

Participating in Share the Benefit

You can participate as an individual or family unit. In either case you will need to:

- keep a diary that records your usual spending for food and drink during a typical week
- calculate what an individual or family in an equivalent situation, but depending on Newstart, would have available to spend on food and drink each week
- live for seven days on the amount you have calculated.

Through this experience we hope to highlight the daily challenges faced by many of our neighbours and to encourage further thinking towards building a caring and generous community.

Participants are also encouraged to 'donate the difference' - the amount saved on food and drink spending during that week - to support Anglicare's work with people in need.

Working out your food and drink allowance

Participant category	STB allowance*
Individual (Adult 17 years+)	\$67.50
Couple with no children	\$110.36
Single parent with 1 or 2 children	\$74.28
Single parent with 3 or more children	\$76.32
Couple with 1 or 2 children	\$113.45
Couple with 3 or more children	\$115.50
For each additional adult in the household, add	\$42.82

**This allowance has been calculated based on what would reasonably be left over for food after other expenses such as rent, transport and power have been paid for.*

Surviving a week on the benefit

- tap water and dietary needs as medically required are exempt from STB calculations
- during the STB experience week participants should not harvest from their own garden or use food or drink stored in the pantry
- be prepared to research low-cost meal options and give up brand loyalty!