

The Atlantic Labour Market Report's

# Labour Market Hot Sheet

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October 22nd 2026

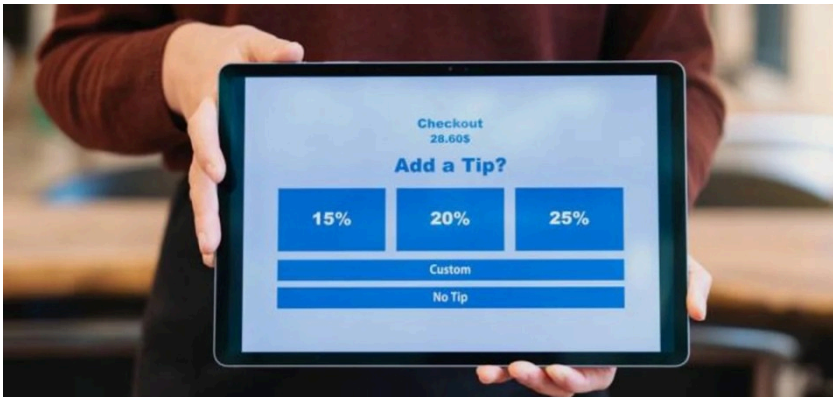


## 2026 Atlantic Labour Market Year-in-Review Workshop

Online: Fri. Dec. 11th, 2026

**20% Discount Up Until Thurs. Nov. 12th**

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### Hospitality workers in Atlantic Canada see drop in tipping as economy tightens

**Hospitality / Income**

A new report finds that economic pressures mean people are not only dining out less; they're also being less generous when it comes to tipping. And hospitality workers in Atlantic Canada say they've noticed it firsthand.

*"I find tipping and business has been down. I think people just can't afford it right now,"* said Sam Molloy, the manager at **Whiskey's Lounge** in Dartmouth, N.S.

A couple of streets over, the owner of **Chanoey's Pasta** says the drop has been striking.

*"We noticed a difference since last year that tipping culture has been really decreasing. We saw like a 50 to 60 per cent decrease on tipping,"* said Catherine Paulino.

The report found 60 per cent of Atlantic Canada's hospitality workers said their tips have decreased over the past two



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### Maximizing the value of disability employment supports

This week for **#MotivatingMondays**, we discussed discussed practical ways we can support employers who hire individuals with disabilities. Employers are often reluctant to hire people with disabilities primarily because they struggle to understand the

years.

Nationally, the figure was 67 per cent. Workers in Ontario were hardest hit, with 72 per cent of tipped workers reporting a decline.

Meanwhile, 43 per cent of respondents said they rely on tips to cover essential expenses such as rent and groceries. This reliance was highest in Atlantic Canada and British Columbia, at 51 per cent.

*"The tips definitely help with trying to keep up with the cost and those expenses as well,"* said Molloy.

The survey was conducted online by pollster **Angus Reid** on behalf of **Actual**, a Toronto-based company that offers automated tip management and payroll systems for businesses. The online survey sampled 506 Canadian adults who currently work in the hospitality industry.

Actual's CEO, Afshin Mousavian, says the industry is in a *"tipping recession,"* and that's leading to reduced income for workers.

*"It's important to understand that while consumers are frustrated that their bills have (an added) tip, those individuals, those employees, those businesses live in the same economy that everybody else does. So they're also feeling the pinch,"* said Mousavian.

The report also highlighted the importance of being transparent about how tips are divided.

Ninety per cent of respondents said they are aware of how tips are divided at their own workplace, with transparency being the strongest in Atlantic Canada at 96 per cent.

Last month, the province tabled amendments to the Labour Standards Code that included protections for workers' tips and gratuities. The changes, which come into effect April 1, 2027, will *"ensure tips and gratuities go to the people who earn them."*

### **No-tip policy**

Some restaurants, however, are bucking the trend and eliminating tipping altogether.

**The Bonfire** in Halifax has a no-tip policy, and its co-owner says the approach is resonating with the community and has drawn a loyal customer base since opening last year.

*"In place of tips, everyone gets paid \$20 an hour and then half of the profits from the business gets split amongst the employees at the end of every pay period,"* said Vincent Morley.

challenges and strengths these individuals bring to the job. According to the Accessible Canada Directorate, 72 percent of people without disabilities surveyed reported understanding what a disability is, though only 47 percent (less than half) said they understood well the types of barriers those with disabilities may face.

