



AFFORDABILITY CHALLENGES AND INCREASING FOOD COSTS ACROSS NEW HAMPSHIRE

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NEW HAMPSHIRE FOOD ACCESS COALITION

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ABOUT NHFPI

The New Hampshire Fiscal Policy Institute:

- is a nonpartisan, independent research nonprofit organization that examines issues related to the State Budget, the economy, policy decisions, and the financial security of Granite Staters, particularly issues relevant to people with low and moderate incomes.
- does not lobby for or against specific pieces of legislation.
- receives no funding from governments. Individuals, foundations, and other organizations support NHFPI's work.

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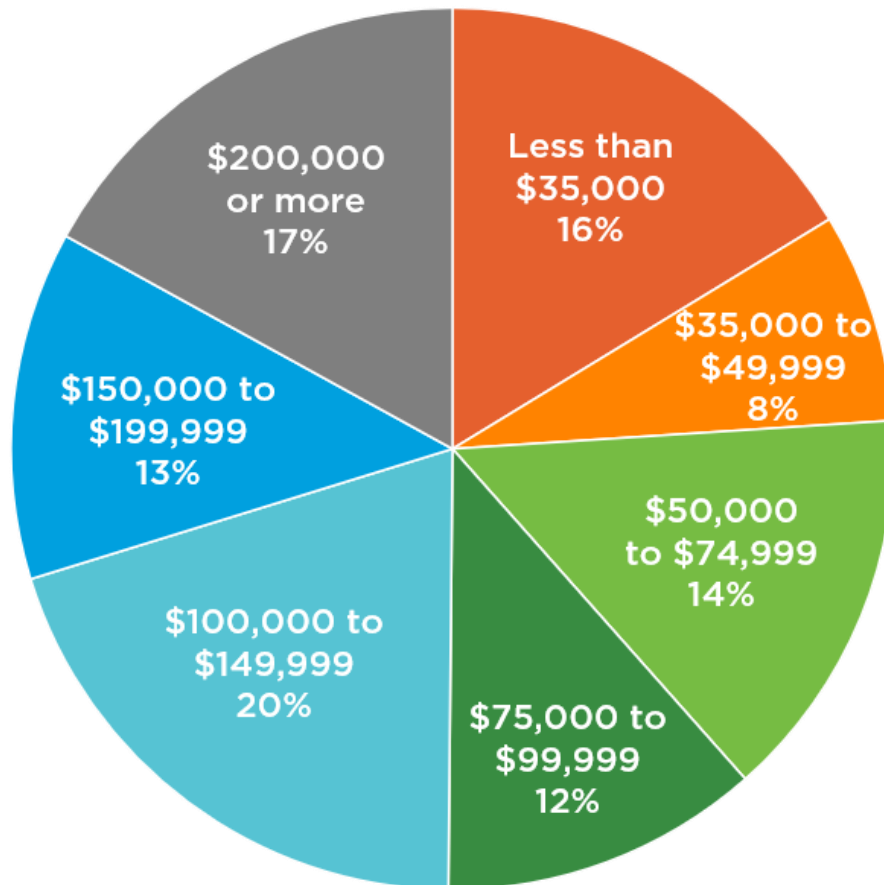


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News
Mentions

DISTRIBUTION OF NH HOUSEHOLD INCOME

NEW HAMPSHIRE HOUSEHOLDS BY INCOME GROUP, 2024



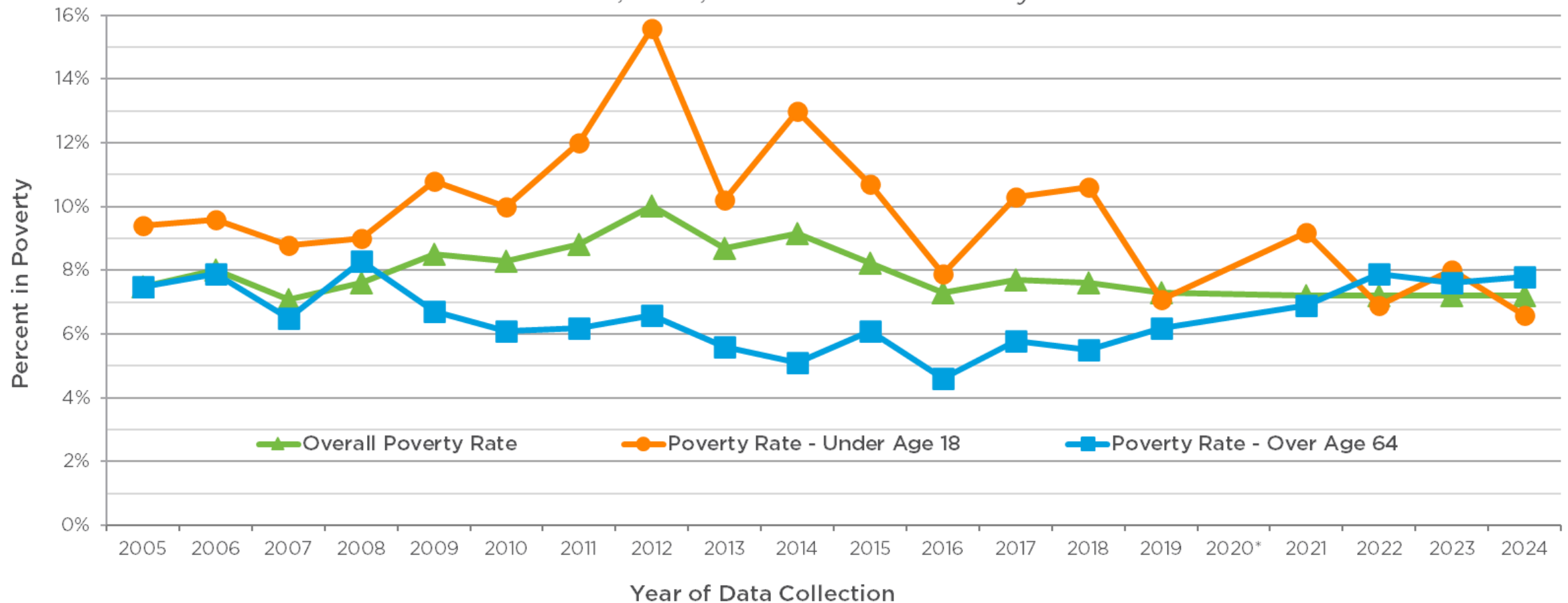
- Median income for all New Hampshire household sizes was about \$100,000, based on data collected during 2024
- Average New Hampshire household size was 2.4 people during 2024
- About 17% had incomes at or above \$200,000 in 2024, and 30% had incomes at or above \$150,000
- Nearly 1 in 4 New Hampshire households had incomes below \$50,000 in 2024 data
- About 16% had incomes below \$35,000 during 2024

For more information, see NHFPI's September 11, 2025 blog *Latest U.S. Census Bureau Data Show Granite Staters' Economic Well-Being Remained Steady and Did Not Improve in 2024*.

