



THE STATE OF ALICE

ALICE Report 2025

Southeastern Connecticut



ALICE Reveals a Hidden Crisis

ASSET LIMITED



ALICE has no safety net in times of crisis

INCOME CONSTRAINED



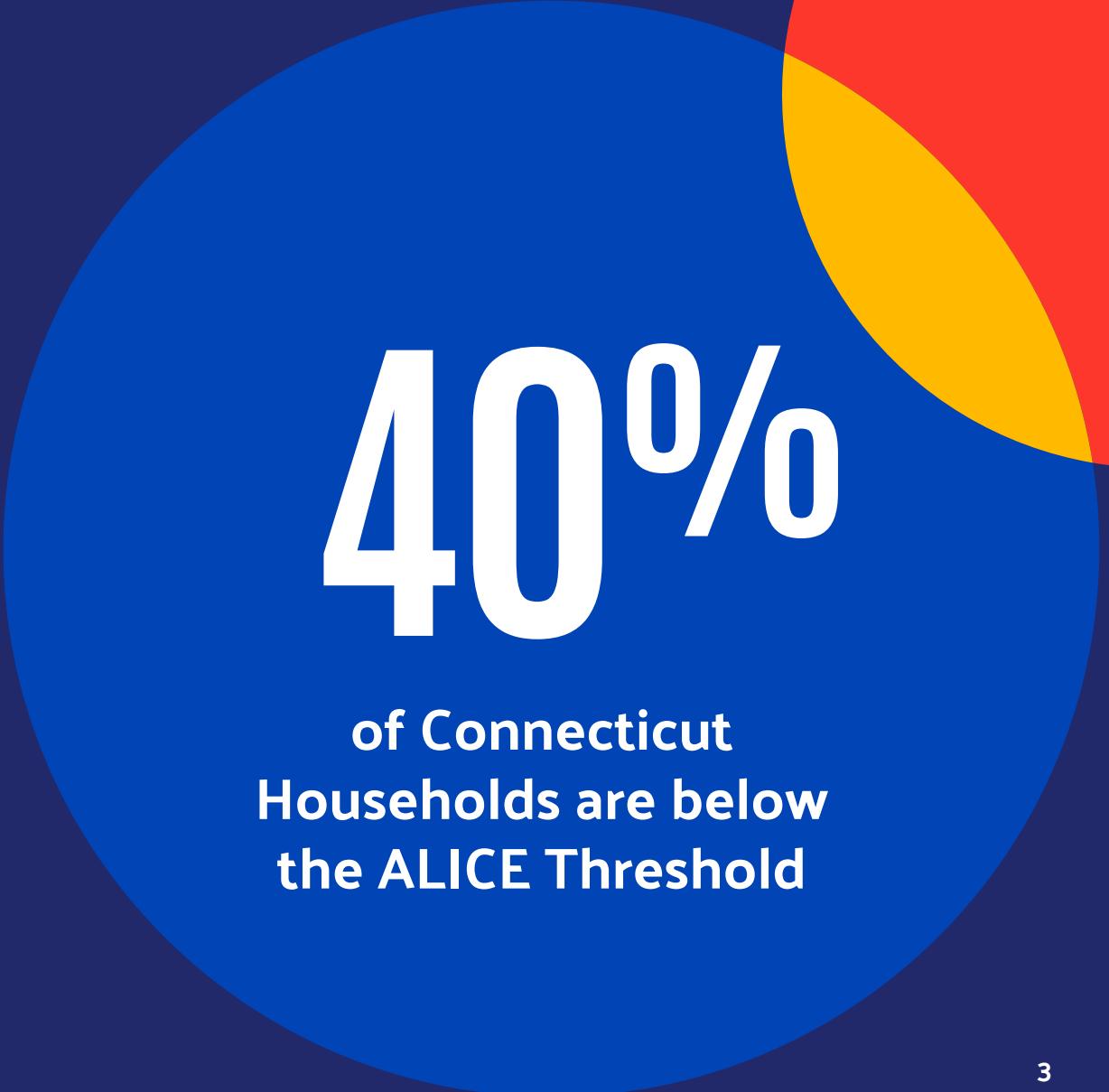
ALICE's income falls short of essentials

EMPLOYED



ALICE is working, yet not earning enough

580,250 households in CT are struggling to meet a basic household survivability budget



40%

of Connecticut Households are below the ALICE Threshold

Who is ALICE?

