Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing “*%” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.

QM1. All things considered, do you think you are financially better off or worse off than you were a year ago?

<table>
<thead>
<tr>
<th>Total</th>
<th>Struggling</th>
<th>Uncomfortable</th>
<th>Comfortable</th>
<th>Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better now</td>
<td>24%</td>
<td>2%</td>
<td>13%</td>
<td>26%</td>
</tr>
<tr>
<td>The same as a year ago</td>
<td>39%</td>
<td>13%</td>
<td>42%</td>
<td>53%</td>
</tr>
<tr>
<td>Worse now</td>
<td>36%</td>
<td>84%</td>
<td>43%</td>
<td>21%</td>
</tr>
<tr>
<td>Not sure</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

QM2. And a year from now, do you think you will be financially better off or worse off than you are now?

<table>
<thead>
<tr>
<th>Total</th>
<th>Struggling</th>
<th>Uncomfortable</th>
<th>Comfortable</th>
<th>Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better a year from now</td>
<td>24%</td>
<td>6%</td>
<td>20%</td>
<td>24%</td>
</tr>
<tr>
<td>The same as now</td>
<td>38%</td>
<td>21%</td>
<td>32%</td>
<td>48%</td>
</tr>
<tr>
<td>Worse a year from now</td>
<td>28%</td>
<td>63%</td>
<td>36%</td>
<td>17%</td>
</tr>
<tr>
<td>Not sure</td>
<td>10%</td>
<td>10%</td>
<td>12%</td>
<td>11%</td>
</tr>
</tbody>
</table>

QM3. Thinking about grocery shopping and your household’s food budget, how easy or difficult would you say it is to afford to feed your household?

<table>
<thead>
<tr>
<th>Total</th>
<th>Struggling</th>
<th>Uncomfortable</th>
<th>Comfortable</th>
<th>Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very easy</td>
<td>10%</td>
<td>1%</td>
<td>2%</td>
<td>34%</td>
</tr>
<tr>
<td>Easy</td>
<td>38%</td>
<td>1%</td>
<td>15%</td>
<td>66%</td>
</tr>
<tr>
<td>Difficult</td>
<td>40%</td>
<td>62%</td>
<td>75%</td>
<td>27%</td>
</tr>
<tr>
<td>Very difficult</td>
<td>10%</td>
<td>37%</td>
<td>5%</td>
<td>1%</td>
</tr>
<tr>
<td>Not sure/I don't do the grocery shopping</td>
<td>2%</td>
<td>*%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Top2box</td>
<td>48%</td>
<td>1%</td>
<td>16%</td>
<td>68%</td>
</tr>
<tr>
<td>Bottom2box</td>
<td>49%</td>
<td>99%</td>
<td>80%</td>
<td>28%</td>
</tr>
</tbody>
</table>
QM3. (Rebase to exclude Not sure) Thinking about grocery shopping and your household’s food budget, how easy or difficult would you say it is to afford to feed your household?

<table>
<thead>
<tr>
<th>Base = Exclude not sure</th>
<th>1945</th>
<th>442</th>
<th>469</th>
<th>506</th>
<th>528</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Economic Stress Index</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very easy</td>
<td>10%</td>
<td>1%</td>
<td>2%</td>
<td>34%</td>
<td></td>
</tr>
<tr>
<td>Easy</td>
<td>39%</td>
<td>1%</td>
<td>16%</td>
<td>69%</td>
<td>64%</td>
</tr>
<tr>
<td>Difficult</td>
<td>41%</td>
<td>62%</td>
<td>78%</td>
<td>28%</td>
<td>1%</td>
</tr>
<tr>
<td>Very difficult</td>
<td>10%</td>
<td>37%</td>
<td>5%</td>
<td>1%</td>
<td>*%</td>
</tr>
<tr>
<td>Top2box</td>
<td>49%</td>
<td>1%</td>
<td>16%</td>
<td>71%</td>
<td>99%</td>
</tr>
<tr>
<td>Bottom2box</td>
<td>51%</td>
<td>99%</td>
<td>84%</td>
<td>29%</td>
<td>1%</td>
</tr>
</tbody>
</table>