ABOUT 98,600 GRANITE STATERS, INCLUDING 16,100 CHILDREN, IN OFFICIAL POVERTY

NEW HAMPSHIRE POVERTY RATES OVER TIME

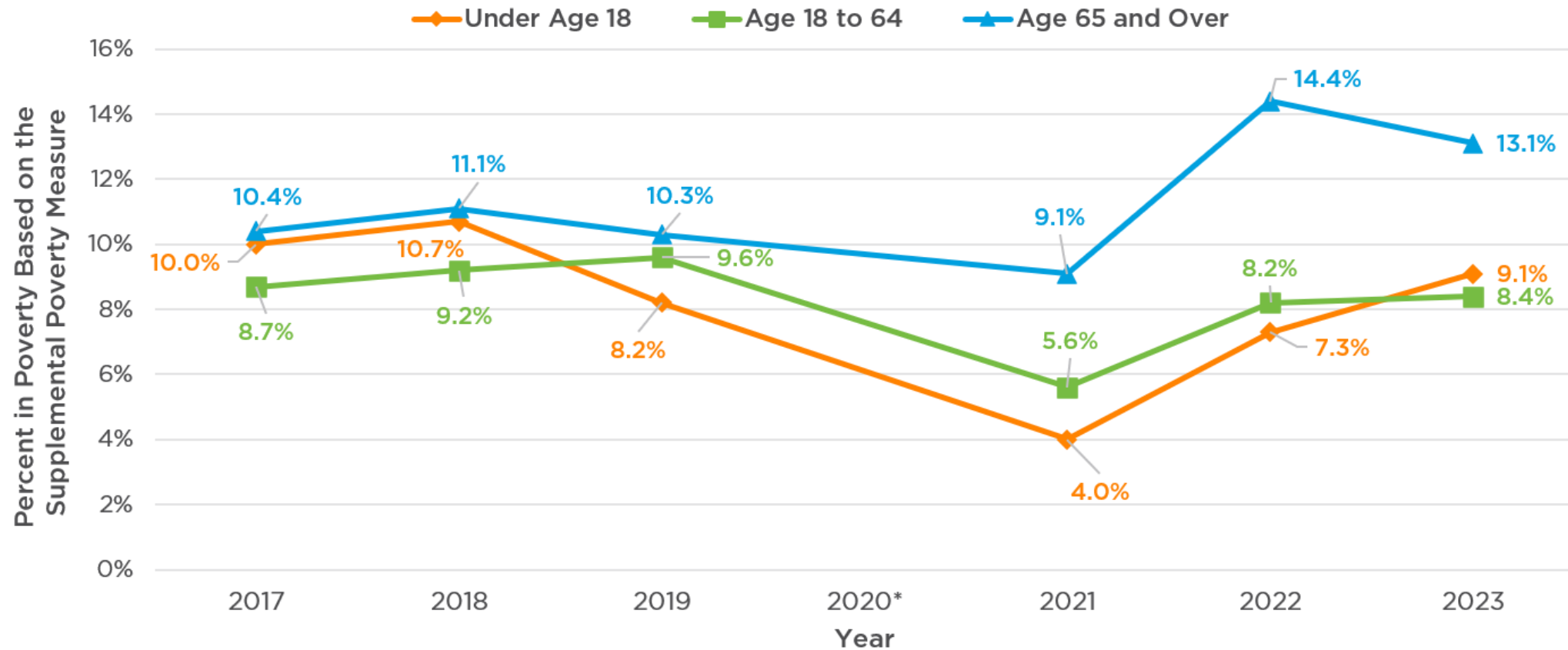
Estimates for Overall, Child, and Older Adult Poverty Rates



*Note: These data were not available for 2020 due to disruptions associated with the COVID-19 pandemic.
The poverty rate is measured as a percentage of the population for whom poverty status could be determined.
Source: U.S. Census Bureau, American Community Survey, One-Year Data