Household Survivability Budget

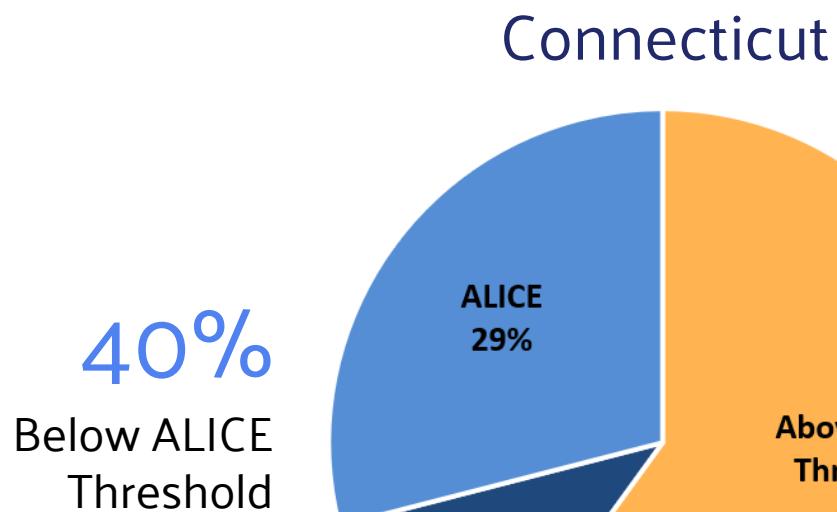
Southeastern, CT

ALICE Threshold

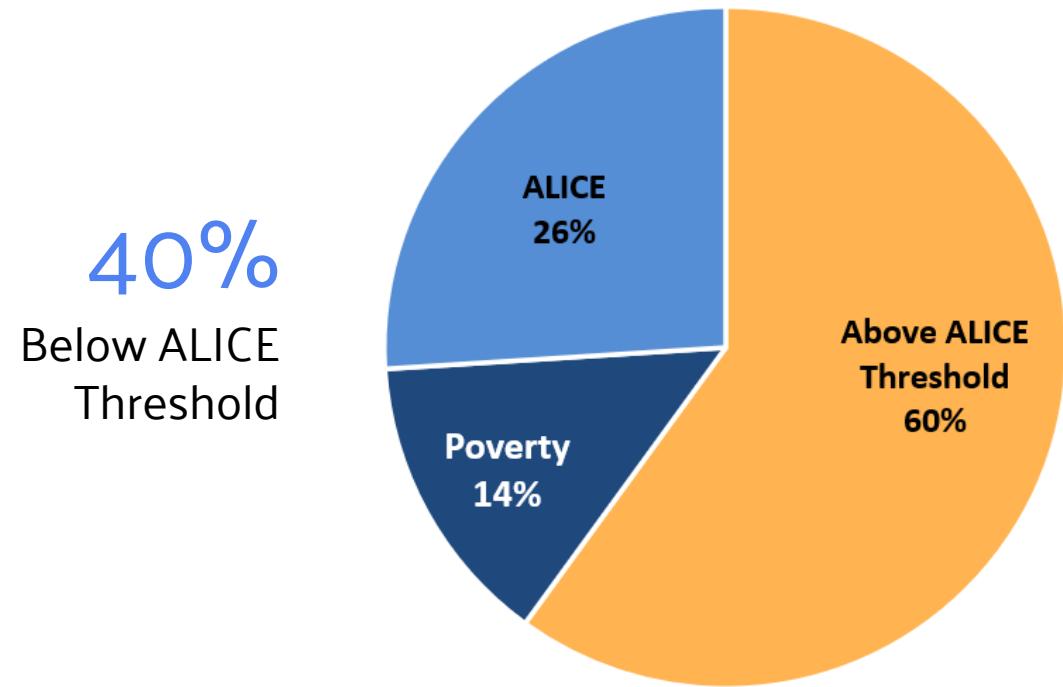


Monthly Costs	Single Adult	Single Parent, 1 Childcare	2 Adults, 2 Childcare	Two Seniors
Housing	\$1,137	\$1,295	\$1,701	\$1,295
Child Care	\$0	\$1,042	\$2,083	\$0
Food	\$535	\$812	\$1,453	\$903
Transportation	\$419	\$542	\$967	\$510
Health Care	\$212	\$450	\$802	\$1,169
Technology	\$86	\$86	\$116	\$116
Misc. / Over Costs	\$239	\$423	\$712	\$399
Taxes	\$360	\$462	\$793	\$706
Monthly Total	\$2,988	\$5,112	\$8,627	\$5,098