QM4. And when it comes to your living situation, whether you’re paying a mortgage, renting, or otherwise, would you say the financial aspect of this is:

<table>
<thead>
<tr>
<th>Base = All</th>
<th>1992</th>
<th>443</th>
<th>490</th>
<th>527</th>
<th>533</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Economic Stress Index</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy – no worries at all</td>
<td>14%</td>
<td>1%</td>
<td>1%</td>
<td>4%</td>
<td>49%</td>
</tr>
<tr>
<td>Manageable</td>
<td>49%</td>
<td>4%</td>
<td>53%</td>
<td>83%</td>
<td>47%</td>
</tr>
<tr>
<td>Tough</td>
<td>23%</td>
<td>58%</td>
<td>34%</td>
<td>5%</td>
<td>*%</td>
</tr>
<tr>
<td>Very difficult</td>
<td>9%</td>
<td>35%</td>
<td>5%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Not applicable/Not paying rent or mortgage</td>
<td>5%</td>
<td>2%</td>
<td>7%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Top2box</td>
<td>63%</td>
<td>5%</td>
<td>54%</td>
<td>87%</td>
<td>96%</td>
</tr>
<tr>
<td>Bottom2box</td>
<td>32%</td>
<td>93%</td>
<td>39%</td>
<td>6%</td>
<td>*%</td>
</tr>
</tbody>
</table>

QM4. (Rebase to exclude NA) And when it comes to your living situation, whether you’re paying a mortgage, renting, or otherwise, would you say the financial aspect of this is:

<table>
<thead>
<tr>
<th>Base = Exclude NA</th>
<th>1890</th>
<th>434</th>
<th>454</th>
<th>489</th>
<th>513</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Economic Stress Index</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy – no worries at all</td>
<td>15%</td>
<td>1%</td>
<td>1%</td>
<td>4%</td>
<td>51%</td>
</tr>
<tr>
<td>Manageable</td>
<td>51%</td>
<td>5%</td>
<td>57%</td>
<td>90%</td>
<td>49%</td>
</tr>
<tr>
<td>Tough</td>
<td>24%</td>
<td>59%</td>
<td>37%</td>
<td>6%</td>
<td>*%</td>
</tr>
<tr>
<td>Very difficult</td>
<td>10%</td>
<td>36%</td>
<td>5%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Top2box</td>
<td>66%</td>
<td>5%</td>
<td>58%</td>
<td>94%</td>
<td>100%</td>
</tr>
<tr>
<td>Bottom2box</td>
<td>34%</td>
<td>95%</td>
<td>42%</td>
<td>6%</td>
<td>*%</td>
</tr>
</tbody>
</table>

QM5. When it comes to the debt – if any – that your household currently holds, would you say this amount is:

<table>
<thead>
<tr>
<th>Base = All</th>
<th>1992</th>
<th>443</th>
<th>490</th>
<th>527</th>
<th>533</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Economic Stress Index</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not a problem at all</td>
<td>19%</td>
<td>*%</td>
<td>6%</td>
<td>14%</td>
<td>52%</td>
</tr>
<tr>
<td>A minor source of stress</td>
<td>42%</td>
<td>31%</td>
<td>61%</td>
<td>62%</td>
<td>14%</td>
</tr>
<tr>
<td>A major source of stress</td>
<td>22%</td>
<td>66%</td>
<td>23%</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>Don’t have any debt</td>
<td>17%</td>
<td>2%</td>
<td>11%</td>
<td>18%</td>
<td>33%</td>
</tr>
</tbody>
</table>
QM6. And thinking about your own household’s financial stress level, have you done any of the following in response?

