JOINT ECONOMIC COMMITTEE MINORITY

FACT SHEET | JULY 2026

Families in the United States Have Had to Spend $3,500+ More Under Trump

As of June 2026, the average household in the United States has had to **spend $3,500+ more on goods and services** under President Trump. Despite President Trump's repeated pledges on the campaign trail that his administration would "end inflation" and bring down costs for families, Trump and Republicans in Congress have instead caused costs to continue to rise significantly, including through Trump's reckless tariffs and war in Iran. Below are calculations from the Joint Economic Committee – Minority and other statistics on higher costs that families in United States face for everyday essentials:

Housing Costs

- American families have had to spend **$695 more on housing costs** such as rent and mortgage payments since President Trump took office.

Grocery Costs

- Americans paid **$310 more for groceries** in President Trump's first year than in 2024, and grocery prices are now **more than 4 percent higher** than when Trump took office.
- Beef and coffee prices are hitting Americans especially hard. Since the President took office, the average price of ground beef has risen almost every month to a record high of more than **$7 per pound**. Coffee prices also spiked and are now nearly **$10 per pound**.

Energy Costs

- Gas prices have soared since the start of Trump's Iran War. In total, people across the United States have spent **$60 billion** more on gas since the beginning of the war. That means the average family in the United States has spent **$504 more** on gas.
- Families in the United States **paid $110 more for electricity** in 2025 under President Trump than they did in 2024. And, in just the first six months of 2026, they are expected to spend an estimated **$116 more** for electricity than they did in the first half of 2024.

Health Care Costs

- Because of Trump and Republicans' refusal to extend the Affordable Care Act (ACA) tax cuts that help people afford their health insurance, monthly premiums for ACA plans **rose over 50 percent on average** in 2026 compared to last year. Meanwhile deductibles surged to record highs, increasing by more than $1,000 on average.

Sources: Bureau of Labor Statistics Consumer Price Index and Average Price Data, Joint Economic Committee – Republicans, Bureau of Economic Analysis, U.S. Department of Agriculture, Walmart.com, AAA.com, Edmunds.com, Federal Highway Administration, Energy Information Administration, Kaiser Family Foundation. Gas cost calculations are current through July 21, 2026.