



## NEW JERSEY – STATE

Typical  
Household

Annual Expenses  
\$94,200

# \$1,448

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$17,376 (22.6%) Total Expenses

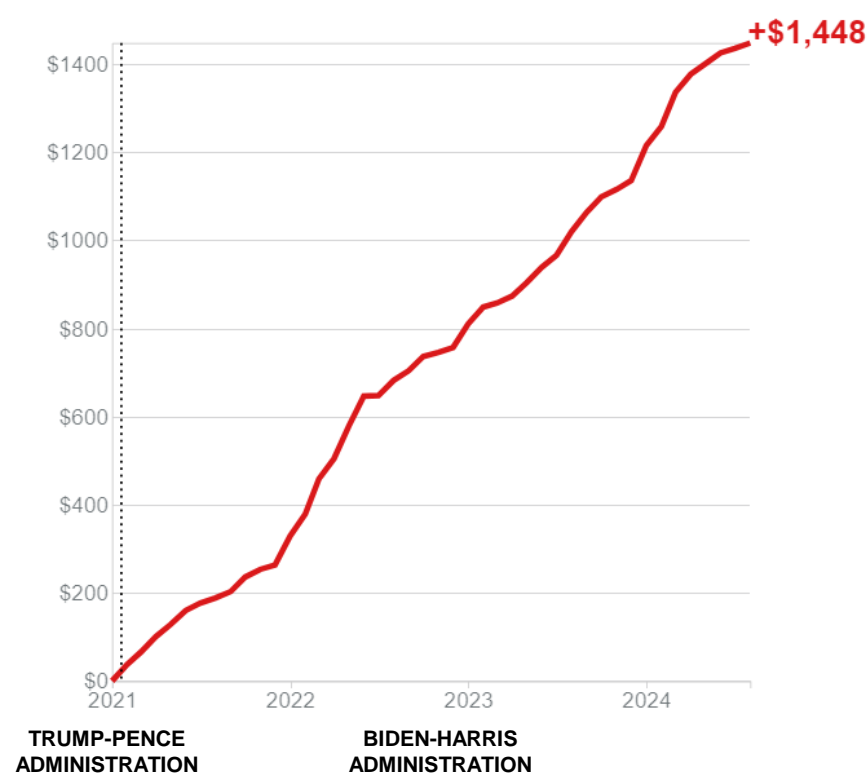
↑ \$5,040 (18.5%) for Rent/Mortgage

↑ \$1,284 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



Source: Bureau of Labor Statistics, Consumer Price Index  
Find your personal rate at [myinflation.com](https://myinflation.com)

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heritage.org



## NEW JERSEY – DISTRICT 1

Typical  
Household

Annual Expenses  
\$91,320

# \$1,402

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$16,824 (22.6%) Total Expenses

