

New England Families Paid \$200+ More to Heat Their Homes Since the Iran War Began

President Trump’s decision to start a war with Iran has significantly increased the cost of heating oil, which many families – especially in New England – use to heat their homes. As families face these higher home heating bills, President Trump also just [announced](#) his plans to eliminate the Low-Income Home Energy Assistance Program (LIHEAP), which helps many working families afford their utility bills.

The Joint Economic Committee – Minority analyzed the change in home heating oil prices in New England states since the start of the Iran War. Over the course of March 2026, for instance, the average family in New Hampshire who uses heating oil had to **spend \$205 more – or 31 percent – to heat their home** than they did in March 2025.

For these new estimates, the Committee utilized weekly data on the price of heating oil from the U.S. Energy Information Administration along with temperature data from the National Weather Service and industry data.

State	% Increase in Home Heating Oil Cost in March 2026 vs March 2025	\$ Increase in Home Heating Oil Cost in March 2026 vs. March 2025
Connecticut	39.6%	+\$217
Maine	32.3%	+\$228
Massachusetts	37.9%	+\$224
New Hampshire	31.4%	+\$205
Rhode Island	51.1%	+\$288
Vermont	32.9%	+\$218
New England Average	37.1%	+\$230

Source: Weekly data on home heating oil costs from the U.S. Energy Information Administration, average temperature data from the National Weather Service, and industry data from heatable.com on the number of gallons of home heating oil used in the average home at various temperatures.