<table>
<thead>
<tr>
<th>Economic Stress Index</th>
<th>Struggling</th>
<th>Uncomfortable</th>
<th>Comfortable</th>
<th>Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not going out as much for dinner/drinks etc.</td>
<td>86%</td>
<td>87%</td>
<td>87%</td>
<td>80%</td>
</tr>
<tr>
<td>Trimming back other expenses (phone bill, streaming services, etc.)</td>
<td>69%</td>
<td>74%</td>
<td>62%</td>
<td>59%</td>
</tr>
<tr>
<td>Changing your diet – eating lower quality, cheaper groceries</td>
<td>66%</td>
<td>72%</td>
<td>58%</td>
<td>42%</td>
</tr>
<tr>
<td>Driving less</td>
<td>63%</td>
<td>68%</td>
<td>54%</td>
<td>51%</td>
</tr>
<tr>
<td>Cancelling activities that you/your family do (i.e. hockey, dance lessons, gym fees etc.)</td>
<td>57%</td>
<td>61%</td>
<td>56%</td>
<td>13%</td>
</tr>
<tr>
<td>Picking up extra work</td>
<td>37%</td>
<td>38%</td>
<td>32%</td>
<td>39%</td>
</tr>
<tr>
<td>Looking for another job</td>
<td>33%</td>
<td>36%</td>
<td>22%</td>
<td>30%</td>
</tr>
<tr>
<td>Other, specify:</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
<td>2%</td>
</tr>
</tbody>
</table>

QM6. (Rebase to All respondents) And thinking about your own household’s financial stress level, have you done any of the following in response?

<table>
<thead>
<tr>
<th>Economic Stress Index</th>
<th>Struggling</th>
<th>Uncomfortable</th>
<th>Comfortable</th>
<th>Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not going out as much for dinner/drinks etc.</td>
<td>19%</td>
<td>57%</td>
<td>20%</td>
<td>5%</td>
</tr>
<tr>
<td>Trimming back other expenses (phone bill, streaming services, etc.)</td>
<td>15%</td>
<td>49%</td>
<td>14%</td>
<td>3%</td>
</tr>
<tr>
<td>Changing your diet – eating lower quality, cheaper groceries</td>
<td>15%</td>
<td>47%</td>
<td>13%</td>
<td>2%</td>
</tr>
<tr>
<td>Driving less</td>
<td>14%</td>
<td>45%</td>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td>Cancelling activities that you/your family do (i.e. hockey, dance lessons, gym fees etc.)</td>
<td>12%</td>
<td>40%</td>
<td>13%</td>
<td>1%</td>
</tr>
<tr>
<td>Picking up extra work</td>
<td>8%</td>
<td>25%</td>
<td>7%</td>
<td>2%</td>
</tr>
<tr>
<td>Looking for another job</td>
<td>7%</td>
<td>24%</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>Other, specify:</td>
<td>1%</td>
<td>3%</td>
<td>1%</td>
<td>*%</td>
</tr>
<tr>
<td>Not a major source of stress</td>
<td>78%</td>
<td>34%</td>
<td>77%</td>
<td>94%</td>
</tr>
<tr>
<td>Economic Stress Index</td>
<td>Total</td>
<td>Struggling</td>
<td>Uncomfortable</td>
<td>Comfortable</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------</td>
<td>------------</td>
<td>---------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Continue to raise interest rates beyond 1% to reduce inflation further</td>
<td>27%</td>
<td>23%</td>
<td>23%</td>
<td>27%</td>
</tr>
<tr>
<td>Maintain the status quo - see how recent raises affect inflation before taking more action</td>
<td>45%</td>
<td>40%</td>
<td>43%</td>
<td>50%</td>
</tr>
<tr>
<td>Lower interest rates to ensure the housing and investment markets don’t fall</td>
<td>13%</td>
<td>19%</td>
<td>16%</td>
<td>9%</td>
</tr>
<tr>
<td>Don’t know/Can’t say</td>
<td>15%</td>
<td>19%</td>
<td>18%</td>
<td>14%</td>
</tr>
</tbody>
</table>