ESTIMATED SPM AMONG OLDER ADULTS AND CHILDREN HAS INCREASED SINCE 2021

SUPPLEMENTAL POVERTY MEASURE POVERTY RATES BY AGE GROUP IN NEW HAMPSHIRE

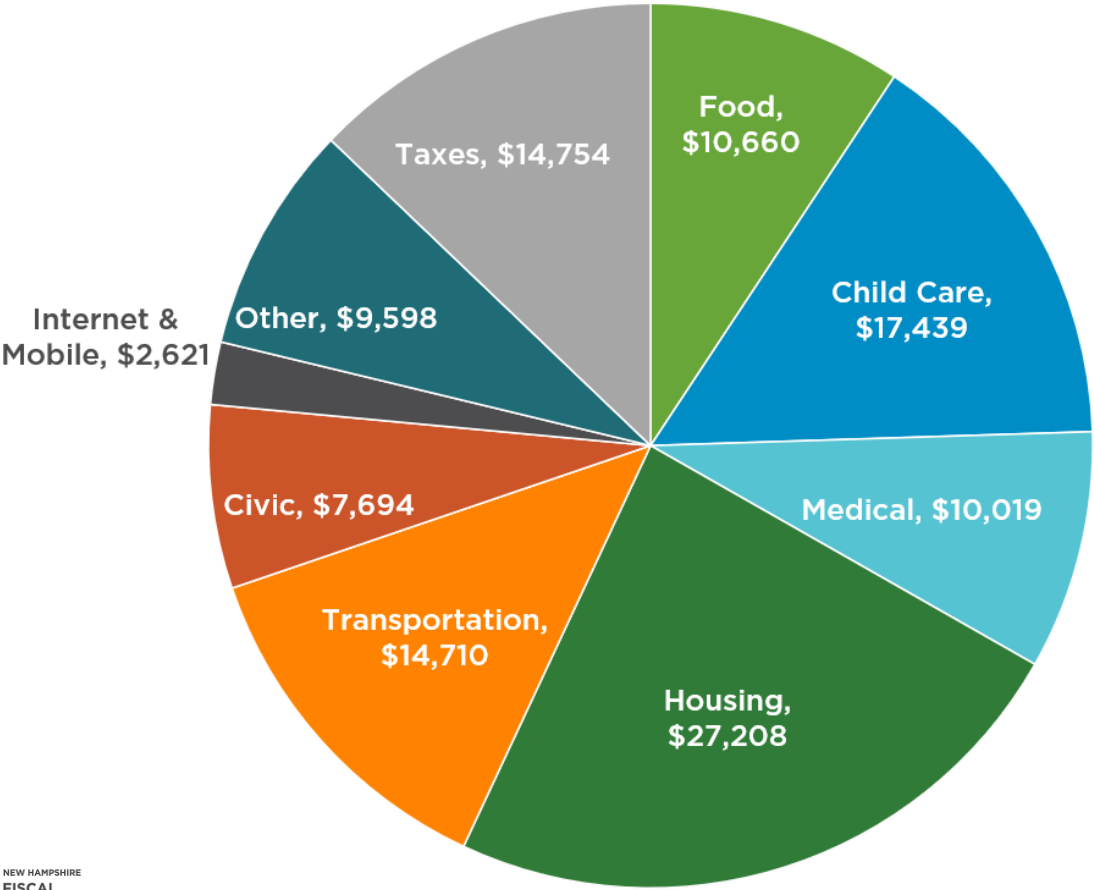


*Notes: These data were not available for 2020 due to disruptions associated with the pandemic. Supplemental Poverty Measure differs from the Official Poverty Measure by measuring after-tax income, adjusting for regional variations in housing costs, and using updated expenditure data. These estimates are derived from data collected through the American Community Survey.

Source: U.S. Census Bureau, Strategies to Counter 2021-Specific Challenges in Producing the Supplemental Poverty Measure in the American Community Survey, State by Age SPM Rates Table

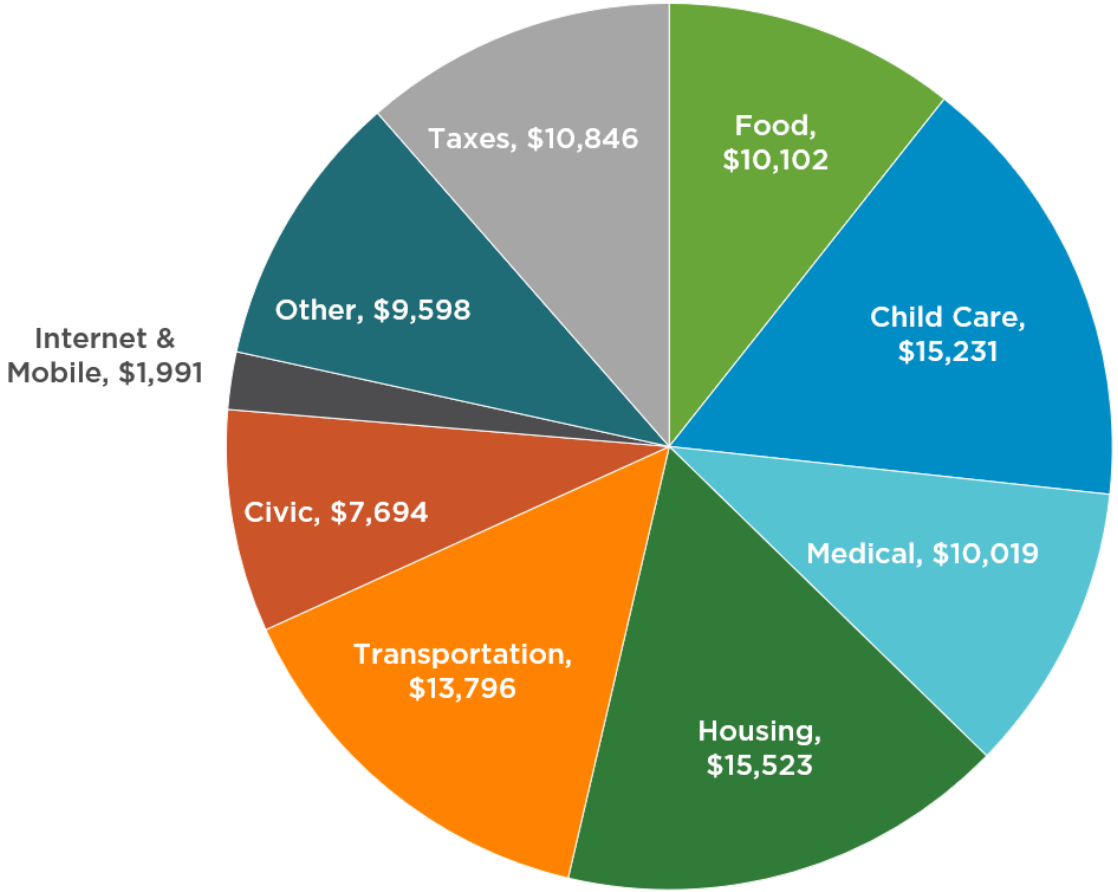
HOUSING AND CHILD CARE REPRESENT ABOUT A THIRD OF HOUSEHOLD COSTS

MASSACHUSETTS INSTITUTE OF TECHNOLOGY
LIVING WAGE CALCULATOR
TWO WORKING ADULTS, ONE CHILD: \$114,702
Rockingham County, New Hampshire, 2026



