Inflation Projections

The ALICE Essentials Index, which measures change over time in the cost of household essentials, projects an 18.2% increase statewide in basic costs from 2021 to 2023 (before taxes). For households in the United Way of Southeastern Connecticut region, depending on available tax credits, this could be as high as $36,600 for a single individual and $114,500 for a family of four.

Learn more about the ALICE methodology at UnitedForALICE.org/Methodology.
WORKING HARD, NOT GETTING BY

ALICE families live paycheck-to-paycheck, struggling to make ends meet. Every hour of every day, they must choose between keeping food on the table, paying rent, clothing their children or affording the high cost of needed medications. Despite working hard at the jobs available to them, they cannot always afford life’s most basic necessities.

ALICE IN CONNECTICUT

The crux of the problem is a mismatch between earnings and the costs of basics. For example, 43% of cashiers (a common occupation in Connecticut) were below the ALICE Threshold in 2021. Earning a median wage of $13.80/hour, these workers could not even afford a Household Survival Budget for one person employed full-time.

ALICE lives in every town and city in Connecticut.

Households below the ALICE Threshold cross all demographic groups. However, persistent disparities exist. In Connecticut for 2021:

- 57% of Hispanic and 54% of Black households were below the ALICE Threshold.
- 68% of single-female-headed households and 50% of single-male-headed households struggled to make ends meet.
- The youngest (under age 25) and oldest (age 65+) households faced the highest rates of hardship.

When households can’t afford the basics, they are forced to make difficult choices and trade-offs every day – impossible decisions like whether to pay for prescriptions or keep enough food on the table.

Connecticut United Ways use their local presence to build stronger, more resilient and more equitable communities where everyone can thrive. We work to improve the health, education and economic mobility of every person in every community we serve. Find your local United Way at ctunitedway.org/ctuways.

Act for ALICE! Learn about the ALICE policy agenda and sign-up for ALICE alerts at alice.ctunitedway.org