Sample Monthly Budget

The goal when budgeting for the newcomer family is **to create a sustainable standard of living** that the family will be able to maintain once the year of your financial support has ended.

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| Item | Cost  $ / month | Questions to consider |
| Rent |  | Is rent at a level the newcomer will be able to afford after sponsorship ends? |
| Utilities |  | Include electricity, heat, and water (if not included in rent) |
| Food |  | Take into account the newcomers need to have some national foods in his/her diet. Help newcomers to comparison shop and buy in bulk. |
| Transport |  | Look into bus or metro passes. |
| Clothes |  | Show newcomers how to make use of second-hand and bargain stores. |
| Phone/Internet |  | Decide whether to fund long distance calls and, if so, to what extent. Remember that the newcomer will need to communicate with family and friends back home. If cell phones are used, make sure they understand the plan as North American plans are dramatically different. |
| Supplies |  | Take into account laundry and cleaning supplies, as well as toiletries and paper products. |
| Furniture |  | Use donations and second-hand stores to offset cost. |
| Health |  | Plan for cost not covered by the medical plan: ex. dental beyond emergency |
| Discretion |  | Pocket money; recreation |
| Education |  | School trips, books, day care, if needed, to allow parents to study English and to look for jobs. |

**Total monthly budget: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**