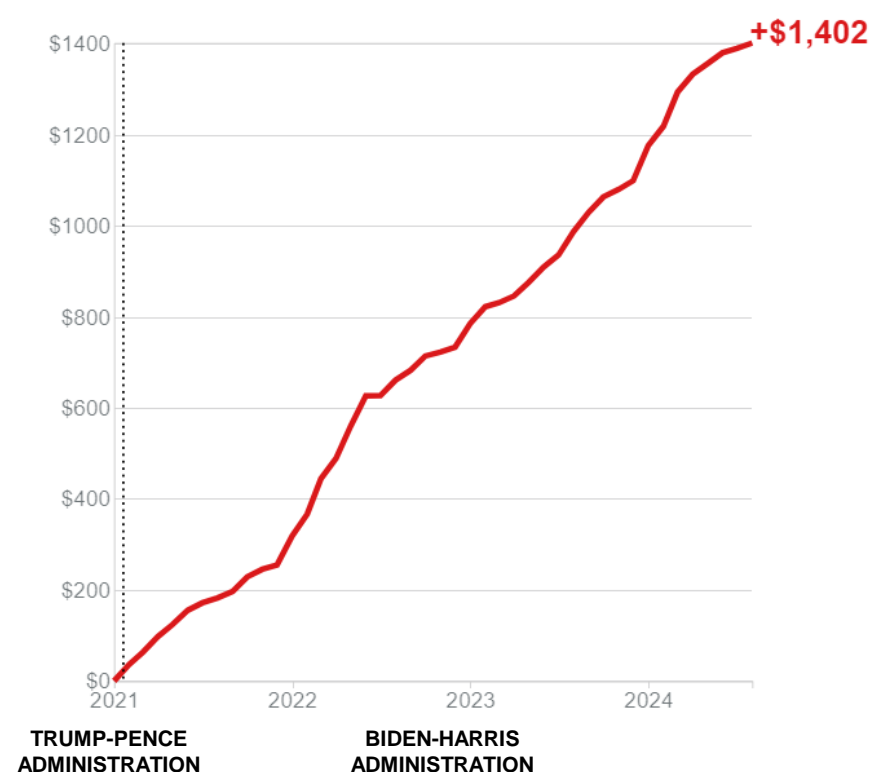
↑ \$4,896 (18.5%) for Rent/Mortgage

↑ \$1,248 (19.3%) for Groceries

↑ \$648 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



Source: Bureau of Labor Statistics, Consumer Price Index  
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## NEW JERSEY – DISTRICT 2

Typical  
Household

Annual Expenses  
\$91,320

# \$1,402

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$16,824 (22.6%) Total  
Expenses

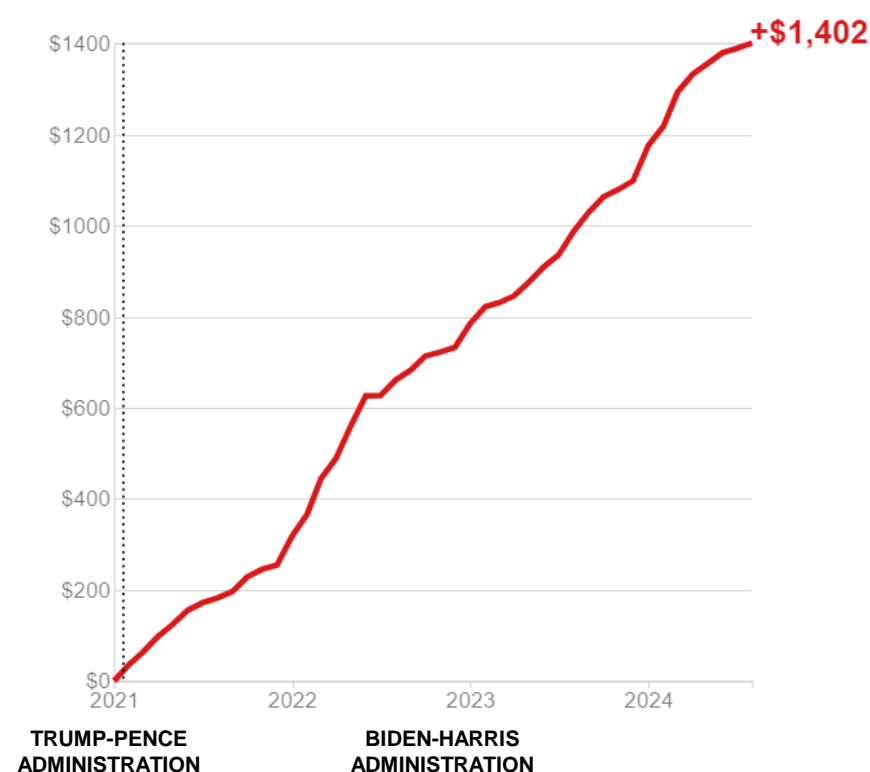
↑ \$4,896 (18.5%) for  
Rent/Mortgage

↑ \$1,248 (19.3%) for Groceries

↑ \$648 (40.0%) for Gasoline

**When the government  
spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 3

Typical  
Household

Annual Expenses  
\$96,060

# \$1,475

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$17,700 (22.6%) Total Expenses

