

ARMY SURPLUS STORE NOW OPEN IN OSHAWA



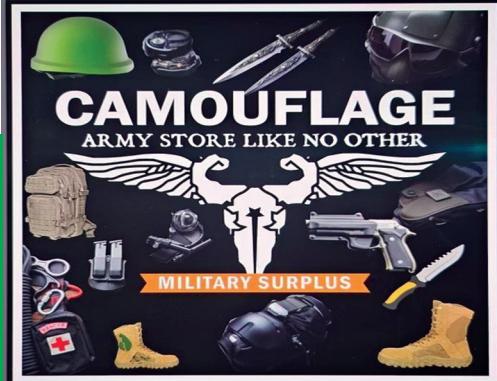
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HELP IS ON THE WAY

GST tax credits and other federal rebates this year

DURHAM - It has been reported that many during the holiday season have had to turn to food banks and social assistance. Many more have reported this holiday season as the worst on record.

Food banks have been running out and supply chains pushed to the limit.

The local economy is suffering and people are feeling the pinch.

Any assistance is being welcomed. Government cheques for many are a matter of eating or not for days.

The first of several rebates from the federal government is set to go out to qualifying Canadians in just a few days, which means some will be getting a bit extra in their wallets to start the new year.

These tax credits or incentives are for specific purposes, including affordability for lower-income households, especially those with children and older Canadians.

To avoid any delays, especially with the mailing of paper cheques, the Canada Revenue Agency is encouraging all Canadians eligible for rebates to sign up for direct deposit. Here are all of the federal rebates scheduled to go out to Canadians in 2026.

Goods and services tax credit

The GST credit is also known as the harmonized sales tax credit in regions where that applies, and is paid out to qualifying Canadians four times per year.

Information submitted during tax filing season determines the payment amount, including the income, marital status and num-

ber of children in a household, if any.

According to the federal government, the maximum annual amount an individual may receive from July 2025 to June 2026 is \$533, while a married or common-law couple could see up to \$698 combined.

The payment amounts are recalculated every July based on how much a family or individual earned in the previous tax year. This means that in July 2026, the GST credit will be recalculated based on the tax filings submitted in April 2026.

The payment dates for GST credits in 2026 are on Jan. 5, April 2, July 3 and Oct. 5.

Canada Child Benefit

The federal government will soon start sending out 2026 credits for qualifying families to help with the cost of raising children amid the heightened cost of living in Canada.

According to the federal government, the Canada Child Benefit (CCB) is a tax-free monthly payment for eligible families to help with the cost of raising children under 18 years of age.

The amount a qualifying family may receive mostly depends on the net income based on tax information submitted to the CRA. CCB payments are sent every month, starting on Jan. 20.

Canada Workers Benefit

The Canada Workers Benefit (CWB) is a tax credit rebate that supports lower-income workers, and 2026 payments will start in January.

OAS payments are sent out every month in 2026, starting on Jan. 28.

ing a net income that is considered below the level specific to the province or territory.

For example, in the 2024 tax year, the net income level in most of Canada, besides Quebec, Alberta and Nunavut, was \$36,749 for an individual without children, while for a family with children, it was \$48,093.

Individuals in the 2025 tax year who qualify could receive a total of up to \$1,590, while families could get up to \$2,739.

There are three Canada Workers Benefit payments sent out in 2026: the first on Jan. 12, then on July 10 and on Oct. 9.

Old age security

Canadians who are over the age of 65 will usually qualify for payments from the federal government known as old age security (OAS). It is determined based on how long they have lived in Canada after the age of 18, regardless of whether they were employed.

The OAS payments are administered by Service Canada, but the amount Canadians who qualify may receive is determined based on the information provided to the CRA.

Service Canada will typically enrol qualified Canadians into OAS automatically, and will inform those individuals by mail. The federal government says if it's been one month since a Canadian's 64th birthday and they still have not received an enrolment letter, they may need to apply themselves.

OAS payments are sent out every month in 2026, starting on Jan. 28.

