

THE STATE OF ALICE >> Southeastern Connecticut

ALICE 2025



WORKING HARD, NOT GETTING BY Asset Limited, Income Constrained, Employed

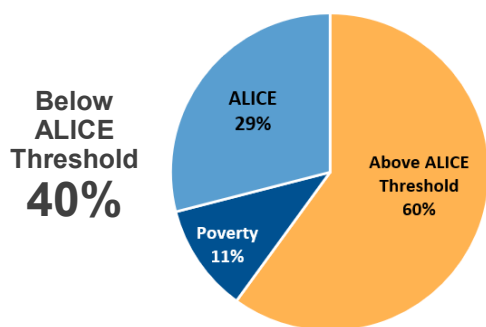
Households that earn above the Federal Poverty Level but still struggle to afford the basic cost of living.

We lean on ALICE for support: yet many ALICE households are one emergency away from a financial crisis, impacting their ability to feed their families, heat their homes, maintaining their housing, and ensure the medical care.

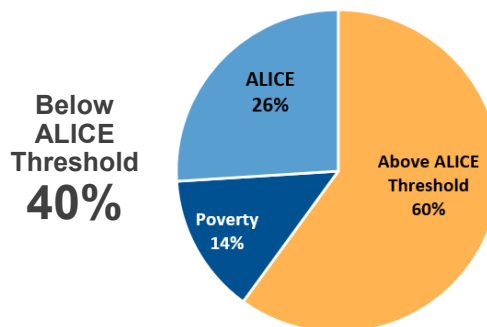
Key Findings

- Financial hardship of Connecticut households continues to grow, as much as a **6% increase**
- The problem: a mismatch between wages and the costs of basics. **Family of four needs \$103,500** to afford the basics
- Gender and racial disparities persist. **23% more single-mothers** vs single-fathers are below the ALICE Threshold

Connecticut



Southeastern CT



2023 Point-In-Time Data | Southeastern Connecticut

Population: 279,634

Number of Households: 114,156

Median Household Income: \$82,652 (CT: \$91,665)

Labor Force Participation Rate: 64% (CT: 66%)