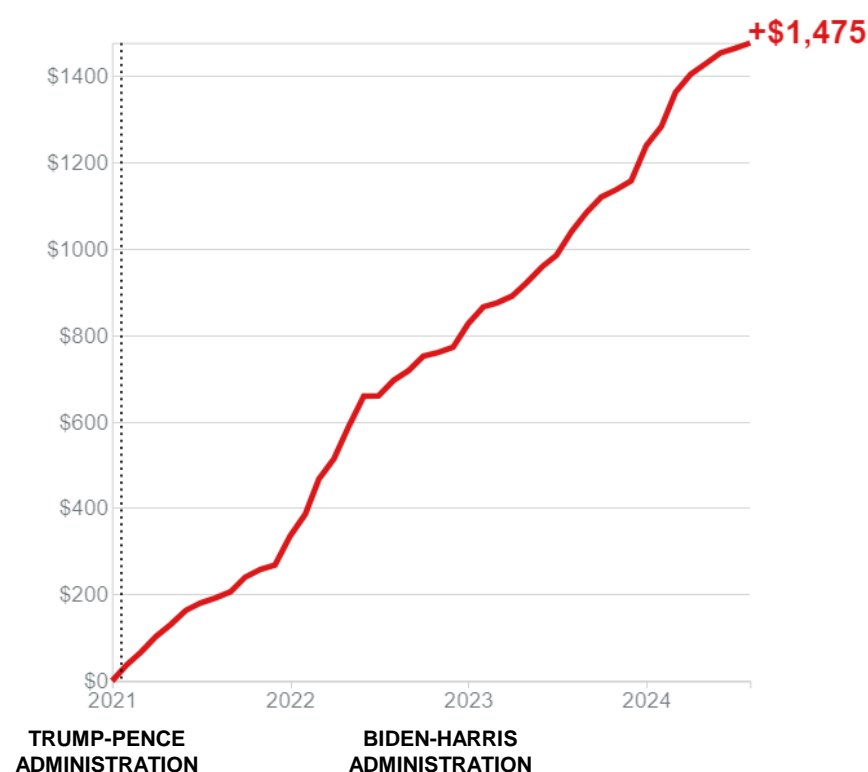
↑ \$5,148 (18.5%) for Rent/Mortgage

↑ \$1,320 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 4

Typical  
Household

Annual Expenses  
\$94,860

# \$1,456

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$17,472 (22.6%) Total  
Expenses

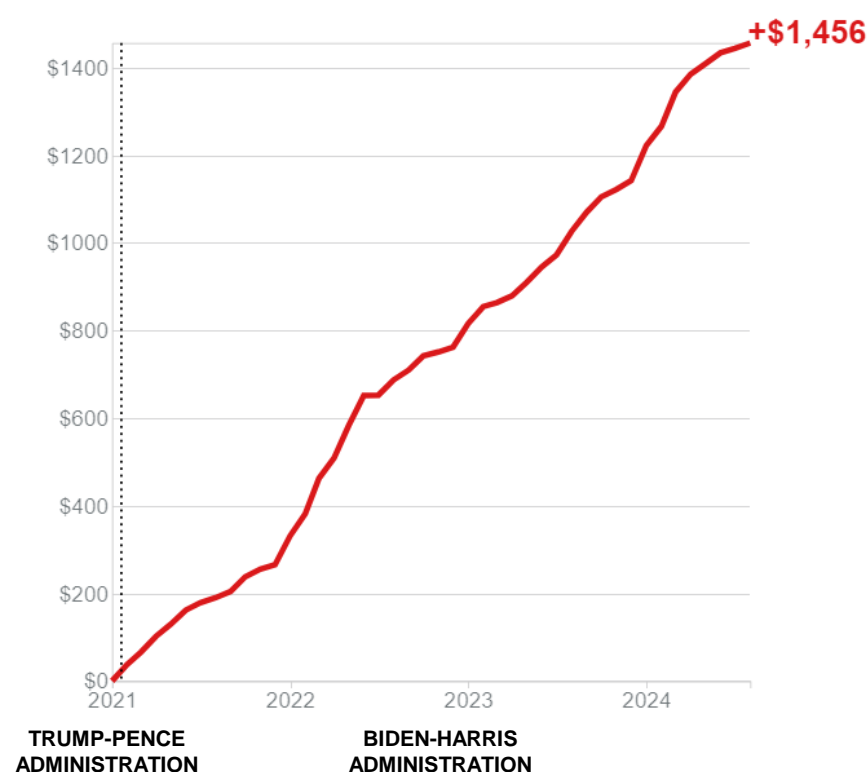
↑ \$5,088 (18.5%) for  
Rent/Mortgage

↑ \$1,296 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government  
spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 5

