

## SSSC Exercise 2 – DETERMINING SELF-SUFFICIENCY Page 1-20

- It is possible to calculate a “Self-Sufficiency Standard” (SSS) or net income needed by a family to pay for their needs and resources.
- To do this in a particular community, determine the average monthly cost of living for each household size and composition. Use this figure to determine what net income this average family would need to pay these costs.
- In the chart below, fill in the cost of each need or resource for each family size and composition in your local area:

	One Adult		One Adult, One Preschooler		One Adult, One Preschooler, One School age		Two Adults, One Preschooler, One School age	
Monthly Costs	Costs	% of total	Costs	% of total	Costs	% of total	Costs	% of total
Housing								
Child Care								
Food								
Transportation								
Health Care								
Miscellaneous								
Taxes								
Total Percent	—	100	—	100	—	100	—	100
Self-Sufficiency Wage-Hourly								
Monthly								
Annual								