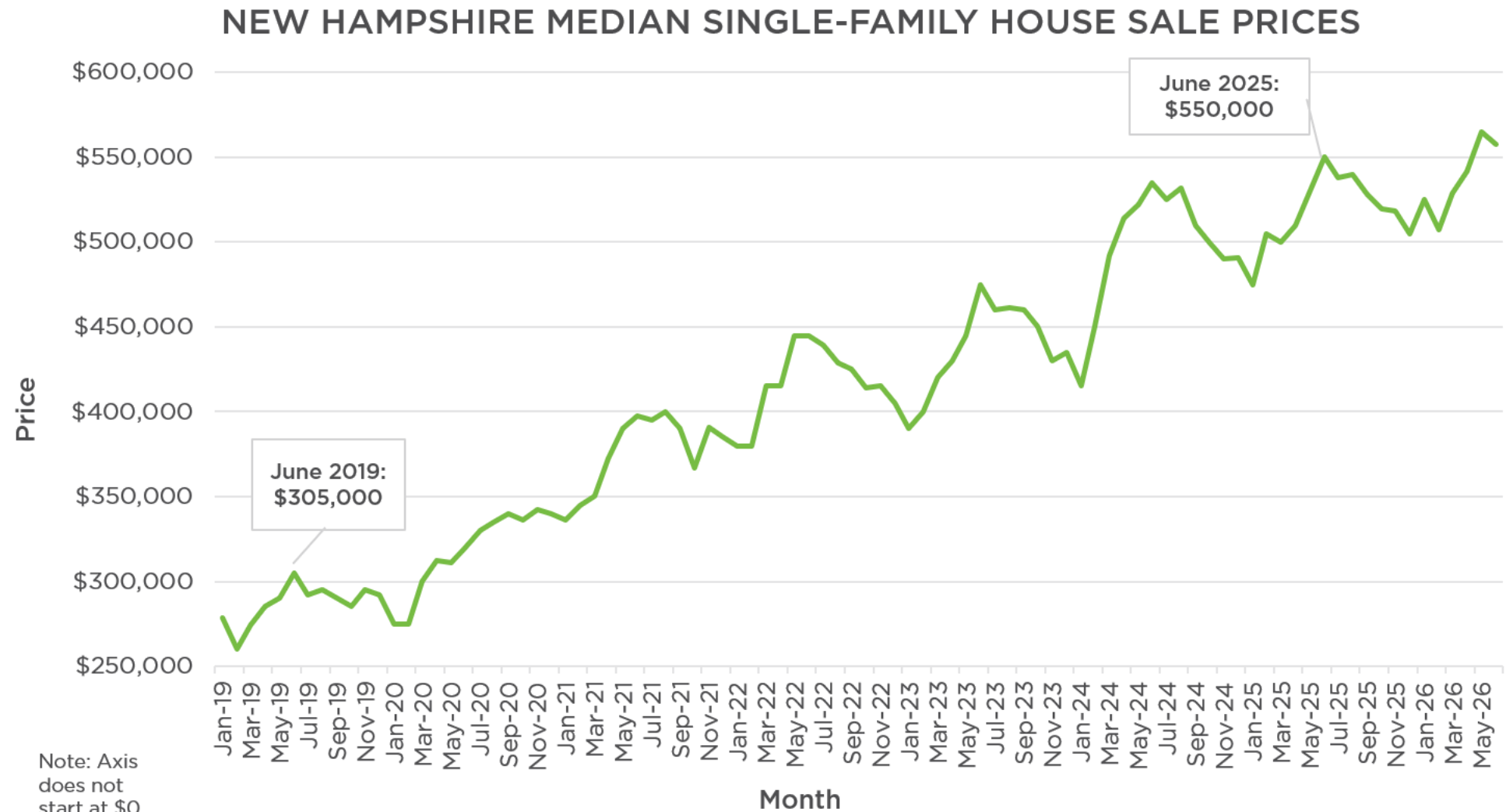
Source: Massachusetts Institute of Technology, Living Wage Calculator, 2026

MASSACHUSETTS INSTITUTE OF TECHNOLOGY
LIVING WAGE CALCULATOR
TWO WORKING ADULTS, ONE CHILD: \$94,799
Coos County, New Hampshire, 2026



Source: Massachusetts Institute of Technology, Living Wage Calculator, June 2026

JUNE 2026 MEDIAN SINGLE-FAMILY HOUSE SALE PRICE FROM NHH: \$557,760

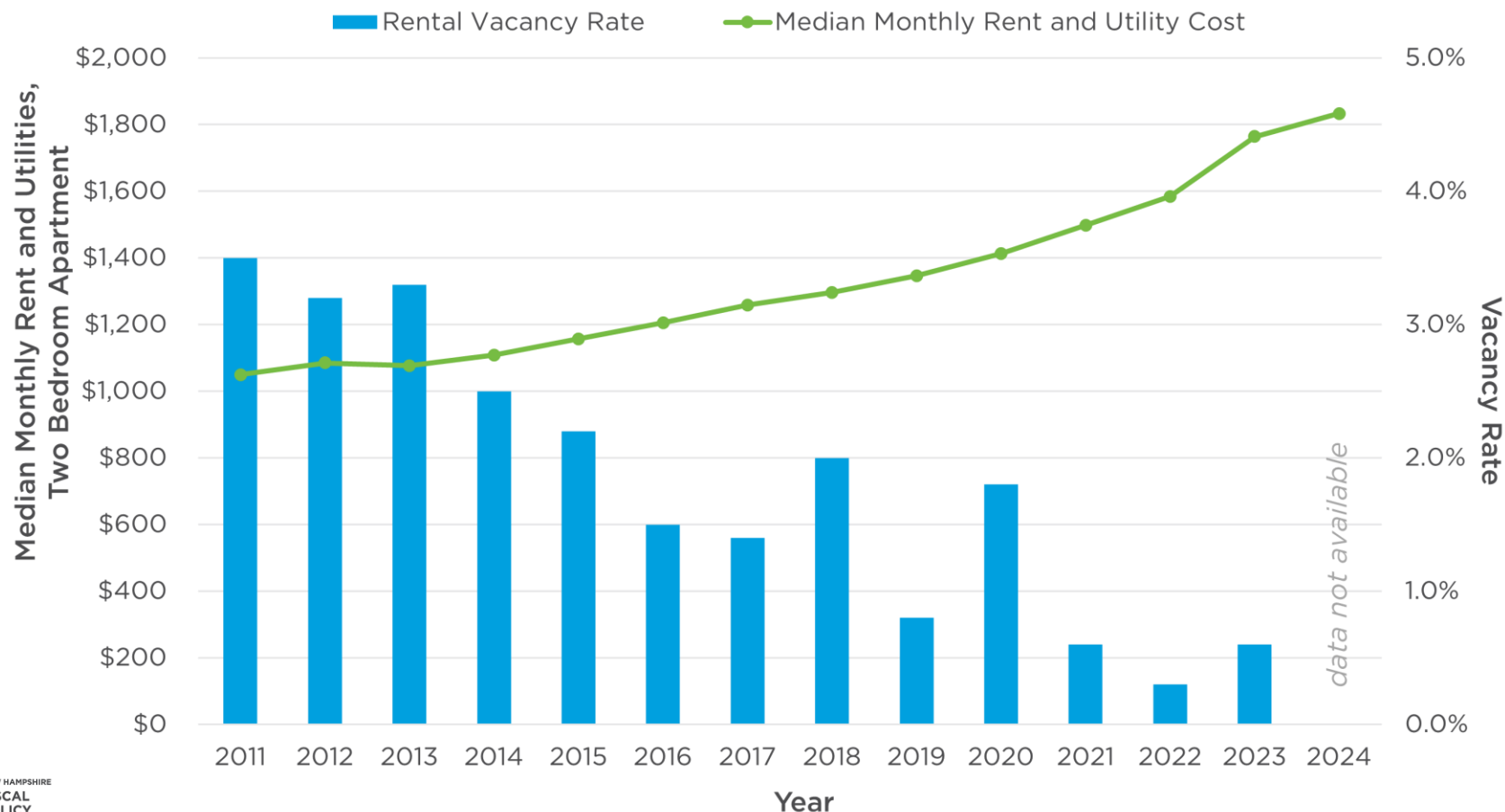


Source: New Hampshire Housing, Housing and Demographic Data

MEDIAN MONTHLY PRICE OF A TWO-BEDROOM UNIT IN 2024: \$1,833

MEDIAN MONTHLY RENTAL COSTS AND VACANCY RATES

New Hampshire Statewide Data, Two Bedroom Apartments



Median Two-Bedroom Rent and Utilities Per Month:

- Increased 58% from 2015 to 2024
- Increased 36% from 2019 to 2024
- Fastest 2019-2024 increases in Grafton (67%), Belknap (44%), Coos (42%), and Sullivan (40%) counties

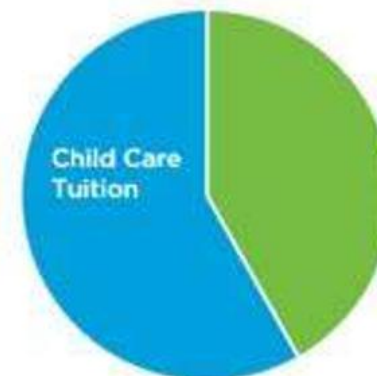
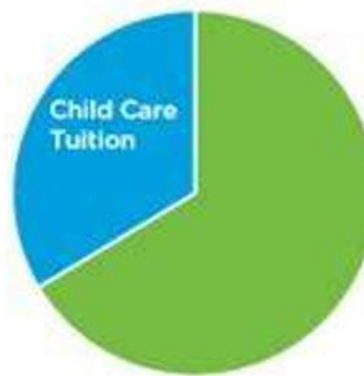
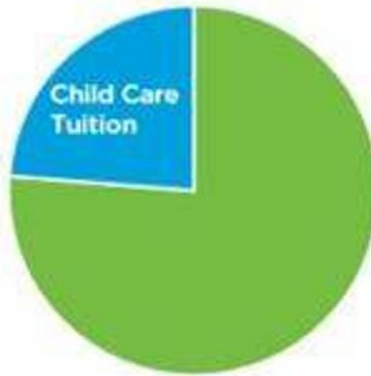
Source: New Hampshire Housing, 2024 Residential Rental Cost Survey Report

FEDERAL BENCHMARK: AFFORDABLE ECE SHOULD BE NO MORE THAN 7% OF HOUSEHOLD INCOME

Percentage of Median Household Income Needed for an Infant and Four-Year-Old Child in New Hampshire Center-based Care

Source: Child Care Aware of America, American Community Survey 2020-2024, 5-Year Estimates

MARRIED COUPLE FAMILY: 24% SINGLE MALE HOUSEHOLDER: 34% SINGLE FEMALE HOUSEHOLDER: 58%



Sources: Child Care Aware, U.S. Census Bureau's American Community Survey, U.S. Department of the Treasury

\$17,000 FEWER DOLLARS FOR A MEDIAN HOUSEHOLD INCOME FAMILY IN 2024 VS. 2015

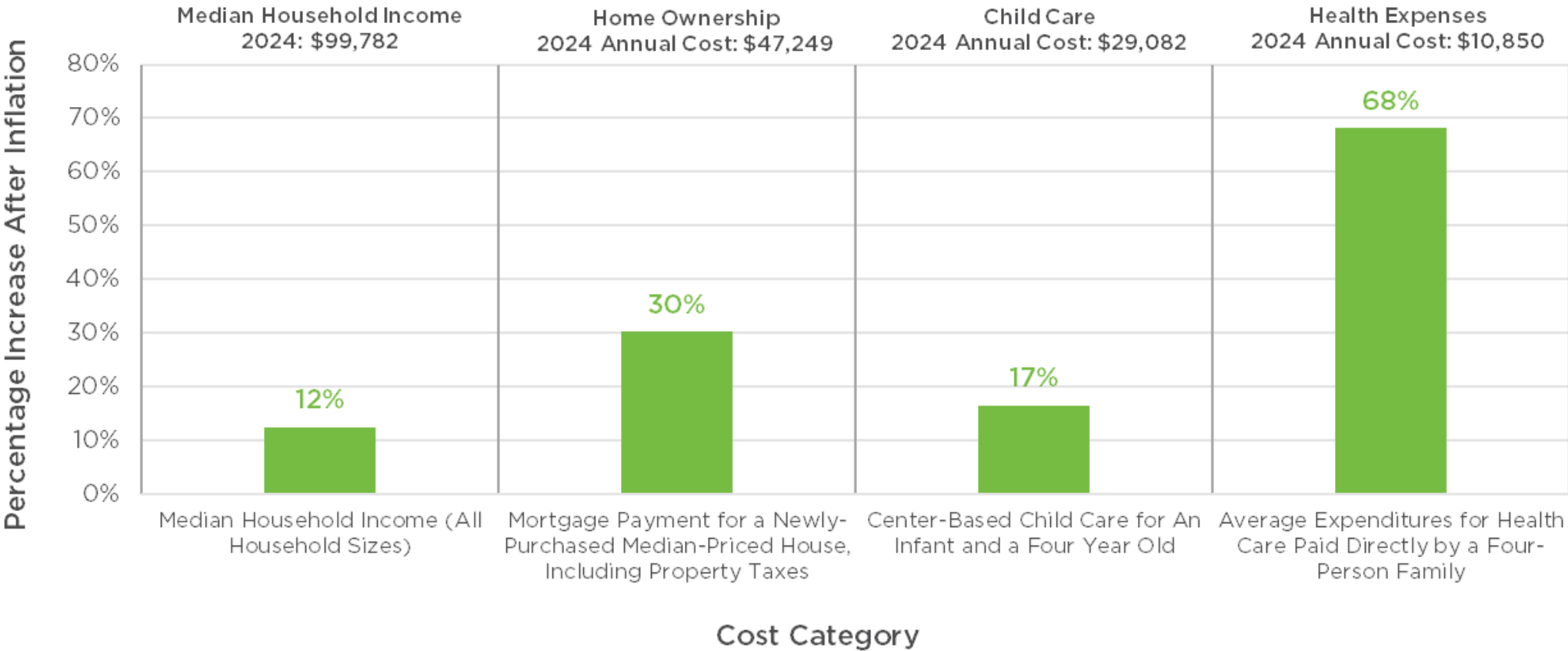
COSTS OF BASIC LIVING EXPENSES FOR A FAMILY OF FOUR IN NEW HAMPSHIRE

*Basic Living Costs in 2005, 2015, and 2024 Adjusted to 2024 Dollars Using the
Northeast Consumer Price Index for All Urban Consumers*

Income & Living Expenses	2005	2015	2024
Median Household Income	\$88,749	\$90,434	\$99,782
Mortgage Payment for a New Median-Priced Home	\$36,285	\$22,987	\$47,249
Child Care for Two Children Under 5	\$24,960	\$27,357	\$29,082
Food	\$11,581	\$12,259	\$11,877
Expenditures for Health Care	\$6,451	\$9,547	\$10,850
Gas	\$4,477	\$2,842	\$2,630
Remaining Funds for Other Expenses	\$4,994	\$15,443	-\$1,906
Note: Table depicts several major household expenses, but is not intended to be a comprehensive budget. For data sources, methodology and supporting research, see NH FPI's October 2025 Report, <i>Affordability Eroded: Changes to the Cost of Living in New Hampshire</i> .			