Typical  
Household

Annual Expenses  
\$96,420

# \$1,310

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$15,720 (22.6%) Total  
Expenses

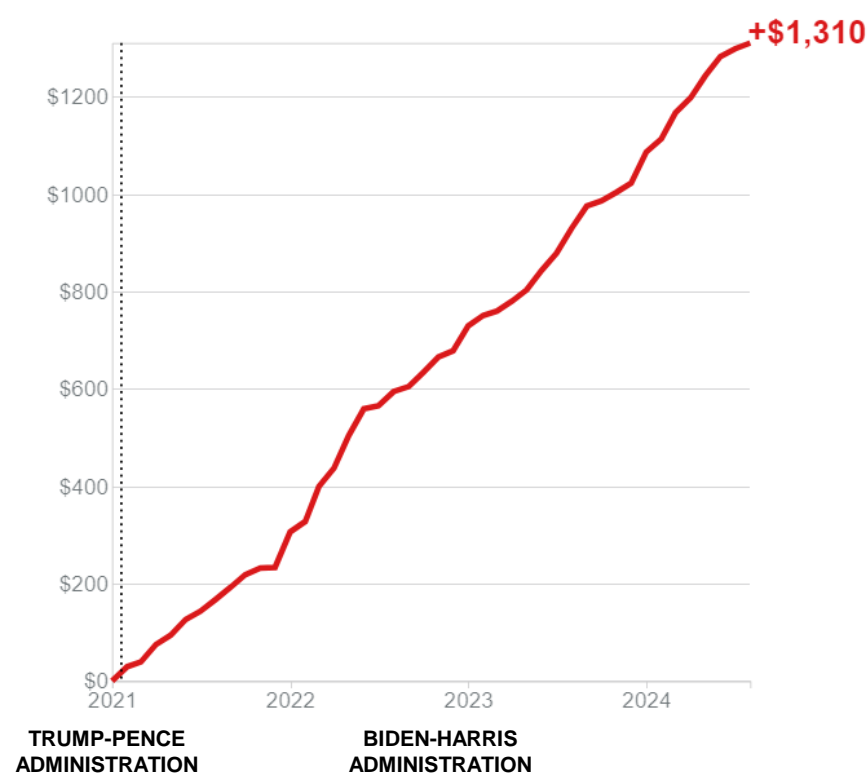
↑ \$5,172 (18.5%) for  
Rent/Mortgage

↑ \$1,320 (19.3%) for Groceries

↑ \$708 (40.0%) for Gasoline

**When the government  
spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 6

Typical  
Household

Annual Expenses  
\$95,280

# \$1,294

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$15,528 (22.6%) Total Expenses