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MISSED IT

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[Watch it on Youtube](#)

We make these sessions available EVERY WEEK on **YouTube** and most podcast platforms for people who can't attend in person. On this podcast, Guillermo Rodriguez does all of our official labour market dancing. When we need it, we turn to Guillermo.

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Next Topic:  
**Lessons learned from 62 construction project managers**

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*"We feel like the responsibility of paying our employees properly should be on us as business owners and not relying on the generosity of people as they come in the door."*

Restaurant industry organizations say they're keeping an eye on this trend but don't expect tipping to go away anytime soon.

*"It's a big part of our culture,"* said Natasha Chestnut with the **Restaurants Association of Nova Scotia**.

*"And we know that (the) majority of diners, they're still more than happy to tip for dining out experiences."*

Still, those who work in restaurants say they understand why customers are tipping less, but are hoping for some relief nonetheless.

*"Everything is expensive right now, so it takes a toll on everybody,"* said Molloy.

Click here to download: [Tipping in Canada 2026 -- What Hospitality Workers Actually Told Us](#)



## **Canada makes milestone clean energy investment in New Brunswick to drive economic and energy security and enhance climate competitiveness**

### **Utilities / Investment**

The **Government of Canada** has announced an investment of almost \$270 million for clean and reliable energy in New Brunswick. This includes a \$219-million site development loan from the **Canada Infrastructure Bank (CIB)** to **NB Power** for the **Mactaquac Life Achievement Project** to support technical studies, regulatory reviews, First Nations engagement and planning activities.

There is also \$50 million from Natural Resources Canada to NB Power for the **Static Synchronous Compensator (STATCOM)** project at the Salisbury Terminal to strengthen southern New Brunswick's electricity system. The **Salisbury Terminal** is a high-voltage transmission substation that is key to managing the flow of electricity across New Brunswick's grid. It will improve grid stability and reliability in southern New Brunswick while supporting the integration of additional renewable energy resources as electricity demand continues to grow.

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**Atlantic Labour Market Online**

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## Nova Scotia university enrolment continues to drop, new statistics show

Education / Immigration

Nearly three years after the federal government clamped down on international student permits, Nova Scotia universities are still feeling the fallout, as enrolment continues to drop at most schools. Across the province's 10 universities, 1,544 fewer students were enrolled as of Oct. 1, 2026, compared with the same day in 2025 — a decrease of 3.3 per cent, according to statistics released Wednesday by the **Association of Atlantic Universities**.

Ava Czapalay, the CEO of the association, said the drop from 47,302 to 45,758 students is largely due to changes introduced by the federal government in January 2024 that govern international student permits. Nowhere is the decrease in international students seen more starkly than at **Cape Breton University**, where the number of international students dropped from a peak of nearly 7,000 in the fall of 2023 to about 1,400 this fall.

[CLICK HERE TO LEARN MORE](#)



## What should P.E.I.'s minimum wage be? Look beyond inflation for the answer, says think-tank

Employment Standards / Wages

As a review of Prince Edward Island's minimum wage gets underway, a policy researcher says the province should take a much closer look at the rising costs facing low-income workers and how they compare with overall inflation when deciding future increases. P.E.I.'s minimum wage rose to \$17.30 an hour on Oct. 1, with another 30-cent increase scheduled for April 2027.

*"I'm pleased to see the increase. P.E.I. has been trying to ensure that the minimum wage at least keeps up with overall inflation, which is important," said Christine Saulnier, Nova Scotia director of the Canadian Centre for Policy Alternatives and a co-author of the group's living wage calculations for P.E.I. "But also looking a little more closely at the inflation question, just using the overall index is likely not enough to be supporting minimum wage workers."*

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## Program seeks new blood for Newfoundland and Labrador fisheries

### Commercial Fisheries / Recruitment

Setting aquaculture aside, the wild fishery in Newfoundland and Labrador hit a historic high last year in total landed value of nearly \$1.3 billion. All the while, the industry was working on how to start addressing a major problem in industry demographics.

The **Fish, Food and Allied Workers' union** (FFAW-Unifor) expects 2,500 crew members and enterprise owners to retire in the province over the coming decade. That's not just a common recruitment concern, it's enough at this point to threaten the ability to continue to hit historic high values, affecting the provincial economy.

