



New Hampshire

Inflation Report



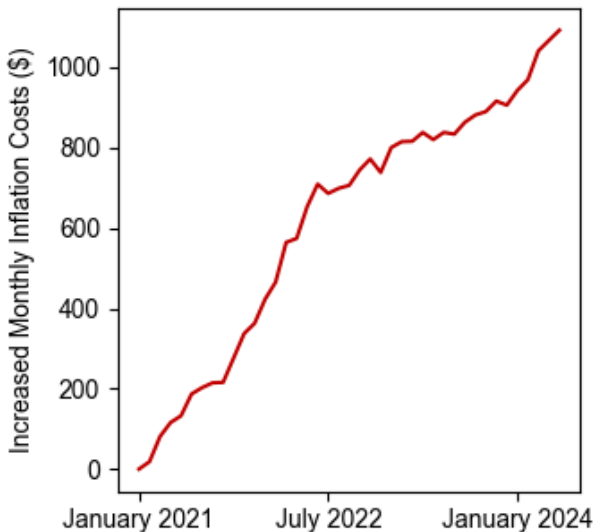
May 2024

Summary

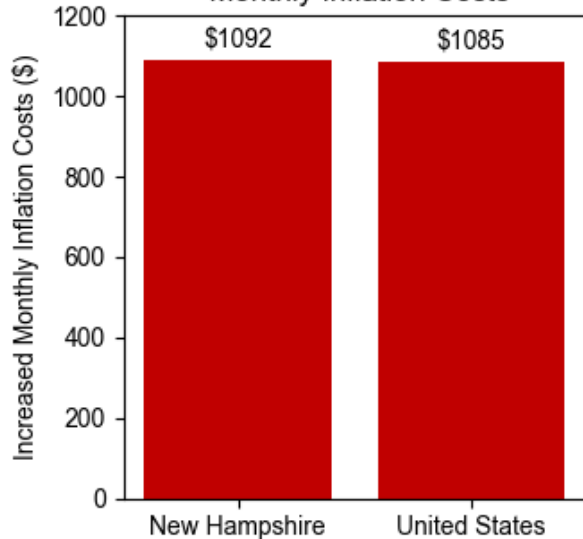
Using the **May 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **New Hampshire** is paying **\$1,092** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **New Hampshire** household has spent **\$25,205** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



New Hampshire ranks 22nd for Increased Monthly Inflation Costs



Breakdown

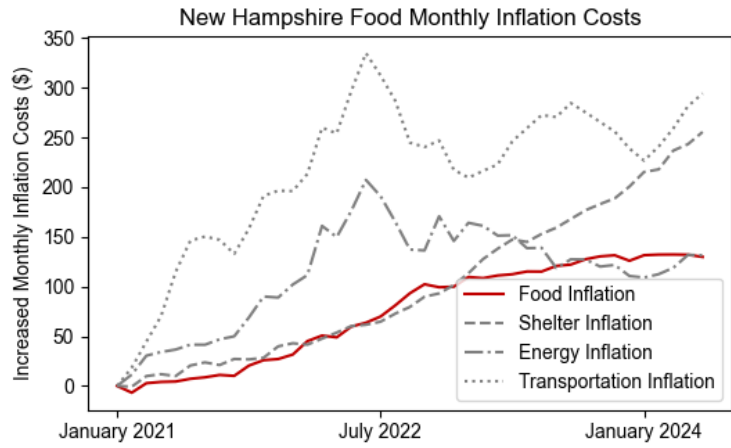
The Census Division where **New Hampshire** is located has seen cumulative inflation of **17.0 percent** since January 2021. This is **3.0 percentage points lower** than the national cumulative inflation since January 2021 of **20.1 percent**.

Compared to one year earlier, the average **New Hampshire** households needs to spend **\$272** 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:

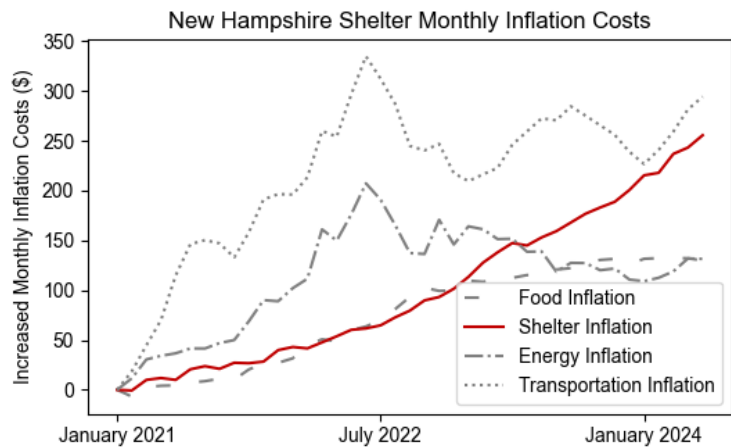
Household Food Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$130** more on food per month. This is **\$15 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$3,048** more on food due to inflation since January 2021.



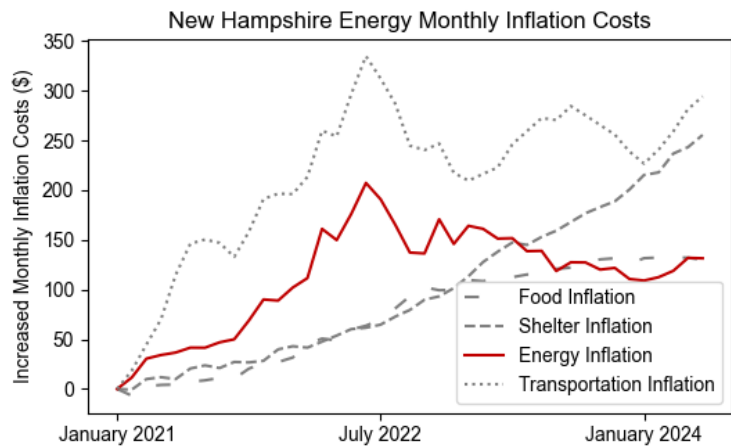
Household Shelter Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$256** more on shelter per month. This is **\$111 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$4,096** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$131** more on energy per month. This is **\$7 less** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$4,629** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$294** more on transportation per month. This is **\$35 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$8,794** more on transportation due to inflation since January 2021.