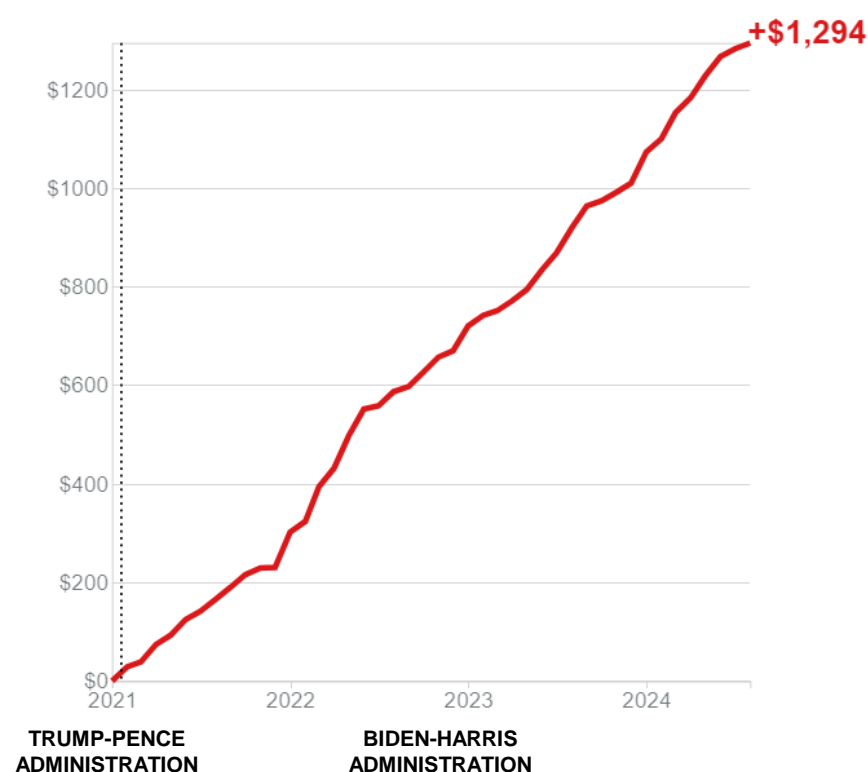
↑ \$5,100 (18.5%) for Rent/Mortgage

↑ \$1,308 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 7

Typical  
Household

Annual Expenses  
\$96,240

# \$1,308

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$15,696 (19.5%) Total Expenses

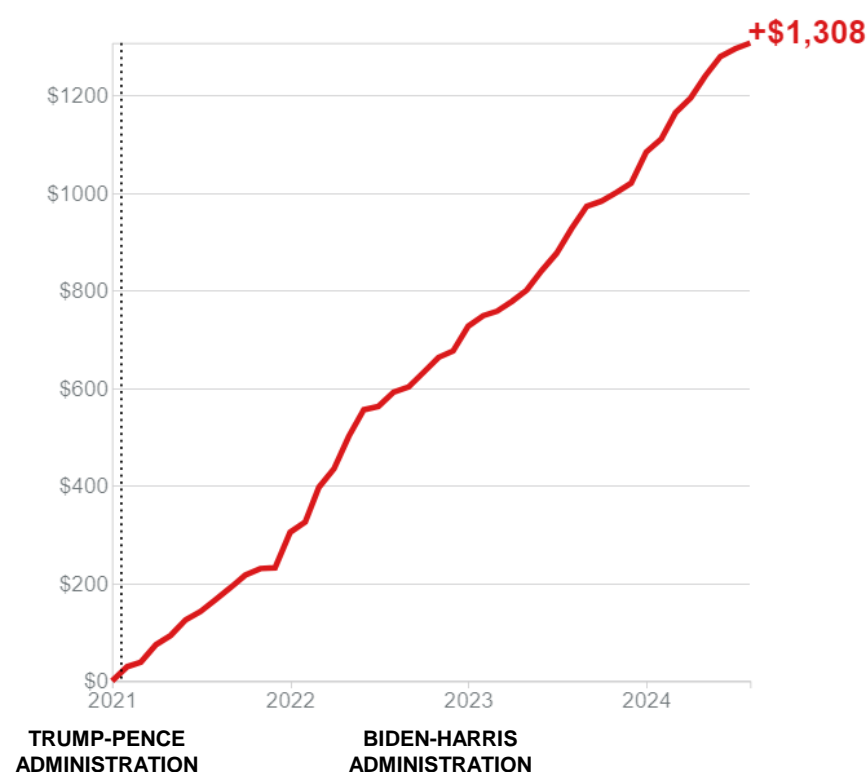
↑ \$5,160 (18.5%) for Rent/Mortgage

↑ \$1,320 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 8

Typical  
Household

Annual Expenses  
\$93,780

# \$1,275

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$16,500 (19.5%) Total Expenses

