



United States Congress

Joint Economic Committee

EST. 1946

Republicans

Representative David Schweikert, *Vice Chairman*



Connecticut

Inflation Update

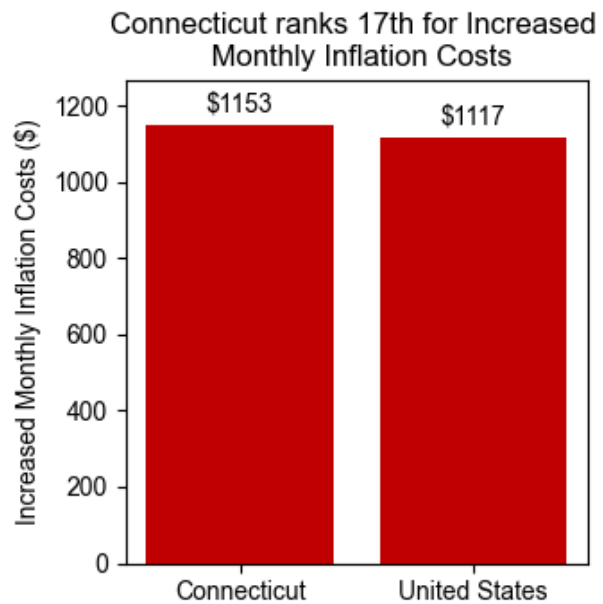
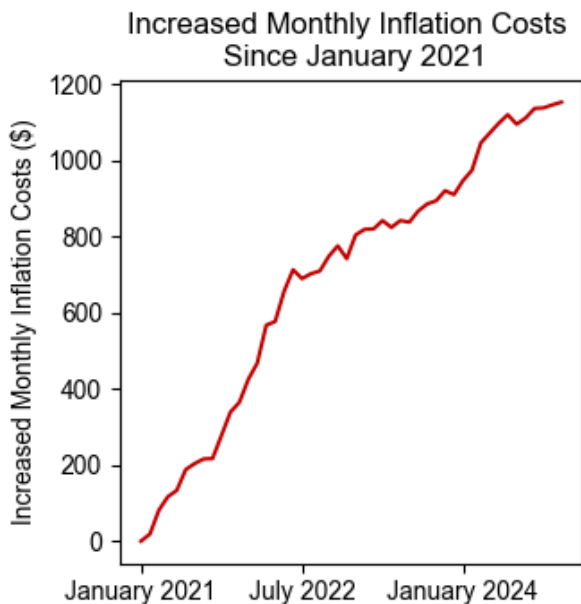


December 2024

Summary

Using the **December 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 **\$1,153** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **Connecticut** household has spent **\$33,219** more due to inflation since January 2021.



Breakdown

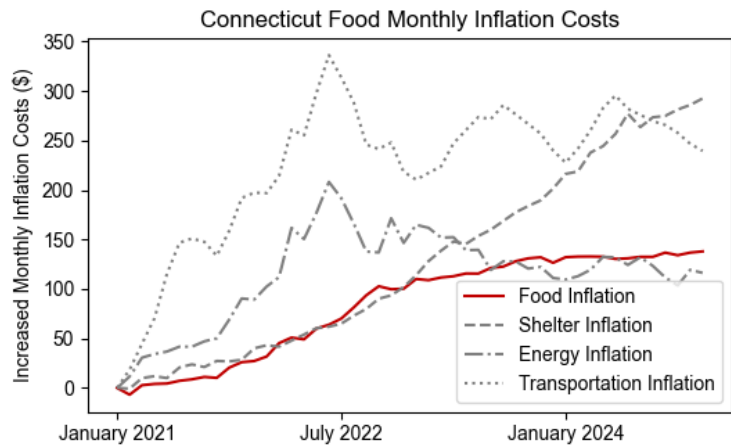
The Census Division where **Connecticut** is located has seen cumulative inflation of **17.9 percent** since January 2021. This is **2.8 percentage points lower** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **Connecticut** households needs to spend **\$243** 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:

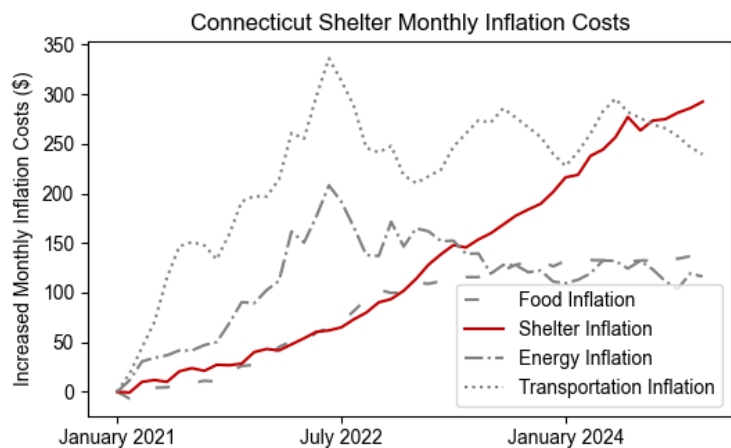
Household Food Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$138** more on food per month. This is **\$12 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$4,003** more on food due to inflation since January 2021.



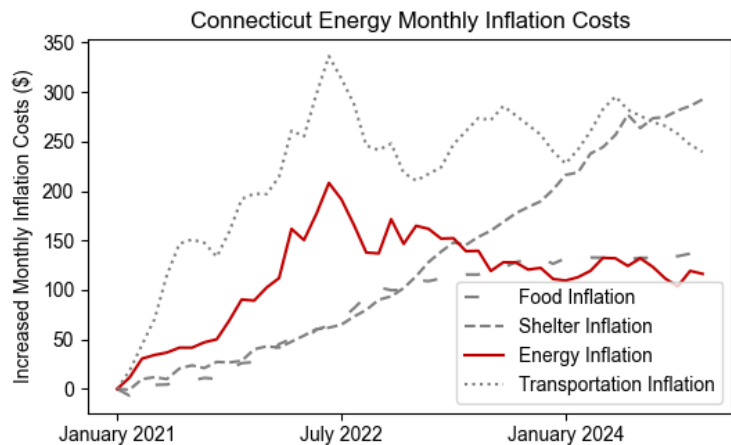
Household Shelter Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$293** more on shelter per month. This is **\$91 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$6,064** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$116** more on energy per month. This is **\$5 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$5,481** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **Connecticut** is spending **\$240** more on transportation per month. This is **\$0 more** each month than one year ago. Cumulatively, the average household in **Connecticut** has spent **\$10,672** more on transportation due to inflation since January 2021.