NOW IN OSHAWA Sal's

Welcome To Sal's Grocery Store

Sal's Grocery Store

Happy New Year

WE EXPANDED TO A NEW LOCATION 385 STEVENSON ROAD NORTH OSHAWA

Flyers Effective From Jan 2-Jan 8

LOOKING FORWARD TO SERVING YOU IN THE YEAR AHEAD

ONE DAY SALE SATURDAY JAN 3

ONE DAY SALE SUNDAY JAN 4

24lb Fletcher's Pork Cottage Roll HOLIDAY SPECIAL

3/5lb Taco Bell Dinner Crunchy 2/5lb Soft Taco Kit

1/5lb Bibigo Frozen Mini Wontons Korean Style Pork & 60g

2/5lb Monoco Tree Truffle Cake

3/9lb Hayter's Farm Frozen Turkey HOLIDAY SPECIAL

1/9lb Greek Feta Cheese

1/9lb Pillsbury Cinnamon Toast Crunch Winter Cutout Sugar Cookie Dough

2/9lb P'TY Quebec Mozzarella Diced/ Lactose Free Bar

1/9lb Pillsbury Pizza Crust Pre-Made Dough

2/9lb Cracker Barrel Block Cheese Aged Cheddar

2/9lb Parkay Soft Margarine Value Size

2/9lb Tre Stelle Lactose-Free Mozzarella Cheese Ball

.99c Philadelphia Cream Cheese Frosting

1/9lb Hot/Less/Regular Mortadella

1/9lb Mild Genoa Salami

2/9lb Angus Roast Beef

1/9lb Montreal Turkey Breast

1/9lb Off the Bone Ham

2/9lb Prosciutto Cured Turkey

1/9lb Castello Blue Cheese Velvet Blue

4/99 Tre Stelle Ricotta Bocconcini/ Feta Cheese

2/88 Bob's Bacon

4/99 Tzatziki Greek Spread

1/9lb Greek Style Pita

4/99 Kaiser Bread Buns

3/29 Fresh All Beef Sausage Rolls

3/99 Fresh Jamaican Beef Chicken Patties

1/99 Swiss Cheese

2/49 Baby Gouda

1/99 Medium White Cheddar

1/99 Fontal Melting Cheese

5/99 Hashbrown Patties

2/5/5 Cavendish Farms Classic Skin-On Diced Hash Browns

5/99 Frozen Thick Coated Extra Large Fries

2/99 McCain Diced Hashbrowns

.99c Lemon Pie

8/99 Maple Leaf Frozen Pork Sausage Meat

.99c Healthy Choice Power Bowls

1/99 Bibigo Frozen Korean BBQ Fried Rice with Kimchi

1/99 Tim Hortons English Muffins

2/99 Red Baron Fully Loaded Meat Lovers Pizza

2/5 Margherita Tomato & Cheese Pizza

5/99 Watson Ridge-Chicken Nuggets, Popcorn, Burger

7/99 Kraft Peanut Butter Smooth

2/3 Nature Valley Muffin Bars

2/3 Nature Valley Muffin Bars

7/99 Cheez Whiz Cheese Spread

2/5 Chex Cereal

4/5 Chips Ahoy! Baked Bites Blondie

4/5 Betty Crocker Buttered Sour Cream/Chives Mashed Potatoes

3/99 El Monterey, Chimichanga Chicken & Jack O' Lantern Jack Cheese

3/99 Oreo Winter Chocolate Sandwich Cookies

3/99 Clover Leaf Hardwood Smoked Oysters

1/99 Oreo Winter Chocolate Sandwich Cookies

3/99 Takis Halloween Mix (Fuego & Nacho)

1/99 Cheez Whiz Banana Puff's Puffs

1/99 Minnie's Lucky Charms Minis Cereals

2/3 Tropicana Tropics Pineapple Paradise Blend

2/3 Nature Valley Muffin Bars

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2/3 Cheez Whiz Cheese Spread

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