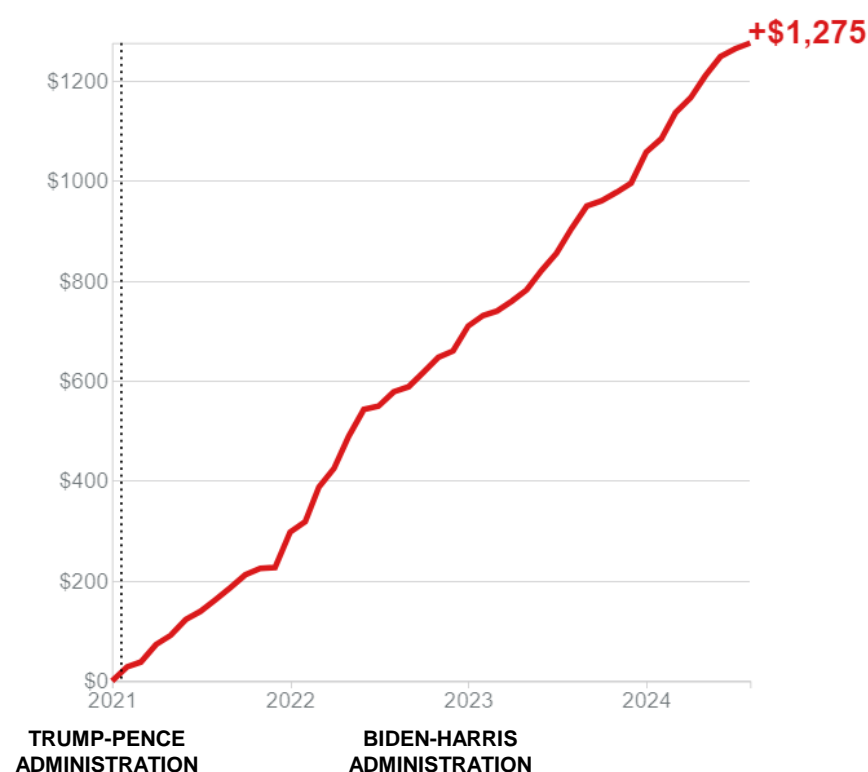
↑ \$5,028 (18.5%) for Rent/Mortgage

↑ \$1,284 (19.3%) for Groceries

↑ \$672 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 9

Typical  
Household

Annual Expenses  
\$92,880

# \$1,263

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$15,156 (19.5%) Total Expenses

