



New Hampshire

Inflation Update



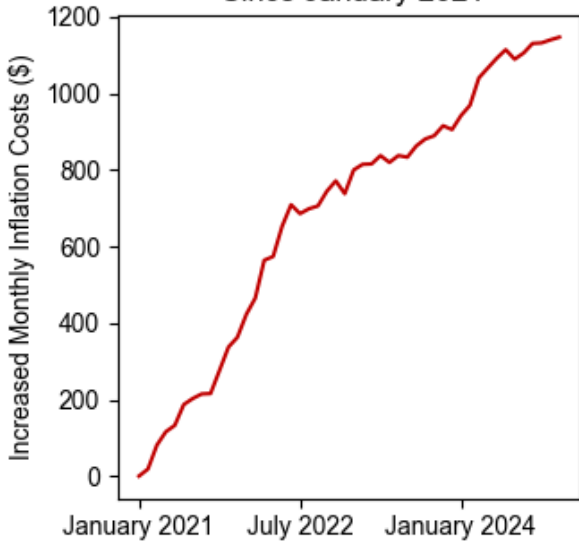
December 2024

Summary

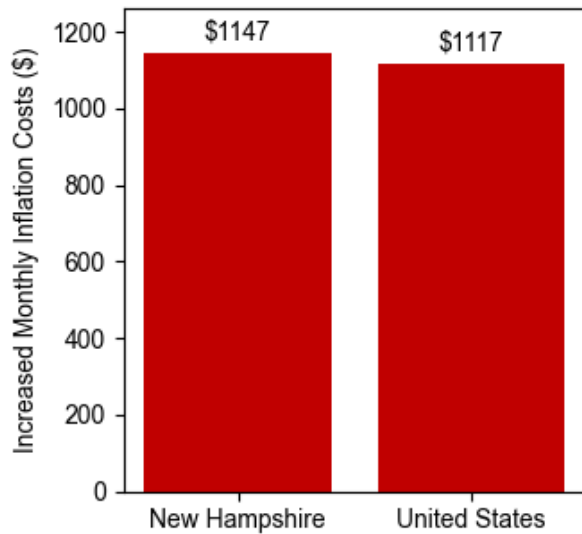
Using the **December 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **New Hampshire** is paying **\$1,147** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **New Hampshire** household has spent **\$33,066** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



New Hampshire ranks 20th for Increased Monthly Inflation Costs



Breakdown

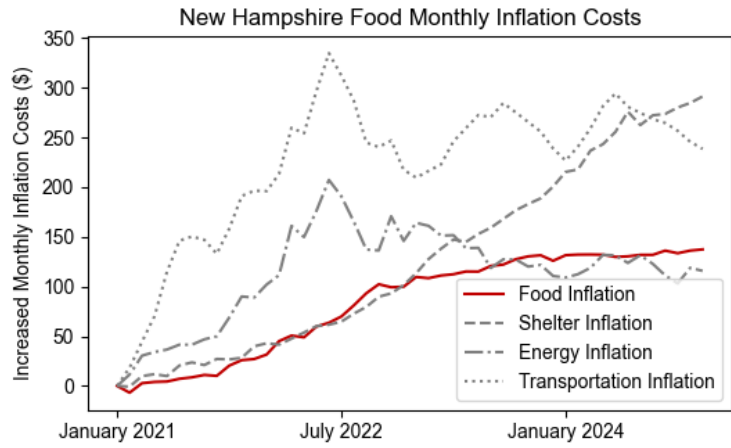
The Census Division where **New Hampshire** is located has seen cumulative inflation of **17.9 percent** since January 2021. This is **2.8 percentage points lower** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **New Hampshire** households needs to spend **\$242** more per month to maintain the same standard of living.

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

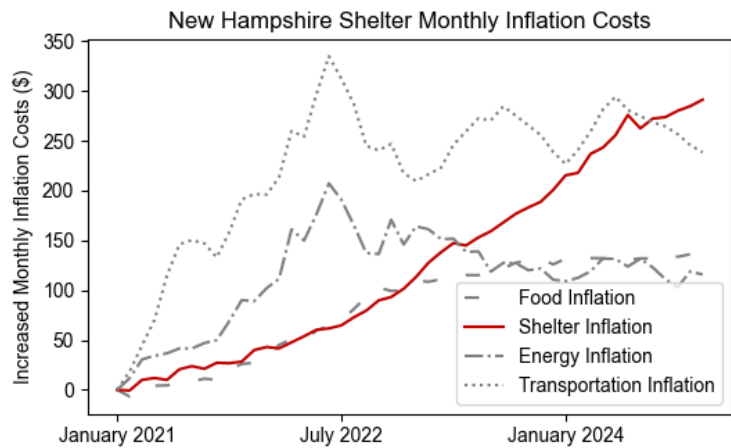
Household Food Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$137** more on food per month. This is **\$11 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$3,985** more on food due to inflation since January 2021.



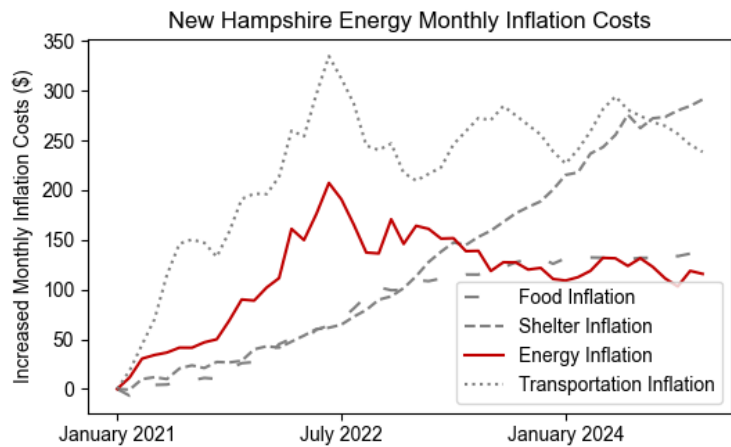
Household Shelter Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$291** more on shelter per month. This is **\$91 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$6,037** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$116** more on energy per month. This is **\$5 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$5,456** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$238** more on transportation per month. This is **\$0 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$10,623** more on transportation due to inflation since January 2021.

