

Resources

Handout 3-11

[Budget Planner](#) - Financial Consumer Agency of Canada (FCAC)

<https://itools-ioutils.fcac-acfc.gc.ca/BP-PB/budget-planner>

The Budget Planner is an interactive online tool that helps you create a customized budget.

[Budgeting: planning basics](#) - Ontario Securities Commission (OSC)

<https://www.getsmarteraboutmoney.ca/plan-manage/planning-basics/budgeting/>

This website has many budgeting resources and calculators, including articles and guides specific to particular life events.

[Financial Consumer Agency of Canada \(FCAC\)](#)

<https://www.canada.ca/en/financial-consumer-agency.html>

The Financial Consumer Agency of Canada (FCAC) ensures federally regulated financial entities comply with consumer protection measures, promotes financial education and raises consumers' awareness of their rights and responsibilities.

[Find a Food Bank](#) - 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.

[Office of Consumer Affairs \(OCA\)](#)

https://ic.gc.ca/eic/site/oca-bc.nsf/eng/h_ca02207.html

The Office of Consumer Affairs (OCA) website provides information on consumer protection and money management.

[SPENT](#) - Urban Ministries of Durham

<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.