



United States Congress

# Joint Economic Committee

EST. 1946

Republicans

Representative David Schweikert, *Vice Chairman*



## Maine

### Inflation Update

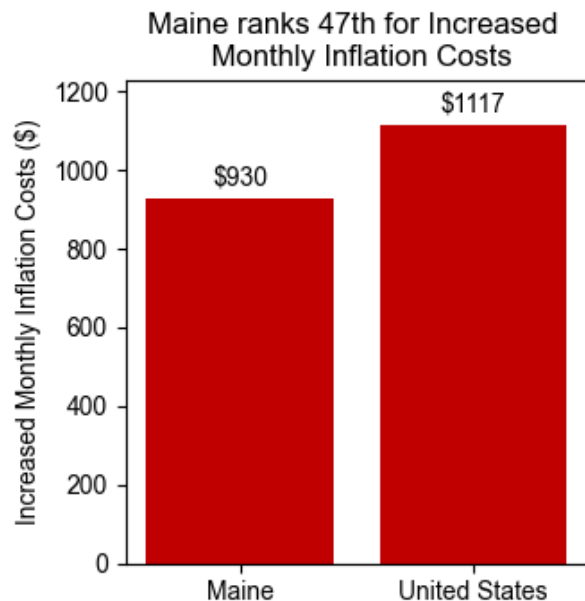
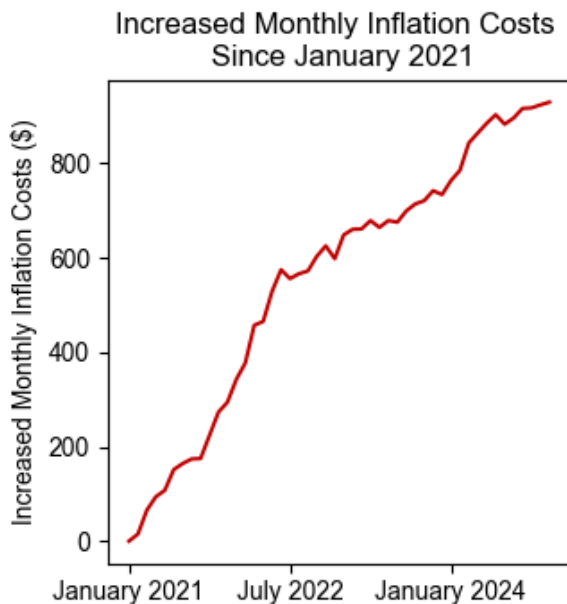


## December 2024

### 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 **Maine** is paying **\$930** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **Maine** household has spent **\$26,789** more due to inflation since January 2021.



### Breakdown

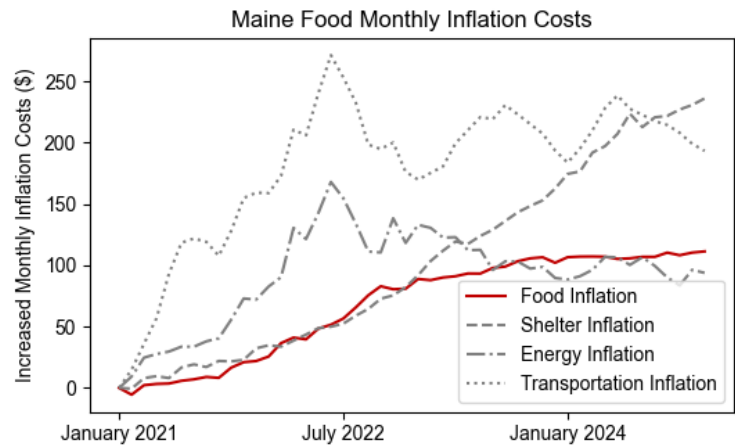
The Census Division where **Maine** is located has seen cumulative inflation of **17.9 percent** since January 2021. This is **2.8 percentage points lower** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **Maine** households needs to spend **\$196** more per month to maintain the same standard of living.

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

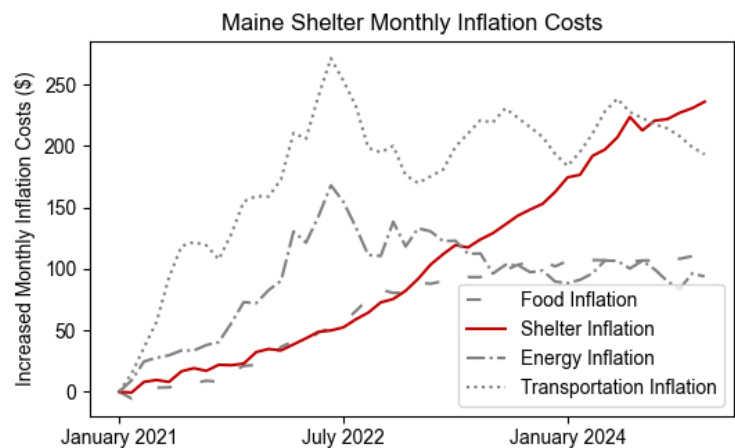
### Household Food Expenses

Compared to January 2021, the average household in **Maine** is spending **\$111** more on food per month. This is **\$9 more** each month than one year ago. Cumulatively, the average household in **Maine** has spent **\$3,228** more on food due to inflation since January 2021.



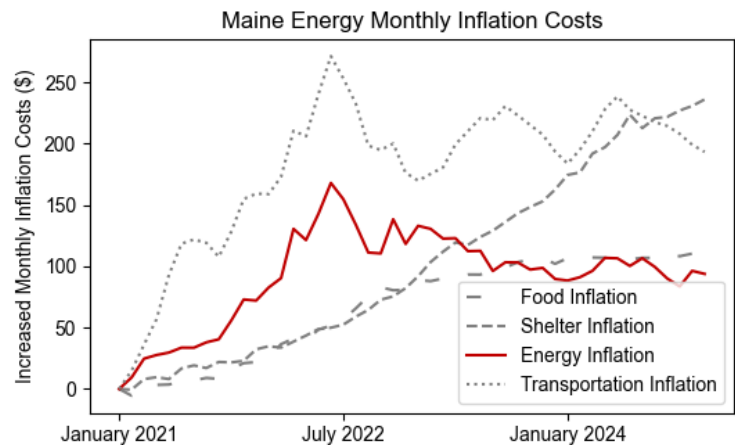
### Household Shelter Expenses

Compared to January 2021, the average household in **Maine** is spending **\$236** more on shelter per month. This is **\$73 more** each month than one year ago. Cumulatively, the average household in **Maine** has spent **\$4,891** more on shelter due to inflation since January 2021.



### Household Energy Expenses

Compared to January 2021, the average household in **Maine** is spending **\$94** more on energy per month. This is **\$4 more** each month than one year ago. Cumulatively, the average household in **Maine** has spent **\$4,420** more on energy due to inflation since January 2021.



### Household Transportation Expenses

Compared to January 2021, the average household in **Maine** is spending **\$193** more on transportation per month. This is **\$0 more** each month than one year ago. Cumulatively, the average household in **Maine** has spent **\$8,607** more on transportation due to inflation since January 2021.