HOUSING, CHILD CARE, HEALTH CARE DRIVING INCREASED FINANCIAL PRESSURES ON NH FAMILIES

INFLATION-ADJUSTED CHANGES IN ESTIMATED COSTS FOR A FOUR-PERSON NEW HAMPSHIRE FAMILY, 2005-2024

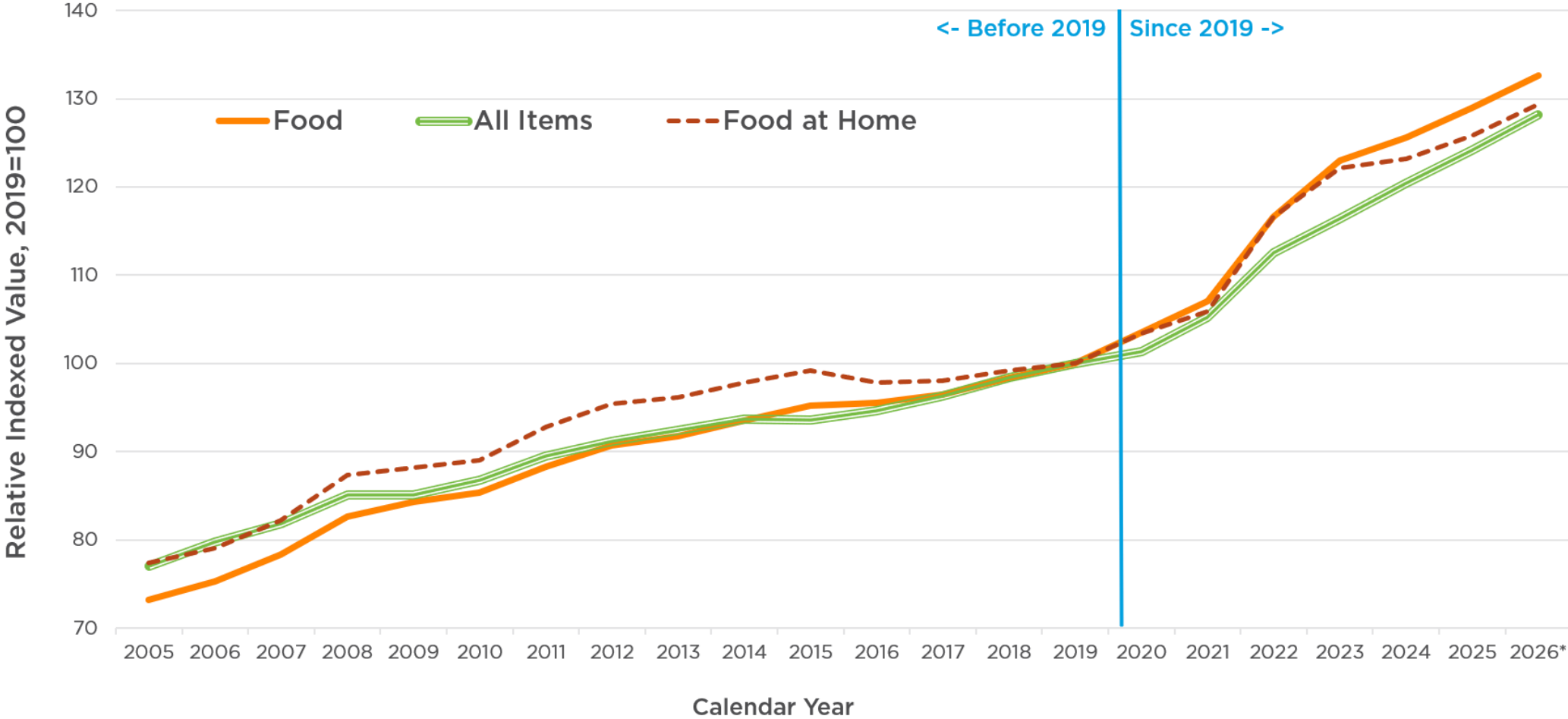


Note: For data sources, methodology and supporting research, see NHFPI's October 2025 Report, Affordability Eroded: Changes to the Cost of Living in New Hampshire.

