$825	\$318 - \$368	\$267 - \$317	\$191 - \$266	\$0 - \$190
7 people	\$389 - \$900	\$338 - \$388	\$287 - \$337	\$211 - \$286	\$0 - \$210
8 people	\$409 - \$925	\$358 - \$408	\$307 - \$357	\$231 - \$306	\$0 - \$230
9 people	\$429 - \$1000	\$378 - \$428	\$327 - \$377	\$251 - \$326	\$0 - \$250
10 people	\$449 - \$1075	\$398 - \$448	\$347 - \$397	\$271 - \$346	\$0 - \$270

MAKE YOUR OWN CALCULATION.

If your figure is different from ours fill in this sheet and bring it to us on the next Thursday.

DOCUMENTS OR RECEIPTS ARE REQUIRED FOR ANY INCOME OR EXPENSES YOU CLAIM

BRING YOUR FOOD BANK MEMBERSHIP CARD