

# MAKING LIFE MORE AFFORDABLE

How the New Canada Groceries & Essentials Benefit Supports Kingston Families



**HON. MARK GERRETSEN**

Your Member of Parliament for  
Kingston and the Islands



Whether you are a student at Queen's or St. Lawrence, a senior on a fixed income, or a family balancing the weekly grocery budget, you've likely felt the pressure at the checkout counter.

The federal government is taking direct action to help. **Bill C-19**, also known as the **Canada Groceries and Essentials Benefit Act**, received Royal Assent on February 12, 2026. It is designed to provide immediate and long-term financial support to those who need it most.



## What you need to know

- 01** Previously known as the GST Credit.
- 02** Specifically designed to help low- and modest-income individuals and families.
- 03** Payments increase as the cost of living rises.
- 04** No application needed. File your 2024 and 2025 taxes to receive it.

## Putting More Money in Your Pocket

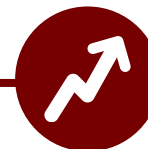
We are delivering relief in two strategic phases to provide both an immediate boost and long-term security:



### Spring 2026 Top-Up

As early as this spring, eligible recipients will receive a **one-time top-up payment**. This is equivalent to a **50% increase in the annual GST Credit** value for the 2025-26 benefit year.

For a **family of four** in Kingston, this could mean an additional **\$533** this spring alone.



### Permanent Increase

Starting in July 2026, we are increasing the benefit by 25% for the next five years.

When you combine these two measures, the **impact** on local household budgets is **substantial**. See next page to learn more!





### Financial Support

✔ Families of four

Can receive up to \$1,890 this year and approximately \$1,400 annually for the following four years.

✔ Single individuals

Can receive up to \$950 this year and approximately \$700 annually for the next four years.

✔ Single seniors

With a net income of \$25,000 will see a total increase of \$402 for the 2026-27 benefit year.



These funds will be paid quarterly to ensure you have timely access to money for your day-to-day expenses.

**July, October, January, and April.**

## Strengthening Our Local Food Systems

While direct financial support is a priority, we are also working to lower the costs of food before it reaches store shelves:



One of the dedicated staff at the Food Sharing Project.

### Fairness at the Checkout

We are developing a **National Food Security Strategy** that includes unit price labelling, making it easier for you to find the best value while shopping.

### Boosting Domestic Production

To lower costs, we are allowing producers to fully **write off the costs of greenhouse buildings** acquired through 2029.

### Protecting School Children

We have made the **National School Food Program permanent**, saving participating families with two children roughly \$800 a year on groceries.

### Supporting Local Food Banks

We are providing **\$20 million** to the **Local Food Infrastructure Fund** to help local organizations deliver nutritious food to families in need.



With Dan Irwin, at the Partners in Mission Food Bank facility at 4 Harvey St.

To learn more about this benefit, please scan the QR codes below or visit the following links:

#### PM's Announcement

- Visit: [bit.ly/466ca2b](https://bit.ly/466ca2b)
- Or scan:



#### News Release

- Visit: [bit.ly/4dJ3tiU](https://bit.ly/4dJ3tiU)
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