



Connecticut

Inflation Report



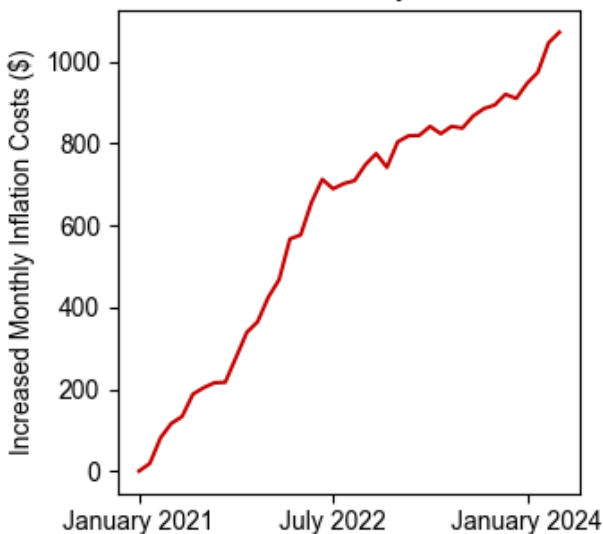
April 2024

Summary

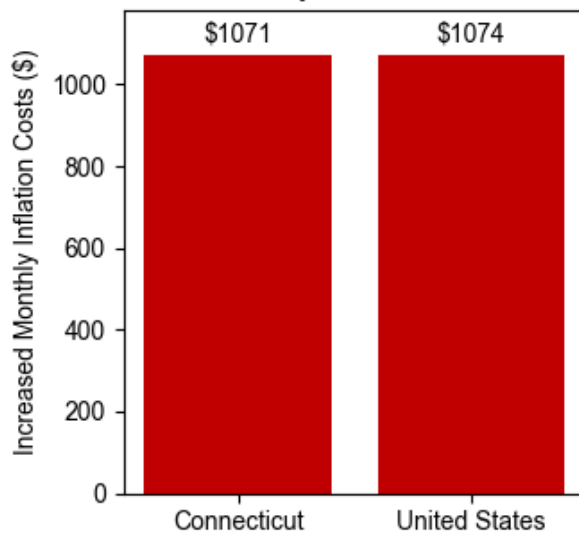
Using the **April 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **Connecticut** is paying **\$1,071** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **Connecticut** household has spent **\$24,223** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



Connecticut ranks 21st for Increased Monthly Inflation Costs



Breakdown

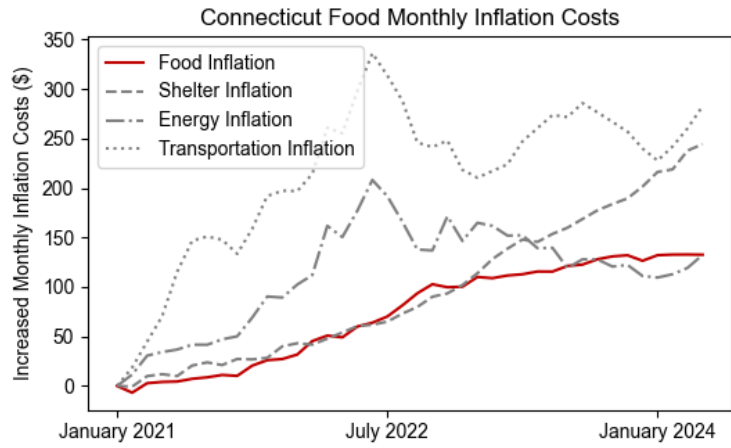
The Census Division where **Connecticut** is located has seen cumulative inflation of **16.6 percent** since January 2021. This is **3.2 percentage points lower** than the national cumulative inflation since January 2021 of **19.9 percent**.

Compared to one year earlier, the average **Connecticut** households needs to spend **\$230** more per month to maintain the same standard of living.

The JEC Inflation Tracker breaks down the increased cost to the average household in **Connecticut** relative to January 2021 into four essential spending categories below:

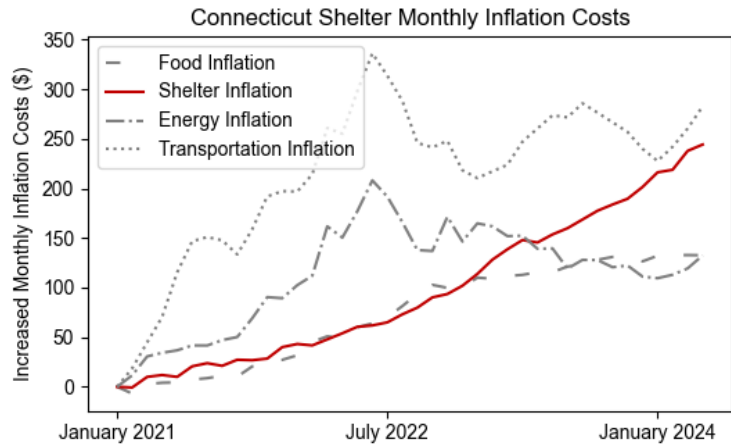
Household Food Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$132** more on food per month. This is **\$19 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$2,931** more on food due to inflation since January 2021.



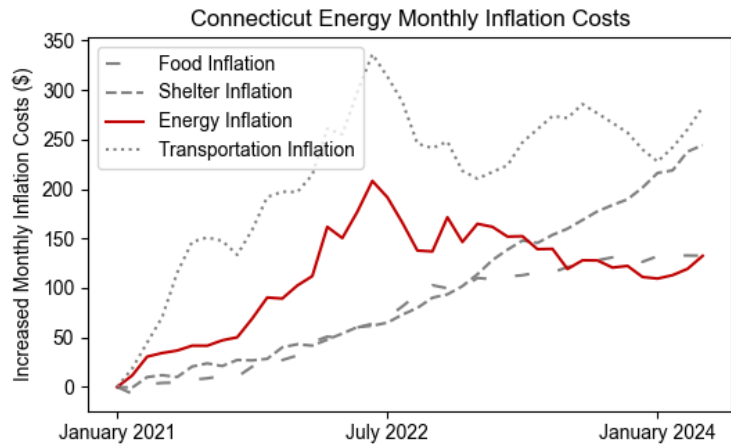
Household Shelter Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$244** more on shelter per month. This is **\$96 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$3,858** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$132** more on energy per month. This is **\$19 less** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$4,518** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$282** more on transportation per month. This is **\$35 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$8,538** more on transportation due to inflation since January 2021.