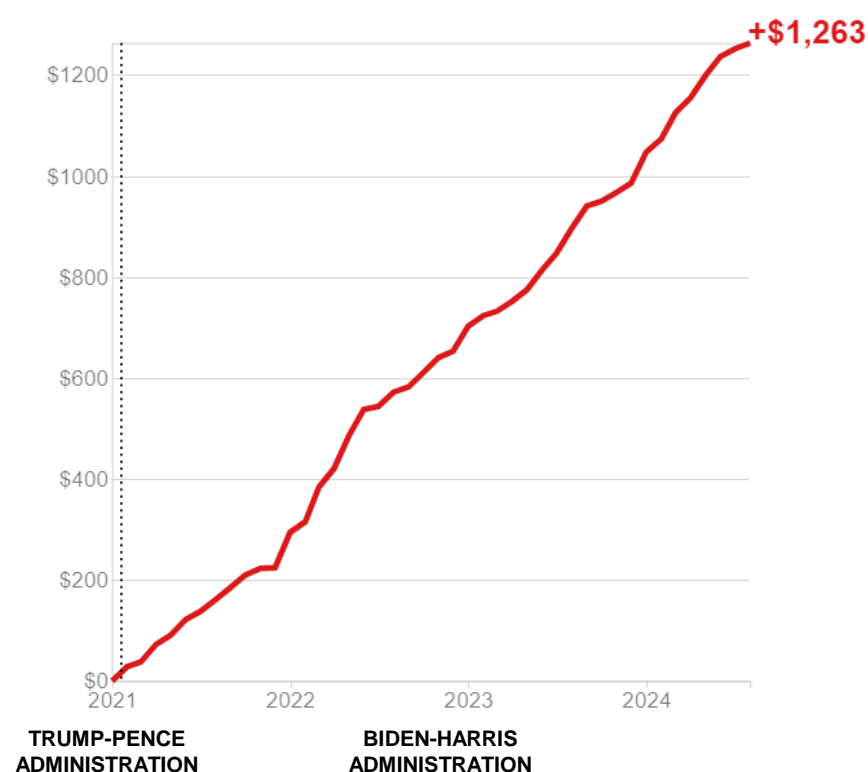
↑ \$4,968 (18.5%) for Rent/Mortgage

↑ \$1,272 (19.3%) for Groceries

↑ \$672 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 10

Typical  
Household

Annual Expenses  
\$90,720

# \$1,234

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$14,808 (19.5%) Total Expenses

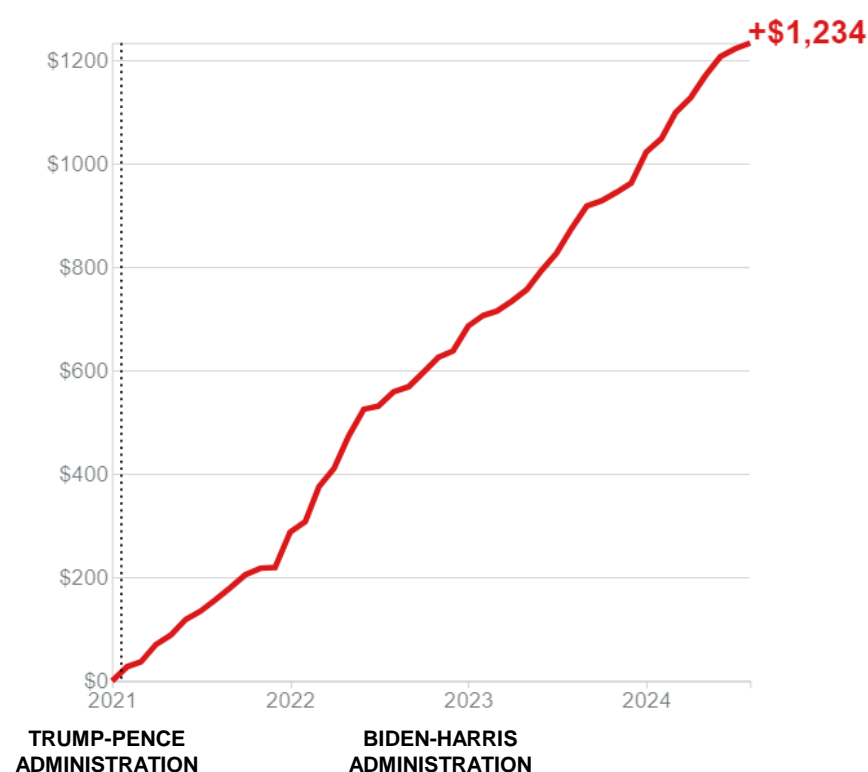
↑ \$4,860 (18.5%) for Rent/Mortgage

↑ \$1,236 (19.3%) for Groceries

↑ \$648 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 11

Typical  
Household

Annual Expenses  
\$95,280

# \$1,294

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$15,528 (19.5%) Total Expenses

