



Vermont

Inflation Update



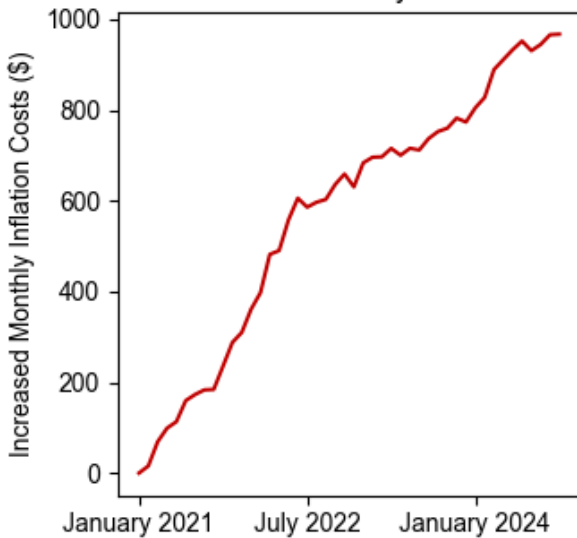
October 2024

Summary

Using the **October 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 **Vermont** is paying **\$967** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **Vermont** household has spent **\$26,293** more due to inflation since January 2021.

Increased Monthly Inflation Costs Since January 2021



Vermont ranks 45th for Increased Monthly Inflation Costs



Breakdown

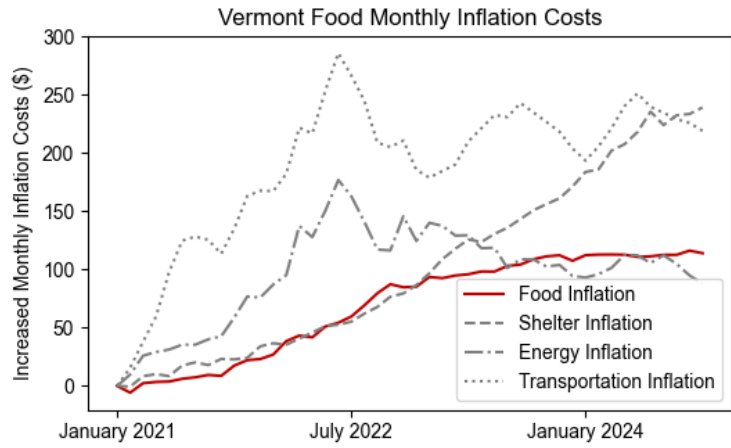
The Census Division where **Vermont** is located has seen cumulative inflation of **17.7 percent** since January 2021. This is **3.0 percentage points lower** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **Vermont** households needs to spend **\$207** more per month to maintain the same standard of living.

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

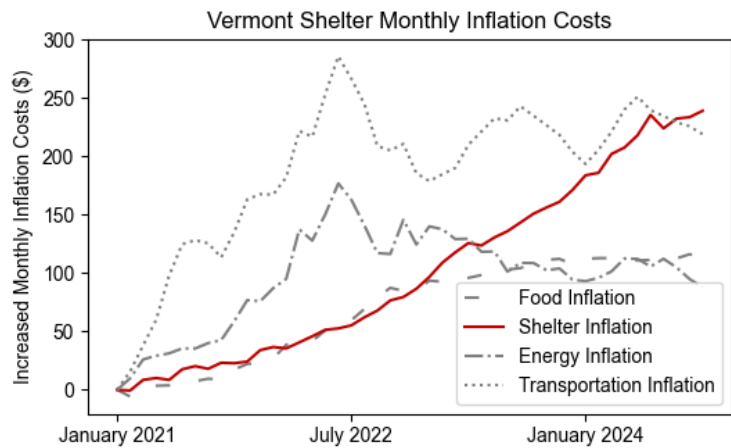
Household Food Expenses

Compared to January 2021, the average household in **Vermont** is spending **\$114** more on food per month. This is **\$3 more** each month than one year ago. Cumulatively, the average household in **Vermont** has spent **\$3,170** more on food due to inflation since January 2021.



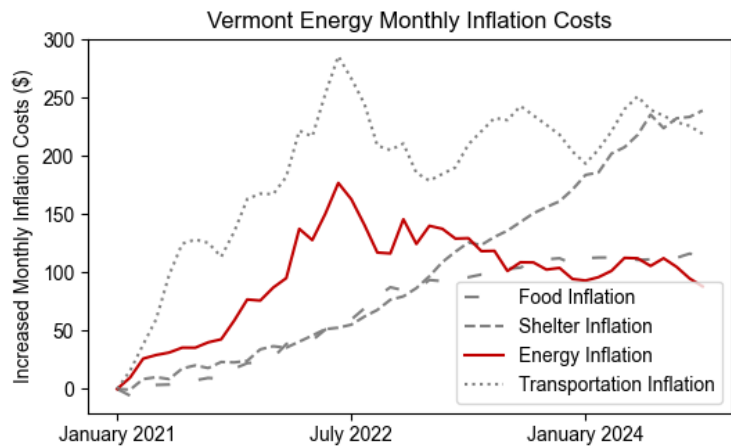
Household Shelter Expenses

Compared to January 2021, the average household in **Vermont** is spending **\$239** more on shelter per month. This is **\$83 more** each month than one year ago. Cumulatively, the average household in **Vermont** has spent **\$4,665** more on shelter due to inflation since January 2021.



Household Energy Expenses

Compared to January 2021, the average household in **Vermont** is spending **\$88** more on energy per month. This is **\$15 less** each month than one year ago. Cumulatively, the average household in **Vermont** has spent **\$4,460** more on energy due to inflation since January 2021.



Household Transportation Expenses

Compared to January 2021, the average household in **Vermont** is spending **\$219** more on transportation per month. This is **\$8 less** each month than one year ago. Cumulatively, the average household in **Vermont** has spent **\$8,661** more on transportation due to inflation since January 2021.