Note: 2025 ALICE Report is based on 2023 data

**Data region is defined as SCCOG regional planning*

***Not all numbers add up to 100% due to rounding to whole numbers*

Southeastern Connecticut

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

40%
of Southeastern CT
Households

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



Household Survival Budget

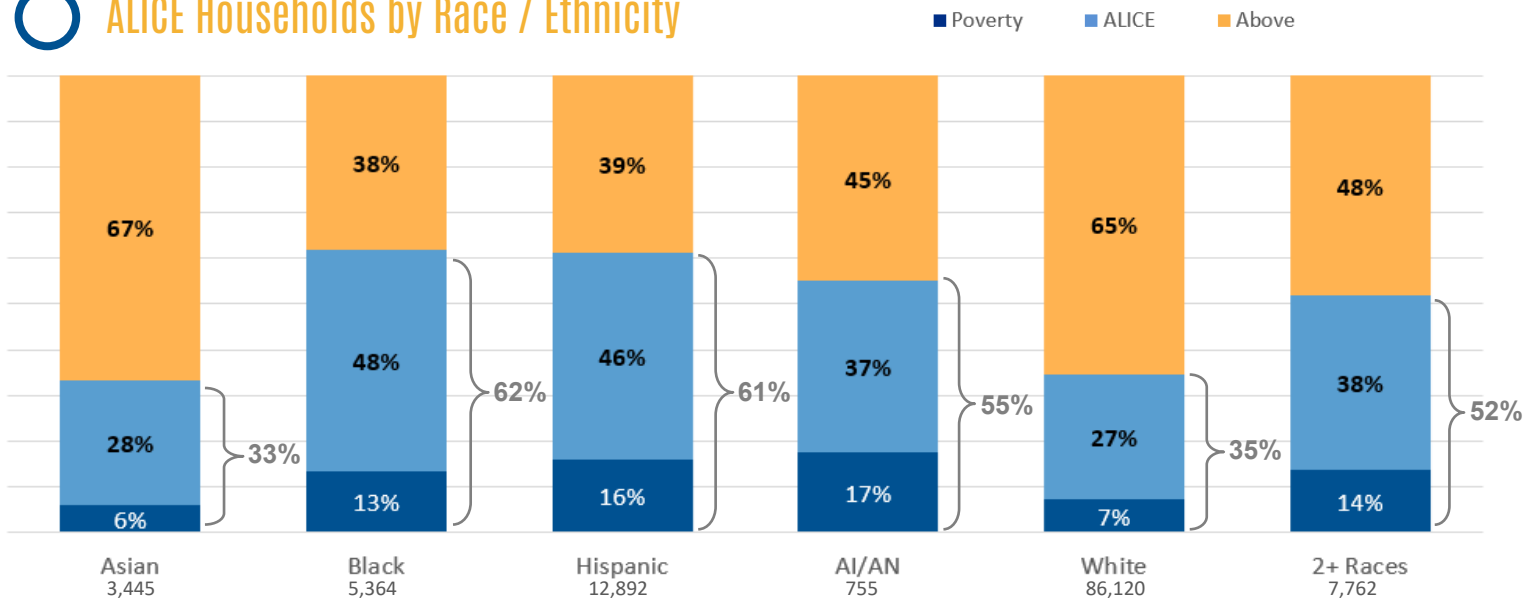
Monthly Costs	Single Adult	Single Parent, 1 Childcare	2 Adults, 2 Childcare	Two Seniors
Housing	\$1,137	\$1,295	\$1,701	\$1,295
Child Care	\$0	\$1,042	\$2,083	\$0
Food	\$535	\$812	\$1,453	\$903
Transportation	\$419	\$542	\$967	\$510
Health Care	\$212	\$450	\$802	\$1,169
Technology	\$86	\$86	\$116	\$116
Misc. / Other Items	\$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

Financial Hardship by Household Type and Age By ALICE Threshold

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

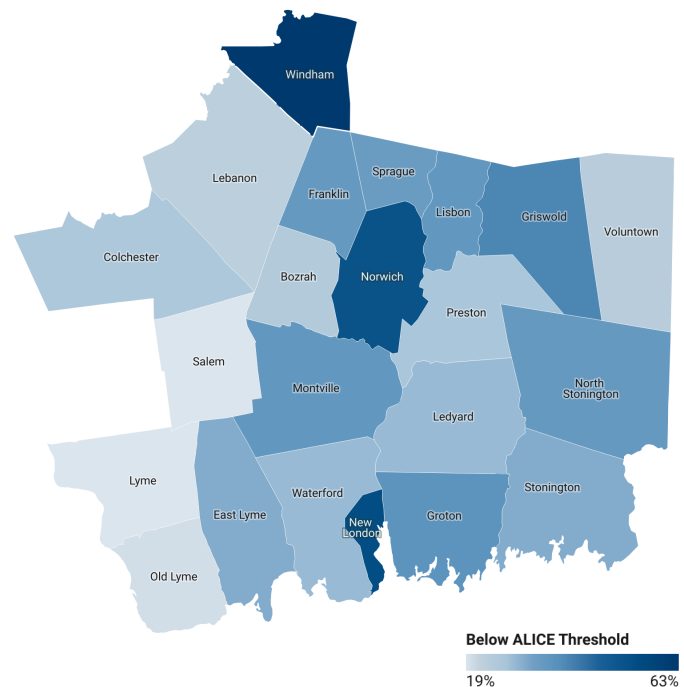
Age	Below ALICE
Under 25	64%
25 to 44 Years Old	35%
45 to 64 Years Old	35%
65 Years Old and Over	48%

