

November is Financial Literacy Month

It's time to assess your financial health

3 Ways to Practice Financial Literacy

1

Build good financial habits by making—and sticking to—a budget



32% Canadians say their monthly spending exceeds their income¹, while

37% say they borrow to buy food or pay for daily expenses¹

53%

of Canadians report having a monthly budget¹

Did you know? The Financial Consumer Agency of Canada (FCAC) has a free Budget Planner!

2

Knowledge is power – review your credit report

You can order a free credit report from a Credit Reporting Agency such as, Equifax Canada or Transunion



**Checking your credit won't hurt your credit score*

3

Financial knowledge and phishing



47%

of Canadians describe themselves as financially knowledgeable



69%

of Canadians believe their current credit record is good or very good



43%

of Canadians were targeted for financial information through phishing or hacking