

Which of the following have you done in 2023 in order to deal with the higher cost of living due to inflation?

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents (unwtd)	1000	102	110	71	378	232	107	233	209	260	243	264	736
Base: All Respondents (wtd)	1000	102	110	71	378	232	107	230	212	258	245	265	735
Cutting back on entertainment	476	48	50	36	164	123	56	104	101	127	121	136	341
	48%	47%	46%	50%	43%	53%	53%	45%	48%	49%	49%	51%	46%
Cutting back on dining out	561	54	64	38	202	130	73	125	119	156	134	149	413
	56%	53%	58%	54%	54%	56%	69%	54%	56%	61%	55%	56%	56%
Cutting back on travel outside the country	290	27	34	19	111	63	35	55	50	91	80	89	201
	29%	27%	31%	27%	29%	27%	32%	24%	24%	35%	33%	33%	27%
Cutting back on travel inside the country	292	25	32	20	107	68	41	68	53	82	75	80	212
	29%	24%	29%	28%	28%	29%	38%	29%	25%	32%	31%	30%	29%
More car pooling/fewer car trips	144	14	11	16	59	28	19	34	26	40	39	50	97
	14%	14%	10%	23%	16%	12%	18%	15%	12%	16%	16%	19%	13%
Cutting back on organized sports for my kids	44	2	7	7	13	7	8	8	12	16	7	44	-
	4%	2%	6%	10%	3%	3%	7%	3%	6%	6%	3%	17%	-
Switched my regular grocery store for one I think is cheaper	299	20	31	22	110	81	34	74	59	86	65	83	216
	30%	20%	28%	32%	29%	35%	32%	32%	28%	33%	26%	31%	29%
Looking at flyers for sales	533	60	57	44	184	116	73	132	114	132	124	125	408
	53%	59%	52%	62%	49%	50%	68%	57%	54%	51%	50%	47%	55%
Using a couponing or sale app to save money	317	28	40	28	111	75	38	74	64	87	77	100	221
	32%	28%	37%	40%	29%	32%	35%	32%	30%	34%	31%	38%	30%
Eating less meat	264	25	30	24	100	56	32	68	50	68	63	68	198
	26%	25%	27%	34%	26%	24%	30%	30%	23%	27%	26%	26%	27%
Pausing on saving for retirement	135	15	19	10	50	19	19	30	30	34	30	44	89
	13%	15%	18%	14%	13%	8%	18%	13%	14%	13%	12%	17%	12%
Dipped into my personal savings to make ends meet	250	30	35	24	86	38	37	63	58	64	53	74	177
	25%	30%	32%	34%	23%	16%	35%	28%	28%	25%	21%	28%	24%
Considered moving somewhere with a lower cost of living than where I live now	154	19	16	9	66	24	21	46	27	41	33	46	109
	15%	18%	15%	13%	18%	10%	19%	20%	13%	16%	13%	17%	15%
Buying fewer fresh fruits and vegetables	258	29	35	21	98	30	48	70	52	58	65	59	203
	26%	28%	32%	30%	26%	13%	44%	30%	25%	23%	27%	22%	28%
Putting off purchases like new clothing, etc.	427	44	49	34	158	94	48	108	83	111	99	125	303
	43%	43%	45%	48%	42%	41%	45%	47%	39%	43%	40%	47%	41%
Telling my kids "no" more often	82	5	13	8	31	18	7	11	22	20	28	82	-
	8%	5%	12%	12%	8%	8%	6%	5%	10%	8%	11%	31%	-
Using money I was setting aside for retirement	138	18	18	13	49	18	19	39	37	24	28	40	96
	14%	18%	17%	19%	13%	8%	18%	17%	17%	9%	11%	15%	13%
Delayed or did not renew a medical prescription	100	10	12	7	42	13	18	26	26	24	22	26	76
	10%	10%	11%	10%	11%	6%	16%	11%	12%	9%	9%	10%	10%
Accessing food banks	96	10	8	13	41	14	11	50	18	21	6	37	60
	10%	10%	7%	18%	11%	6%	10%	22%	8%	8%	2%	14%	8%
Made purchases through micro payments rather than a one-time payment	108	5	8	15	41	26	13	28	26	26	22	37	70
	11%	5%	7%	21%	11%	11%	12%	12%	12%	10%	9%	14%	10%
Putting off buying a home	117	9	13	10	50	26	9	35	24	23	26	37	80
	12%	9%	12%	15%	13%	11%	9%	15%	12%	9%	11%	14%	11%
None of the above	95	11	10	5	39	25	5	17	18	23	28	14	81
	10%	11%	9%	7%	10%	11%	5%	7%	9%	9%	11%	5%	11%
	518%	498%	540%	598%	506%	471%	618%	551%	506%	526%	500%	582%	497%