FOOD COSTS HAVE INCREASED MORE THAN INFLATION SINCE COVID-19 PANDEMIC

RELATIVE PRICE CHANGES FOR FOOD

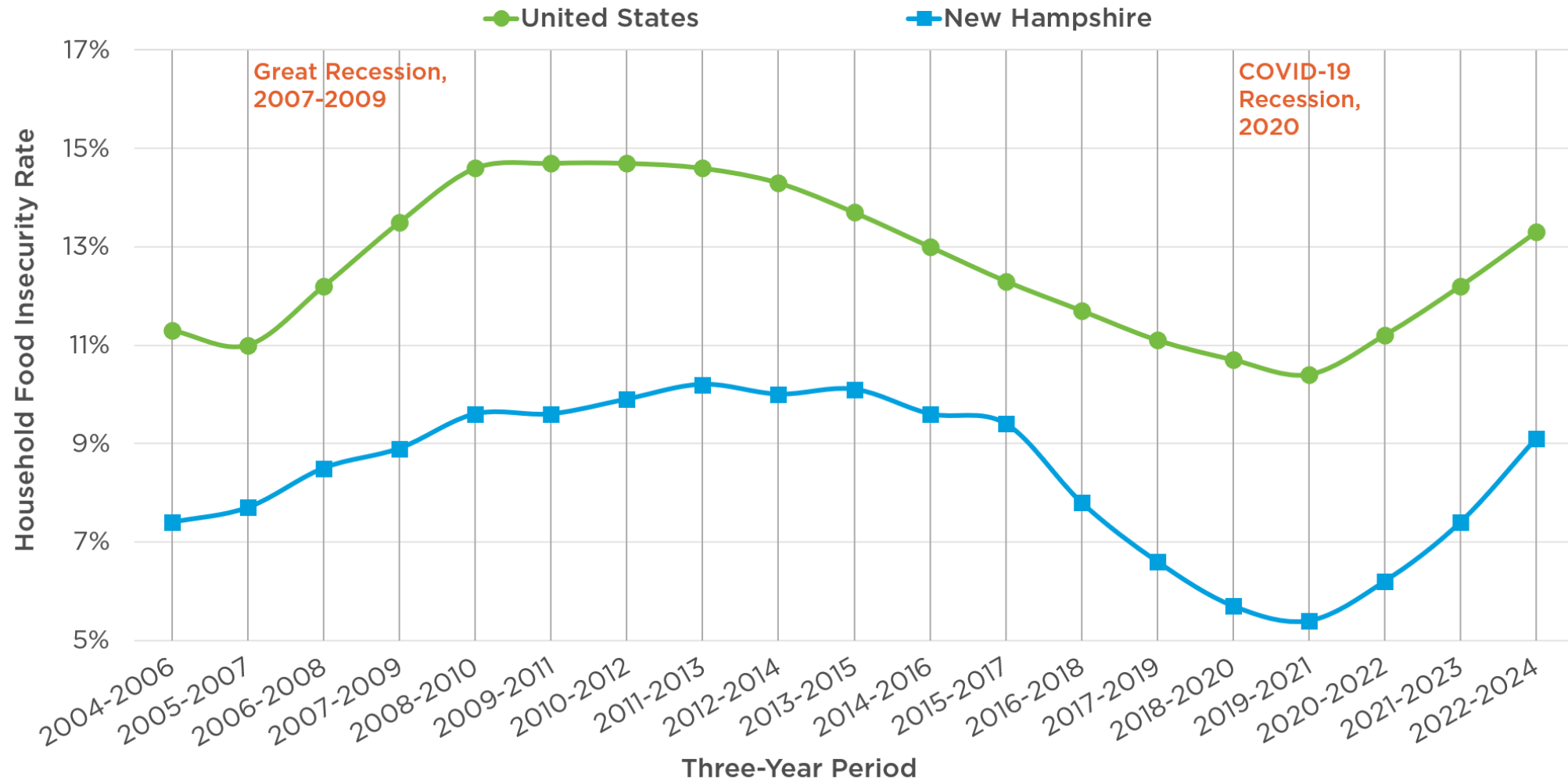
Consumer Price Index-Northeast, All Items, All Food Items, All Food Items for Consumption at Home, 2005 to 2026



*Note: 2026 includes data from the first half of the year.
Source: U.S. Bureau of Labor Statistics

APPROXIMATELY 9% GRANITE STaters, 52,600 HOUSEHOLDS ARE FOOD INSECURE

FOOD INSECURITY IN NEW HAMPSHIRE AND THE UNITED STATES



Notes: Each period of data represents an average of three years of data.

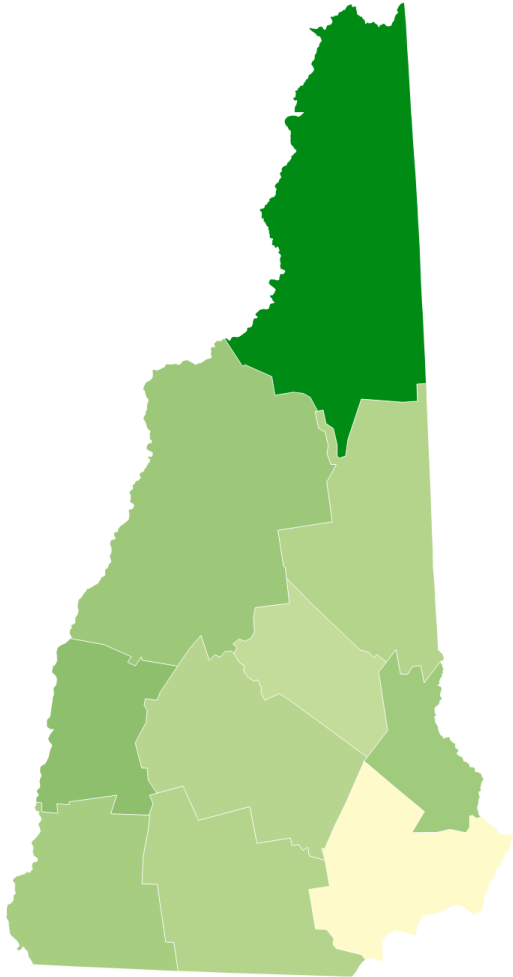
Sources: U.S. Department of Agriculture Economic Research Service, Household Food Insecurity in the United States reports