ANNUAL TOTAL	\$35,856	\$61,344	\$103,524	\$61,176
Hourly Wage	\$17.93	\$30.67	\$51.76	\$30.59

ALICE in Connecticut



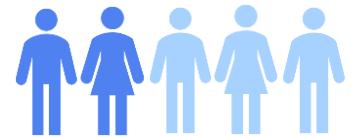
Southeastern CT



Who is ALICE?

Household	Federal Poverty Level	ALICE Threshold
Single Adult	\$8/hr \$16,000	\$17.93/hr \$35,856
Single Parent + 1 Childcare	\$11/hr \$21,000	\$30.67/hr \$61,344
2 Adults + 2 Childcare	\$16/hr \$32,000	\$51.76/hr \$103,524

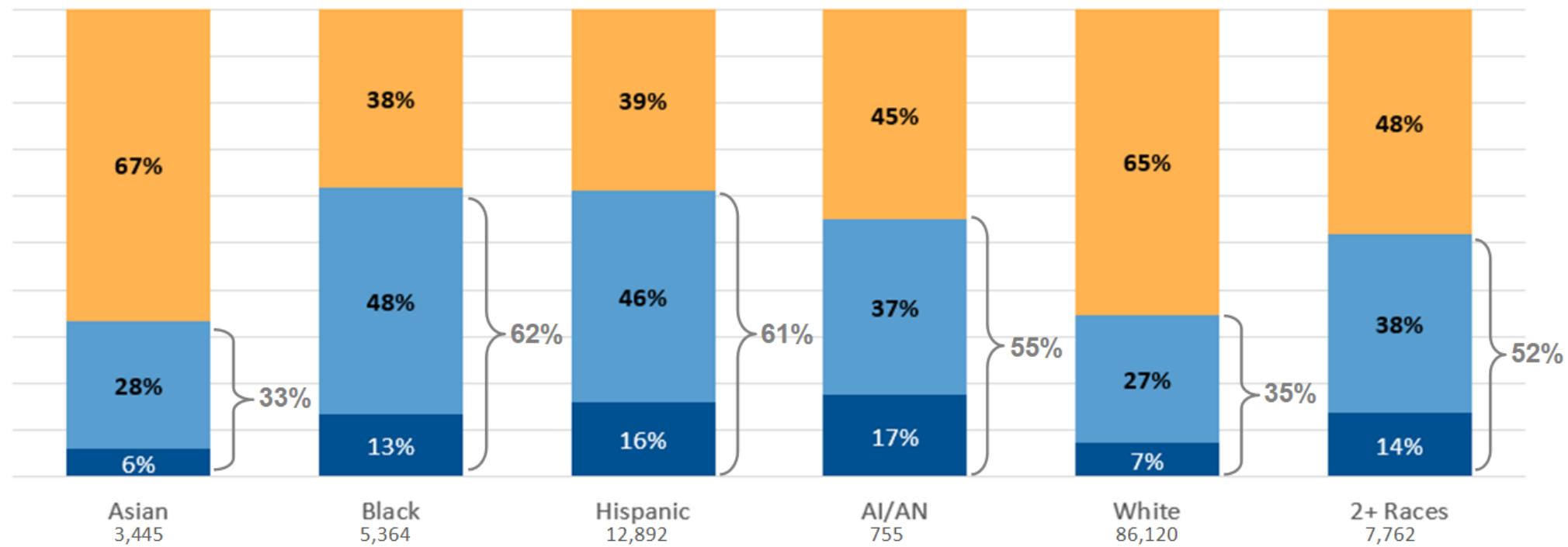
The **ALICE Threshold** is determined by the Household Survival Budget and indicates the *minimum* a household needs to afford all basic needs.



