

Cost of Living Support for Nova Scotians

December 2022

On December 14, Premier Tim Houston announced initiatives to help low- and middle-income Nova Scotians with the rising cost of living by expanding the Heating Assistance Rebate Program, providing direct payments to vulnerable individuals and families and providing more funding to partner organizations working with people in communities.

More Nova Scotians will have access to a one-time higher Heating Assistance Rebate

- The rebate will increase from a maximum of \$200 to \$1,000 for everyone.
- People with a household income of up to \$85,000 are now eligible.
- Applications for the new program will open January 30.
- Anyone who has already qualified for a HARP rebate will automatically receive an additional payment in the new year.
- This is a tax-free grant

All Income Assistance households will receive an additional payment of \$250

- People should expect this payment within a week
- This is a one-time additional payment to Income Assistance recipients, includes Disability Support Program participants who receive income support and those receiving the Essentials Allowance
- This payment will be made through direct deposit in most cases
- This is tax-free
- There is no need to apply



All full-time foster families will receive \$1,000

- People should expect this payment within a week
- This is a one-time additional payment
- This payment will be made through direct deposit in most cases
- This is tax-free
- There is no need to apply

Partner organizations already supporting people across the province will receive additional funding

- A total of \$2.6 million for 26 Family Resource Centres
- \$10,000 each to 10 transition houses across Nova Scotia
- \$3 million for Disability Support Program residential facilities and Child and Youth Caring Programs that support children in the care of the Minister
- \$3 million for food banks and organizations involved in food security, including Feed Nova Scotia
- Organizations will receive funding within a week
- There is no need to apply