

Resources

Handout 3-11

Financial Consumer Agency of Canada (FCAC)

<http://www.fcac-acfc.gc.ca>

This is a financial education and consumer regulation site. Navigate to the Tools, calculators, and educational programs section to find their budgeting calculator to see if you have a realistic budget or to check out their tips on making a budget and sticking to it. There are also resources about budgeting in Your Financial Toolkit.

Food Banks Canada

<https://www.foodbankscanada.ca/utility-pages/find-a-food-bank.aspx>

You can find a food bank near you by inputting your postal code on this website, and find resources to help.

Get Smarter About Money - Ontario Securities Commission

<https://www.getsmarteraboutmoney.ca/>

Check out this website for a range of topics, including budgeting. They have videos and calculators to explore as well as a yearly budget template.

Industry Canada – Office of Consumer Affairs (OAC)

<http://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/home>

This site has some budgeting basics as well as a great expenses calculator.

SPENT

<http://playspent.org>

This is a simulation style tool that will help you see what it is like to live below the poverty line and to have to make difficult decisions involving finances. An impactful exercise that simulates surviving on a tight budget. It is designed with American users in mind, but many aspects of the exercise are useful for Canadians.