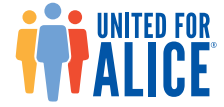


MIDDLESEX UNITED WAY

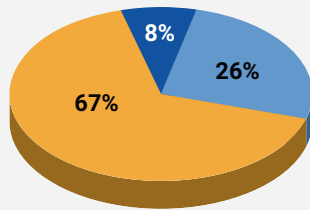
Number of Households – 69,071



Meet ALICE

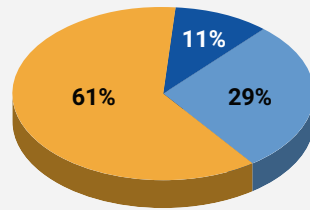
ALICE is an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county. Households below the ALICE Threshold – ALICE households plus those in poverty – can't afford the basics in the communities where they live.

Middlesex United Way service area



- Poverty: 5,239 HH, 8%
- ALICE: 17,761 HH, 26%
- Above ALICE: 46,071 HH, 67%

Connecticut



- Poverty: 149,960 HH, 10%
- ALICE: 402,750 HH, 28%
- Above ALICE: 875,603 HH, 61%

Note: Municipal-level data on this page is 5-year averages for Census County Subdivisions. Geographies with fewer than 100 households are not included.

Town	Total Households	% ALICE & Poverty
Chester	1,559	36%
Clinton	5,430	28%
Cromwell	5,920	36%
Deep River	2,035	36%
Durham	3,067	18%
East Haddam	3,676	24%
East Hampton	4,850	25%
Essex	3,009	31%
Haddam	3,217	21%
Killingworth	2,335	22%
Middlefield	1,842	29%
Middletown	20,539	44%
Old Saybrook	4,660	27%
Portland	3,569	29%
Westbrook	3,363	40%

Household Survival Budget, 2022

	SINGLE ADULT	2 ADULTS, 1 INFANT, 1 PRESCHOOLER
Monthly Costs and Credits		
Housing – Rent	\$794	\$1,131
Housing – Utilities	\$163	\$310
Child Care	–	\$2,417
Food	\$552	\$1,504
Transportation	\$424	\$1,074
Health Care	\$195	\$693
Technology	\$86	\$116
Miscellaneous	\$221	\$725
Tax Payments	\$442	\$1,647
Tax Credits	\$0	(\$433)
Monthly Total	\$2,877	\$9,184
ANNUAL TOTAL	\$34,524	\$110,208
Hourly Wage*	\$17.26	\$55.10

Sources: Sources: AAA, 2022; Agency for Healthcare Research and Quality, 2022; American Community Survey, 2022; Bureau of Labor Statistics, 2022–Consumer Expenditure Surveys; Bureau of Labor Statistics, 2022–Occupational Employment Statistics; Centers for Medicare & Medicaid Services, 2023–Medicare - Chronic Conditions; Centers for Medicare & Medicaid Services, 2020–Medicare Current Beneficiary Survey; Centers for Medicare & Medicaid Services, 2023; Connecticut Office of Early Childhood, 2022; Federal Reserve Bank of Atlanta–Policy Rules Database; Federal Highway Administration, 2017; Feeding America, 2023; Frank, 2022; Internal Revenue Service, 2022; Medicare.gov; The Zebra, 2022; U.S. Department of Agriculture, 2022–Official USDA Food Plans; U.S. Department of Housing and Urban Development, 2022–Fair Market Rents; USTelecom, 2022.

The Cost of Basics Outpaces Wages

The Household Survival Budget reflects the minimum costs of household necessities (housing, child care, food, transportation, health care, and technology), plus taxes. It does not include savings for emergencies or future goals like college or retirement. In 2022, wage increases in low-wage jobs helped fill the gap when pandemic assistance expired, but wasn't enough for many workers to keep up with the rising costs of necessities.

To see costs for different household compositions and locations in Connecticut, visit UnitedForALICE.org/Household-Budgets/Connecticut

