



# North Carolina

## Inflation Update



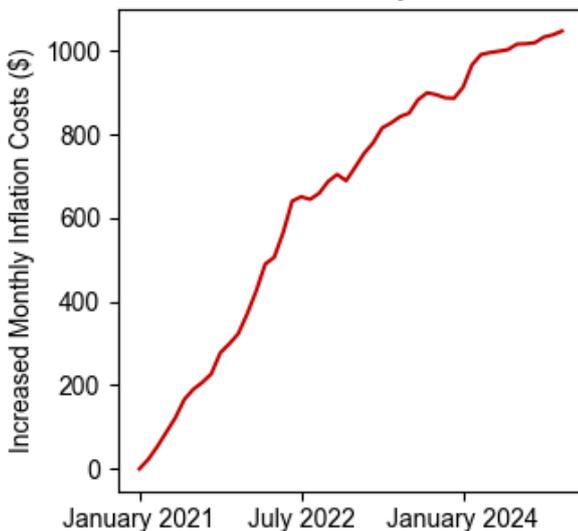
### December 2024

#### Summary

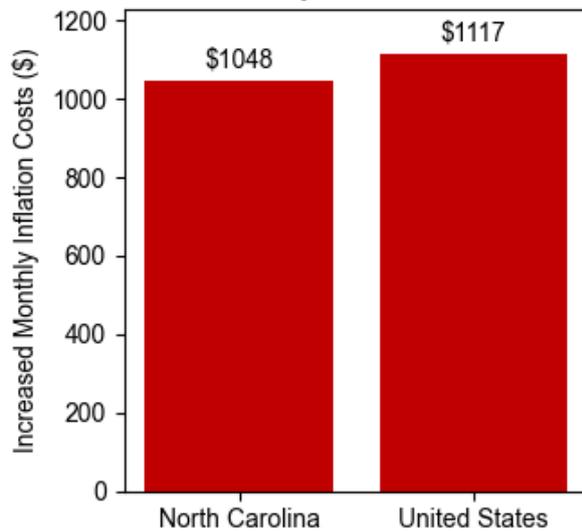
Using the **December 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **North Carolina** is paying **\$1,048** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **North Carolina** household has spent **\$31,111** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



North Carolina ranks 31st for Increased Monthly Inflation Costs



#### Breakdown

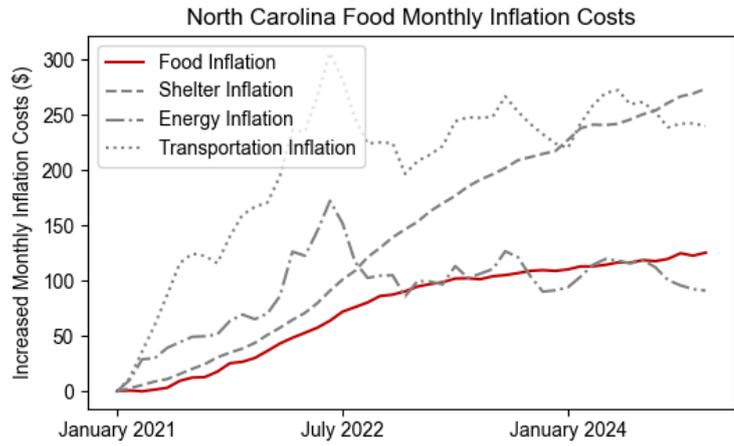
The Census Division where **North Carolina** is located has seen cumulative inflation of **22.4 percent** since January 2021. This is **1.7 percentage points higher** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **North Carolina** households needs to spend **\$161** more per month to maintain the same standard of living.

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

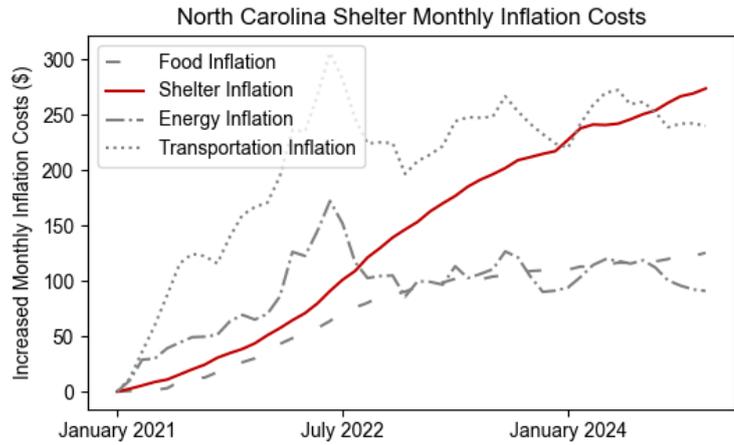
### Household Food Expenses

Compared to January 2021, the average household in **North Carolina** is spending **\$125** more on food per month. This is **\$16 more** each month than one year ago. Cumulatively, the average household in **North Carolina** has spent **\$3,582** more on food due to inflation since January 2021.



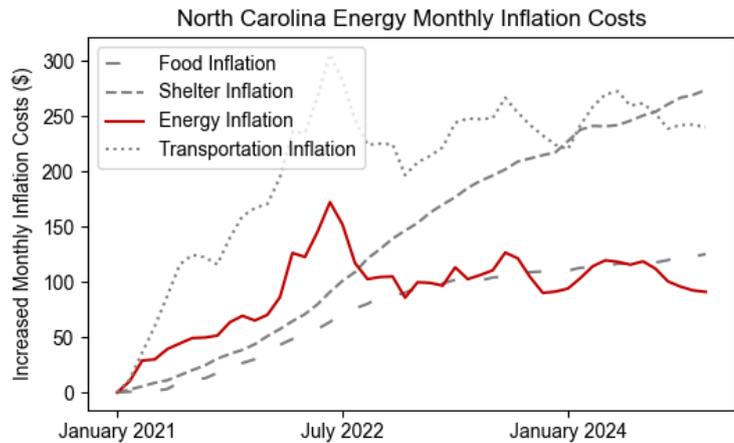
### Household Shelter Expenses

Compared to January 2021, the average household in **North Carolina** is spending **\$274** more on shelter per month. This is **\$56 more** each month than one year ago. Cumulatively, the average household in **North Carolina** has spent **\$6,696** more on shelter due to inflation since January 2021.



### Household Energy Expenses

Compared to January 2021, the average household in **North Carolina** is spending **\$91** more on energy per month. This is **\$0 more** each month than one year ago. Cumulatively, the average household in **North Carolina** has spent **\$4,426** more on energy due to inflation since January 2021.



### Household Transportation Expenses

Compared to January 2021, the average household in **North Carolina** is spending **\$240** more on transportation per month. This is **\$16 more** each month than one year ago. Cumulatively, the average household in **North Carolina** has spent **\$9,798** more on transportation due to inflation since January 2021.

