Families in New York Have Had to Spend $6,000+ More Under Trump

As of September 2026, the average household in New York has had to **pay an additional $6,000+ for goods and services** due to rising costs under President Trump. Despite 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 pushed prices even higher, 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 New York face for everyday essentials:

Housing Costs

- New York families have had to spend an additional **$1,310 on housing costs** such as rent and mortgage payments since President Trump took office.

Grocery Costs

- Americans paid an additional **$310 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 more than **$9 per pound**.

Energy Costs

- Gas prices have soared since the start of Trump's Iran War. In total, people across New York have spent an additional **$4 billion** on gas since the beginning of the war. That has cost the average family in New York an additional **$739** in gas costs.
- Families in New York **spent an additional $190 on electricity** in 2025 under President Trump than they did in 2024. And, in just the first seven months of 2026, they spent an additional **$258** on electricity than they did in the first seven months of 2024.
  - **Home heating oil prices in New York are at record highs**, which means it will now cost a family **$1,558 to fill their heating oil tank, $598 more than at this time last year**. If prices stay this high, then New York families will **have to pay a total of $2,504 to heat their homes this winter, a 32 percent increase compared to last winter**.

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, Census Bureau's American Community Survey, Joint Economic Committee – Republicans, Bureau of Economic Analysis, U.S. Department of Agriculture, Walmart.com, AAA.com, Federal Highway Administration, Energy Information Administration, Kaiser Family Foundation. Gas cost calculations are current through October 14, 2026, heating oil as of October 5th.