FOOD INSECURITY DIFFERS BY COUNTY

Food Insecurity Rate by New Hampshire County

Feeding America, Map the Meal Gap, 2024 Estimates

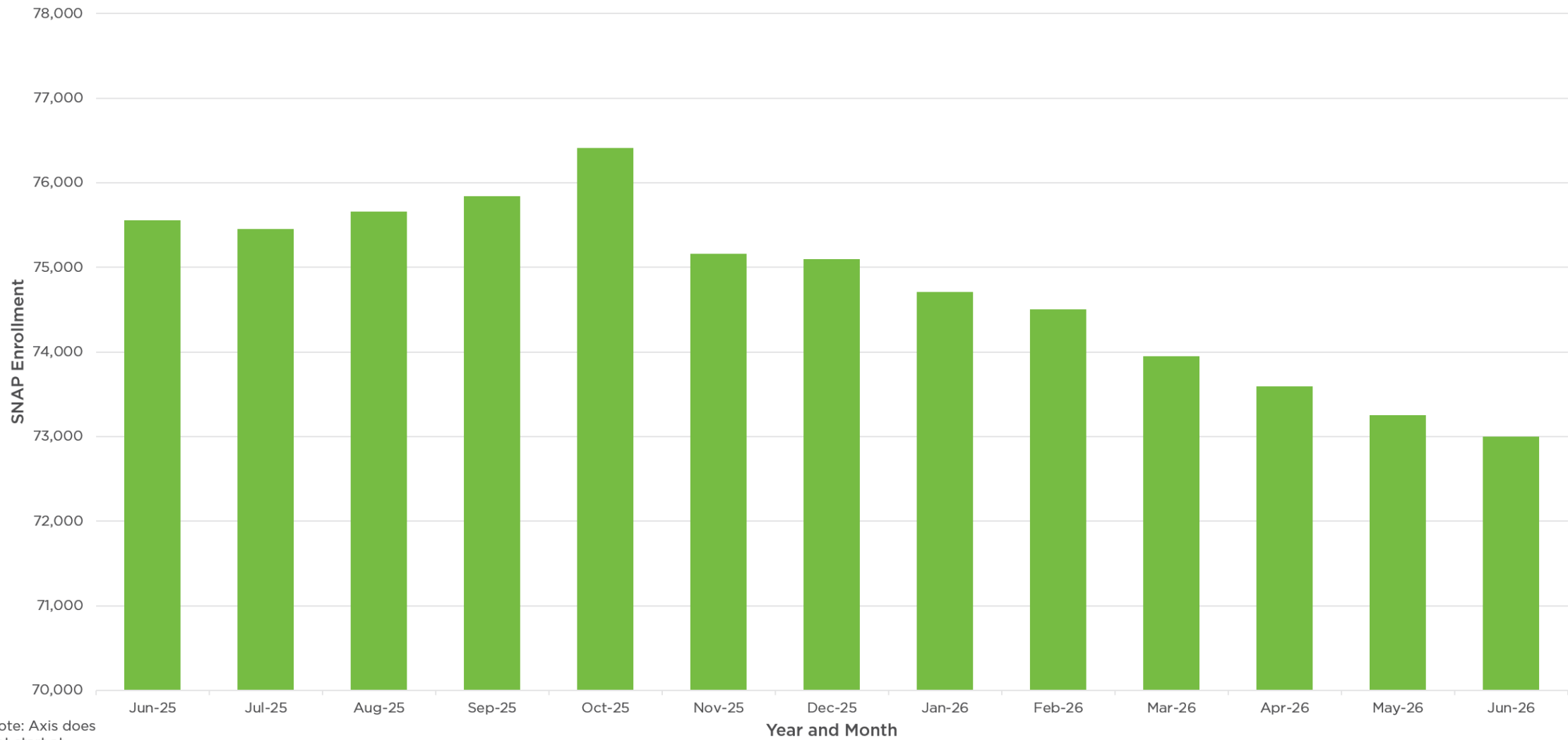
8.8% 15.4%



- Feeding America estimates: Approximately 11.2% Granite Staters were food insecure
- Food insecurity ranged from 8.8% in Rockingham County to 15.4% in Coos County
- Rockingham County was only county with rate lower than 10%
- SNAP benefits equated to about \$2.84 per meal in 2024
- A modestly priced meal ranged from \$3.48 in Sullivan County to \$3.85 in Rockingham County, which were 23% and 36% more than the average SNAP benefit, respectively

SNAP ENROLLMENT HAS DECLINED BY CLOSE TO 3.5% SINCE JUNE 2025

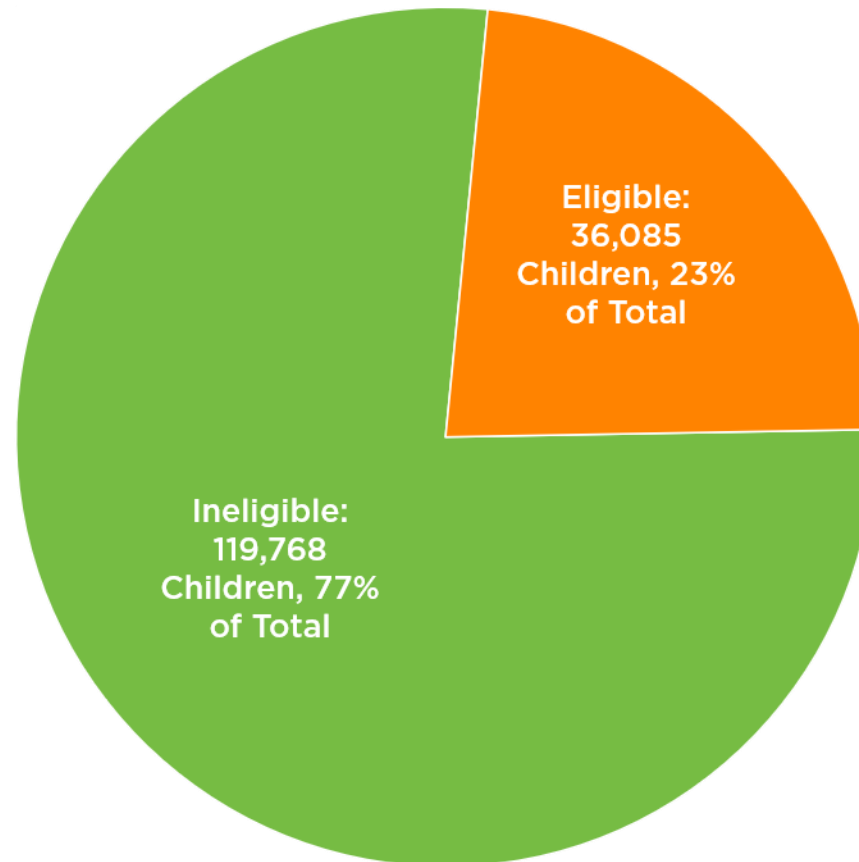
NEW HAMPSHIRE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM ENROLLMENT



NEARLY A QUARTER OF NH STUDENTS ELIGIBLE FOR FREE AND REDUCED-PRICE MEALS

FREE AND REDUCED-PRICE MEAL ELIGIBILITY AMONG NH STUDENTS

As of October 2025, Grades K-12



Source: NH Department of Education

KEY TAKEAWAYS

- Median household incomes have not kept pace with rising costs
- Around 98,600 Granite Staters are living in poverty according to official measures; elevated poverty rates among older adults compared to before the pandemic
- Higher costs of living, particularly costs related to housing and child care, have further constrained household budgets
- Food costs have increased more than overall inflation since the onset of the pandemic
- Food insecurity is the highest it has been in a decade, with approximately 52,600 households meeting the USDA's definition of food insecurity
- SNAP, FRPM, and other food assistance programs help Granite Staters access food, but enrollment has declined and limitations exist

ADDITIONAL RESOURCES

Issue Brief: Poverty and Food Insecurity in New Hampshire During and Following the COVID-19 Crisis – February 29, 2024: <https://nhfpi.org/resource/poverty-and-food-insecurity-in-new-hampshire-during-and-following-the-covid-19-crisis/>

Blog: Food Insecurity Continues to Rise in New Hampshire, Reaching Highest Point in Ten Years – January 23, 2026: <https://nhfpi.org/blog/food-insecurity-continues-to-rise-in-new-hampshire-reaching-highest-point-in-ten-years/>

Report: Affordability Eroded: Changes to the Cost of Living in New Hampshire – October 20, 2025: <https://nhfpi.org/resource/affordability-eroded-changes-to-the-cost-of-living-in-new-hampshire/>

Blog: Up to 76,000 Granite Staters, Particularly in Rural Areas, Face Food Assistance Disruptions Amid Federal Shutdown – November 1, 2025: <https://nhfpi.org/blog/up-to-76000-granite-staters-particularly-in-rural-areas-face-food-assistance-disruptions-amid-federal-shutdown/>

Publication: New Hampshire Policy Points, Second Edition – December 6, 2024: <https://nhfpi.org/nhpp/>



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