



New Hampshire

Inflation Update



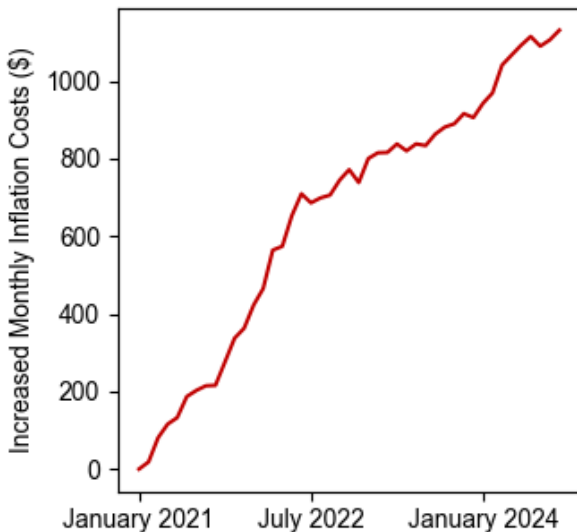
September 2024

Summary

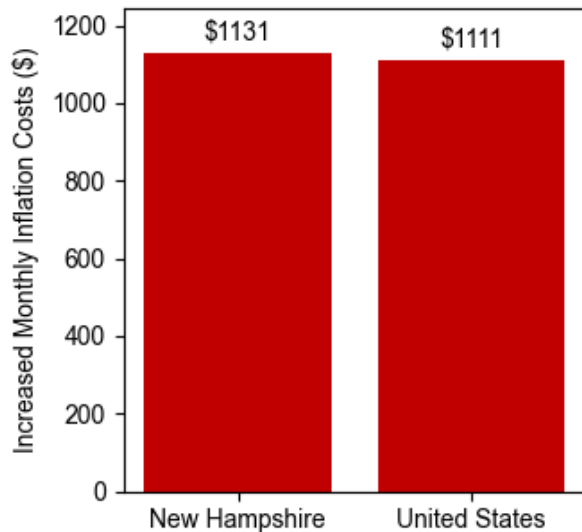
Using the **September 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **New Hampshire** is paying **\$1,131** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **New Hampshire** household has spent **\$29,646** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



New Hampshire ranks 24th for Increased Monthly Inflation Costs



Breakdown

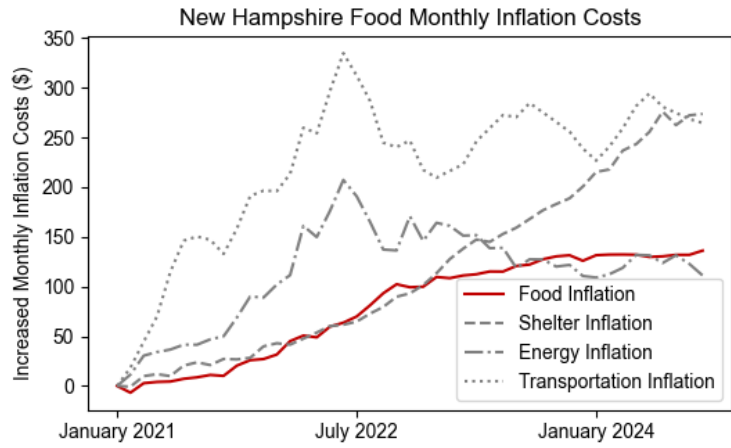
The Census Division where **New Hampshire** is located has seen cumulative inflation of **17.6 percent** since January 2021. This is **2.9 percentage points lower** than the national cumulative inflation since January 2021 of **20.5 percent**.

Compared to one year earlier, the average **New Hampshire** households needs to spend **\$250** 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:

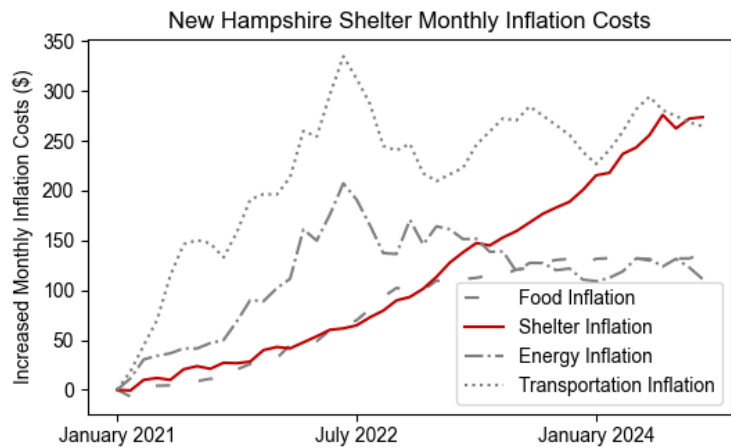
Household Food Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$136** more on food per month. This is **\$9 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$3,578** more on food due to inflation since January 2021.



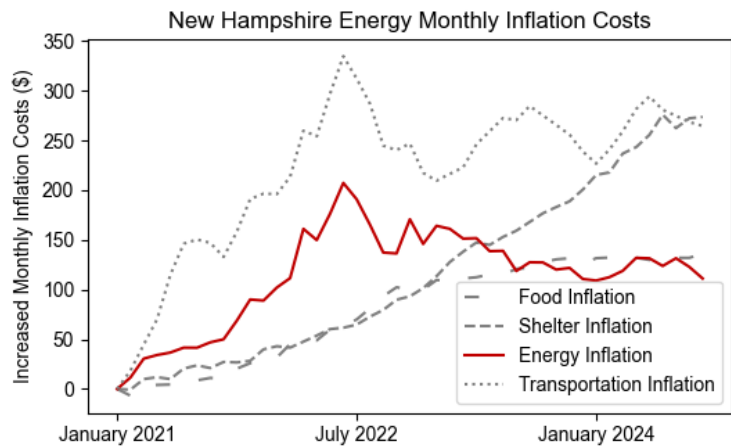
Household Shelter Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$274** more on shelter per month. This is **\$97 more** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$5,180** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$111** more on energy per month. This is **\$16 less** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$5,118** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **New Hampshire** is spending **\$265** more on transportation per month. This is **\$11 less** each month than one year ago. Cumulatively, the average household in **New Hampshire** has spent **\$9,882** more on transportation due to inflation since January 2021.