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Households in
Southeastern CT
are ALICE (40%)

ALICE Households by Race / Ethnicity



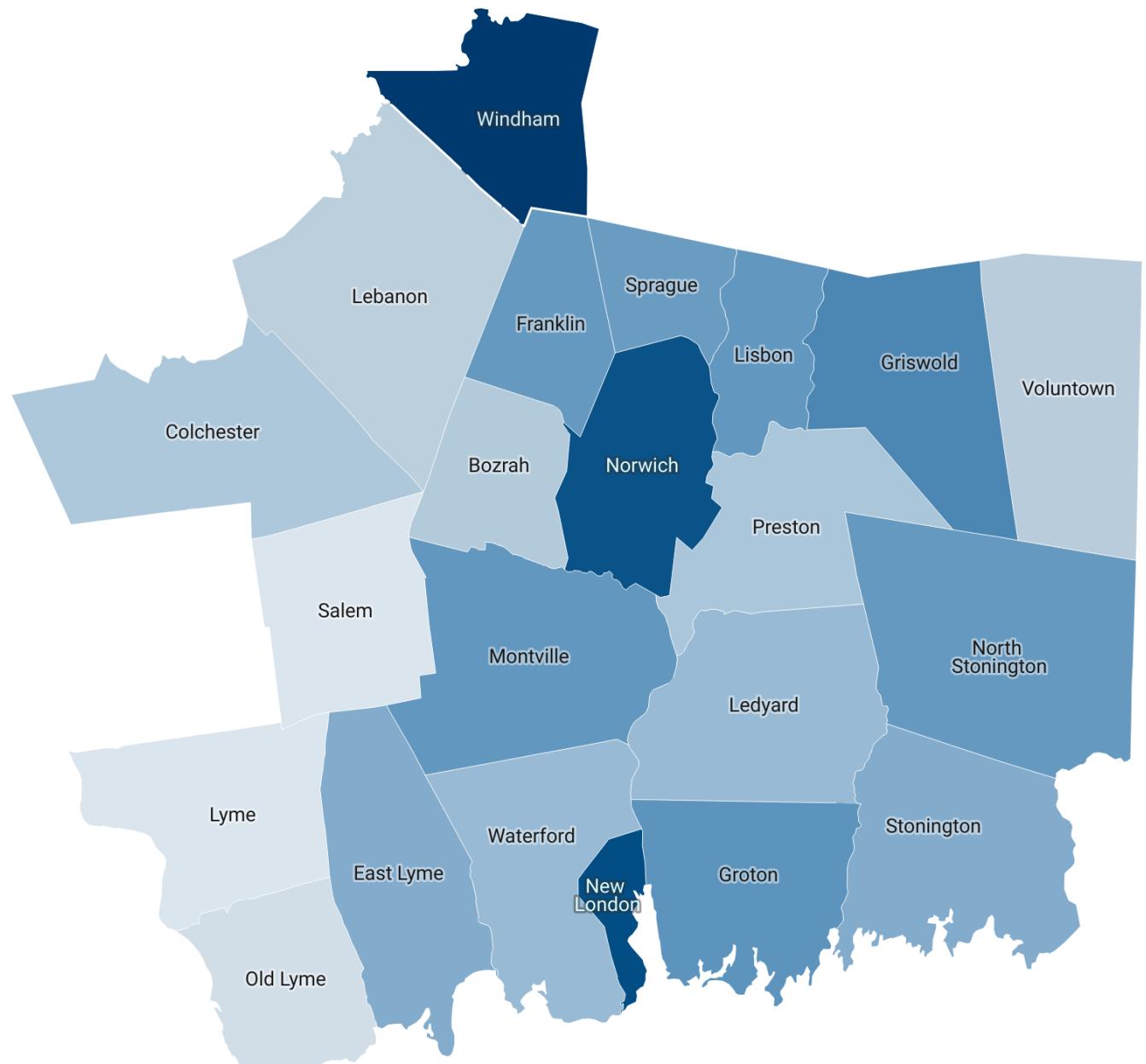
Financial Hardship by Household Type and Age