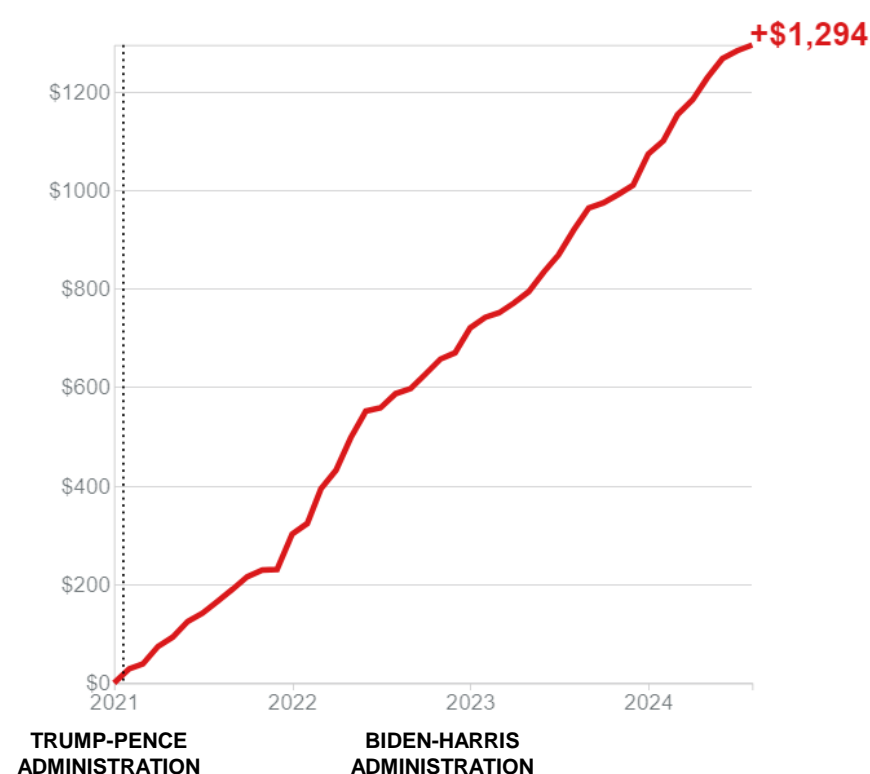
↑ \$5,100 (18.5%) for Rent/Mortgage

↑ \$1,308 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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## NEW JERSEY – DISTRICT 12

Typical  
Household

Annual Expenses  
\$96,360

# \$1,478

## MONTHLY COST OF LIVING INCREASE\*

\*Since January 2021

### Increased Annual Expenses

↑ \$17,736 (22.6%) Total Expenses

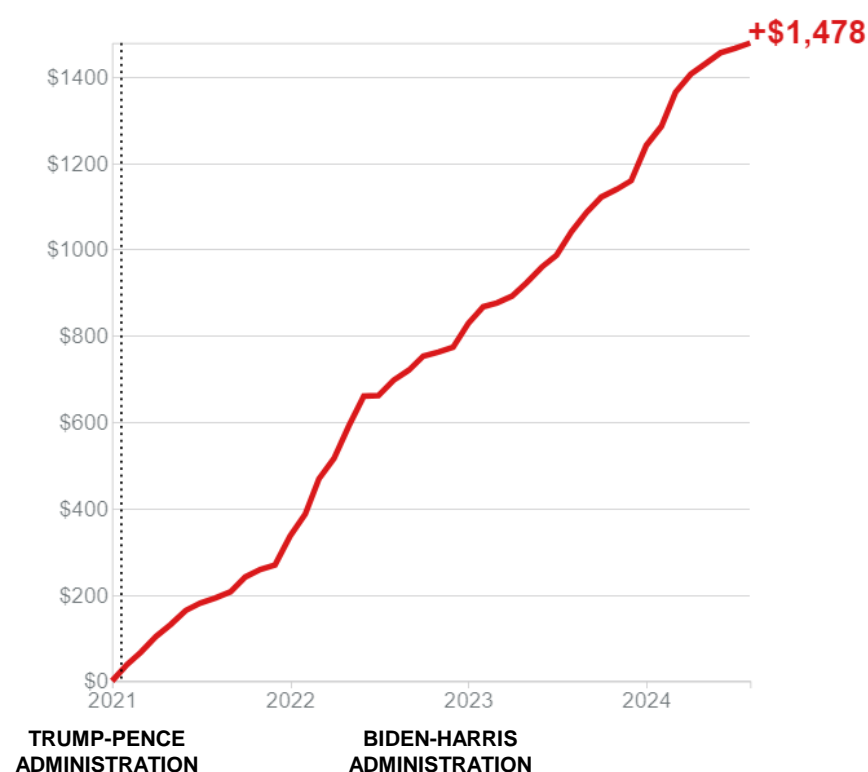
↑ \$5,172 (18.5%) for Rent/Mortgage

↑ \$1,320 (19.3%) for Groceries

↑ \$684 (40.0%) for Gasoline

**When the government spends more, you pay.**

Change in My Monthly Expenses



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