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## Major labour market stories from the past week

### Breaking Labour Market News for New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador

- Provincial Government Recognizes Disability Employment Awareness Month and Supports Inclusive Employment ([Click Here](#))
- Canada advances Wind West to bring major new clean power to Atlantic Canada ([Click Here](#))
- PEI PNP Draw October 2026 90 Candidates Invited in Unscheduled Round ([Click Here](#))
- AI Anxiety: Valid Concerns About Jobs, Privacy and the Environment ([Click Here](#))
- Physician recruitment reaches five-year high: N.S. health officials ([Click Here](#))
- Political Uncertainty Has Some Canadian Employers Putting Hiring Plans on Hold ([Click Here](#))
- How well does Netflix's Below capture Newfoundland and Labrador? ([Click Here](#))
- Work permit freeze expands to six more labour markets across the Maritimes, Ontario, and the Prairies ([Click Here](#))
- Access to addictions care in Cape Breton improving: officials ([Click Here](#))
- Don't Let AI Replace Settlement Workers ([Click Here](#))
- Halifax Universities Career Fair ([Click Here](#))
- Policymakers in every province should end unnecessary licensure requirements ([Click Here](#))
- Grand Falls-Windsor Hospital Plans for MRI Machine, Staffing May be an Issue ([Click Here](#))
- Digital economy jobs outpace Canada's wider labour market: report ([Click Here](#))
- Is P.E.I. doing enough to recruit its own medical students? ([Click Here](#))

## This Week on LinkedIn

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Check out our new Podcast: [#MotivatingMondays](#) which looks exclusively at the Job Development Sector.

- RNC Encourages Residents to Stay Safe Online ([Click Here](#))
- Government of Canada announces major investment in apprenticeship training to build Team Canada Strong ([Click Here](#))
- Physician recruitment reaches five-year high: N.S. health officials ([Click Here](#))
- Economy catching up with economists as employment numbers fall: expert ([Click Here](#))

We don't want to waste your time. For instance, we're not going to share: '[Bear visits library, steals honey on Winnie-the-Pooh's 100th birthday](#)'. Apparently the bear had a 'rumbly in his tumbly'. (It turned out to be a librarian.)

Your time is valuable and we wouldn't want to waste it, follow us on [LinkedIn](#) :-)

## Community Calendar

### Career Development Events

#### 2026 Atlantic Labour Market Year-in-Review Workshop

**Fri. Dec. 11th (Online) | 9:30am - 3:30pm**

*20% Discount on Registrations Until November 12, 2026*

Hosted by the Atlantic Labour Market Report

Click here to learn more: [Website](#) | [Info Sheet](#) | [Register](#)

#### #MotivatingMondays for Job Developers

**Monday October 26th at 12:30pm in the Maritimes / 1:00pm in Newfoundland**

**Topic: Lessons learned from 62 construction project managers**

*Hosted by the Canadian Job Development Network*

Free for All Attendees

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## Job Postings

### Career Development Employment

To post a job here, please email: [admin@labourmarketsolutions.ca](mailto:admin@labourmarketsolutions.ca)

*(When you write your cover letter, please mention you saw this advertisement in the Atlantic Labour Market Report)*

#### [Executive Director](#)

The Murphy Centre

St. John's, NL

Closes: Nov. 15, 2026

#### [Project Manager - Local Immigration Partnership - Southeast Regional Service](#)

Commission

Economic Development - Southeast Regional Service Commission

Moncton, NB

#### [Communications and Engagement Specialist](#)

Canadian Marine Careers Foundation

Halifax, NS

Closes: Oct. 25, 2026

[Human Service Practitioner \(6-Month Contract\)](#)

Key Industries  
Saint John, NB  
Closes: Unknown

[Career Practitioner](#)

Association for New Canadians  
Grand Falls-Windsor, NL  
Closes: Unknown

[Youth Employment Opportunities](#)

Waypoints Inc  
St. John's, NL  
Closes: Unknown

## Did you know?

### Fascinating Facts

According to a LinkedIn poll of 1,039 respondents, 66 percent would rather hear nothing after applying for a job, unless called in for an interview, than interact with a chatbot.

- Calgary-based Hire Value Inc.

## Quote of the Week

### Career Inspiration

"If a human cannot take the time to give me an answer, especially if you've interviewed, that to me is the most misplaced and misguided use of conversational AI. When we forget what it feels like to be looking for work is the day we probably shouldn't be in recruitment."

- Shelley Billingham, CEO, Hire Value Inc.

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