Budgeting Guidelines for After-Tax Income

- Develop your budget with the money you have available after government deductions from your pay cheque, but before voluntary deductions (e.g. RRSPs, pensions or other savings).
- If you have expenses such as high debt payments, childcare, school expenses or giving, you will need to reduce your spending in other areas to accommodate these higher expenses.

This guideline is only a starting point. Based on your income and family circumstances, your allocations may be very different.

35%	**HOUSING**	mortgage / taxes / strata rent insurance hydro
5%	**UTILITIES**	phone / cell phone gas cable / internet
10 – 20%	**FOOD**	groceries personal care baby needs
15 – 20%	**TRANSPORTATION**	bus / taxi / fuel / insurance / maintenance / parking
3 – 5%	**CLOTHING**	for all members of the family
3%	**MEDICAL**	health care premiums specialists over-the-counter
5 – 10%	**PERSONAL & DISCRETIONARY**	entertainment recreation tobacco alcohol eating out gaming hair cuts hobbies
5 - 10%	**SAVINGS**	Plan to save money for expenses that don't occur every month, as well as for your future. Then you'll have a little extra available when you need it.
5 - 15%	**DEBT PAYMENTS**	Many people find that their budget is quite tight because their monthly debt payments are closer to 25% of their net income.

CREDIT COUNSELLING SOCIETY

For help with developing a budget, using credit wisely and dealing with debt, contact the Credit Counselling Society:
1.888.527.8999 or log onto **www.NoMoreDebts.org**.
We are a non-profit service, helping individuals and families with free, confidential, and unbiased counselling, information and referrals.