ALICE Households by Race / Ethnicity

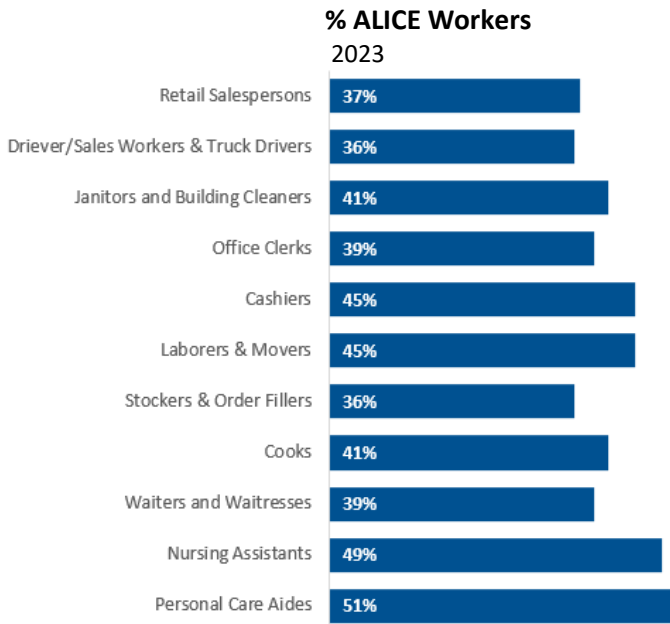


ALICE is Your Neighbor

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



ALICE Workers in Common Careers



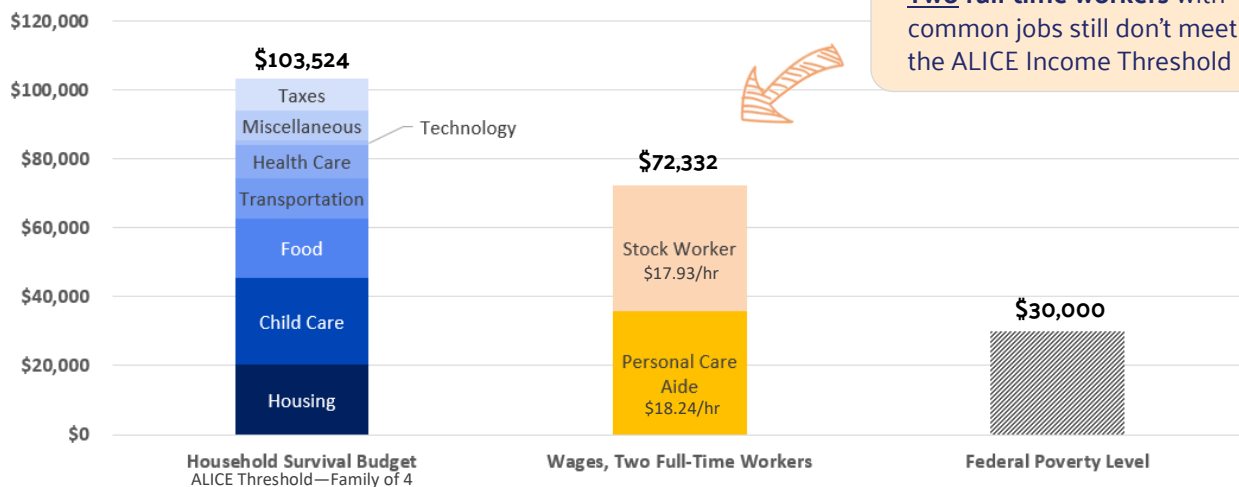
United Way is deeply committed to supporting the diverse needs of ALICE. **Join us in mobilizing our community to action!**



uwsect.org

55% of the most common jobs in CT are still paid **less than \$20/hour**

Facing Impossible Choices Everyday



Two full-time workers with common jobs still don't meet the ALICE Income Threshold

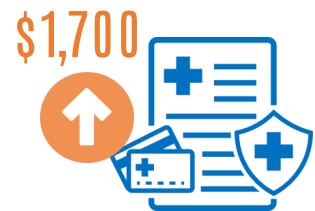
Price Increases are Hitting Working Families Hardest



Increased cost for baby essentials since March 2025
([Joint Economic Committee](#))



Average cost of tariffs per CT household in 2025
([Yale Budget Lab](#))



Increase in Access Health CT insurance premiums in 2026
([Access Health CT](#))