Group	Below ALICE
Single or Cohabitating (no children)	36%
Two Adults (w/ children)	16%
Single-Female-Headed (w/ children)	80%
Single-Male-Headed (w/ children)	57%

Age	Below ALICE
Under 25	64%
25 to 44 Years Old	35%
45 to 64 Years Old	35%
65 Years Old and Over	48%

ALICE is Your Neighbor

Southeastern CT

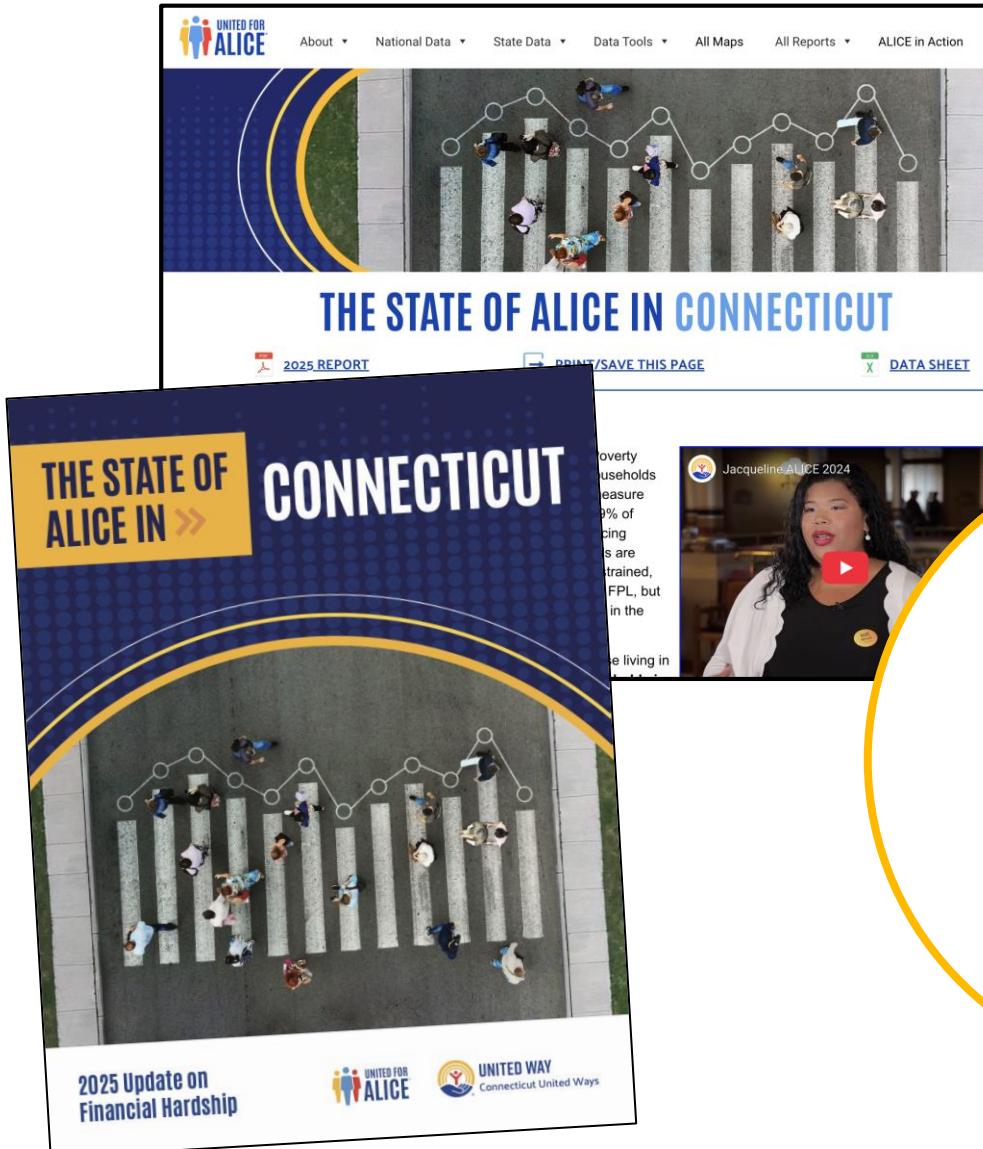


ALICE is Your Neighbor

Southeastern CT

Towns	ALICE Threshold
Bozrah	25% ↓
Colchester	26%
East Lyme	31%
Franklin	35% ↓
Griswold	40% ↑
Groton	37% ↑
Lebanon	23% ↓
Ledyard	29% ↓
Lisbon	36%
Lyme	19% ↓
Montville	36% ↑
New London	54%
No. Stonington	35% ↓
Norwich	52% ↑
Old Lyme	20% ↓
Preston	27% ↑
Salem	19% ↓
Sprague	34% ↑
Stonington	31% ↓
Waterford	29% ↑
Windham	63% ↑
Voluntown	24% ↓

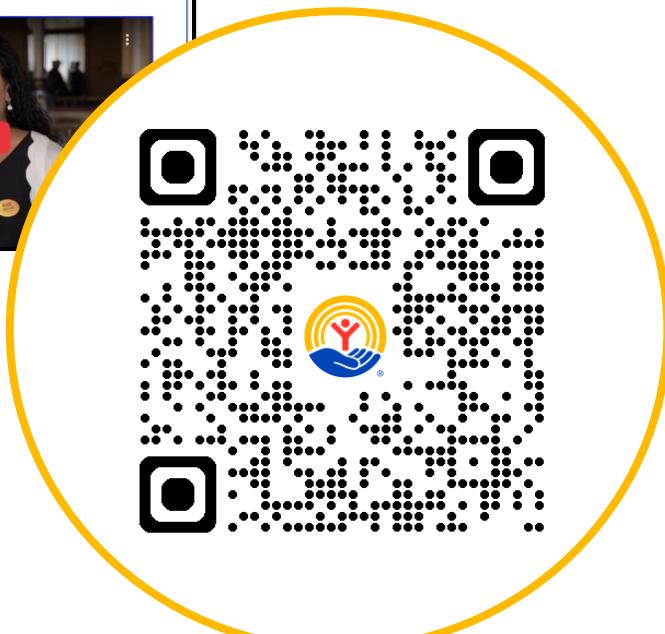
More Data & Information



THE STATE OF ALICE IN CONNECTICUT

2025 Update on Financial Hardship

UNITED FOR ALICE **UNITED WAY** Connecticut United Ways



UnitedForALICE.org

Budget Category	Data Source
Housing – Rent/Mortgage	HUD's FMR (40 th percentile) for an efficiency, one-bedroom, or two-bedroom apartment (based on family size), adjusted in metropolitan areas using the American Community Survey (minus utilities)
Housing – Utilities	The annual cost of utilities which include natural gas, electricity, fuel oil and other fuels, and water and other public services from the Consumer Expenditure Surveys
Child Care	Registered Family Child Care Homes for an infant and a preschooler (using state-specific sources)
Food	USDA's Thrifty Food Plan by age with county variation from Feeding America
Transportation	Operating costs for a small or medium sedan (based on average daily miles by age, cost per mile, license, fees, and insurance costs from Federal Highway Administration, AAA, and The Zebra), or public transportation where viable as reported by the CEX
Health Care	Health insurance premiums based on employer-sponsored health insurance as reported by MEPS plus out-of-pocket costs for \$40K–\$69K households by age CEX weighted with poor health multiplier. For senior budget, cost of Medicare Part A & B, out-of-pocket costs, plus out-of-pocket average spending for the top five chronic diseases as reported by CMS
Technology	Consumer Report's smartphone plan for 10GB of data for each adult in a household
Taxes	Federal and state taxes and tax credits computed by the Atlanta Federal Reserve's Policy Rules Database
Savings	None
Miscellaneous	Cost overruns, estimated at 10% of budget excluding taxes

