

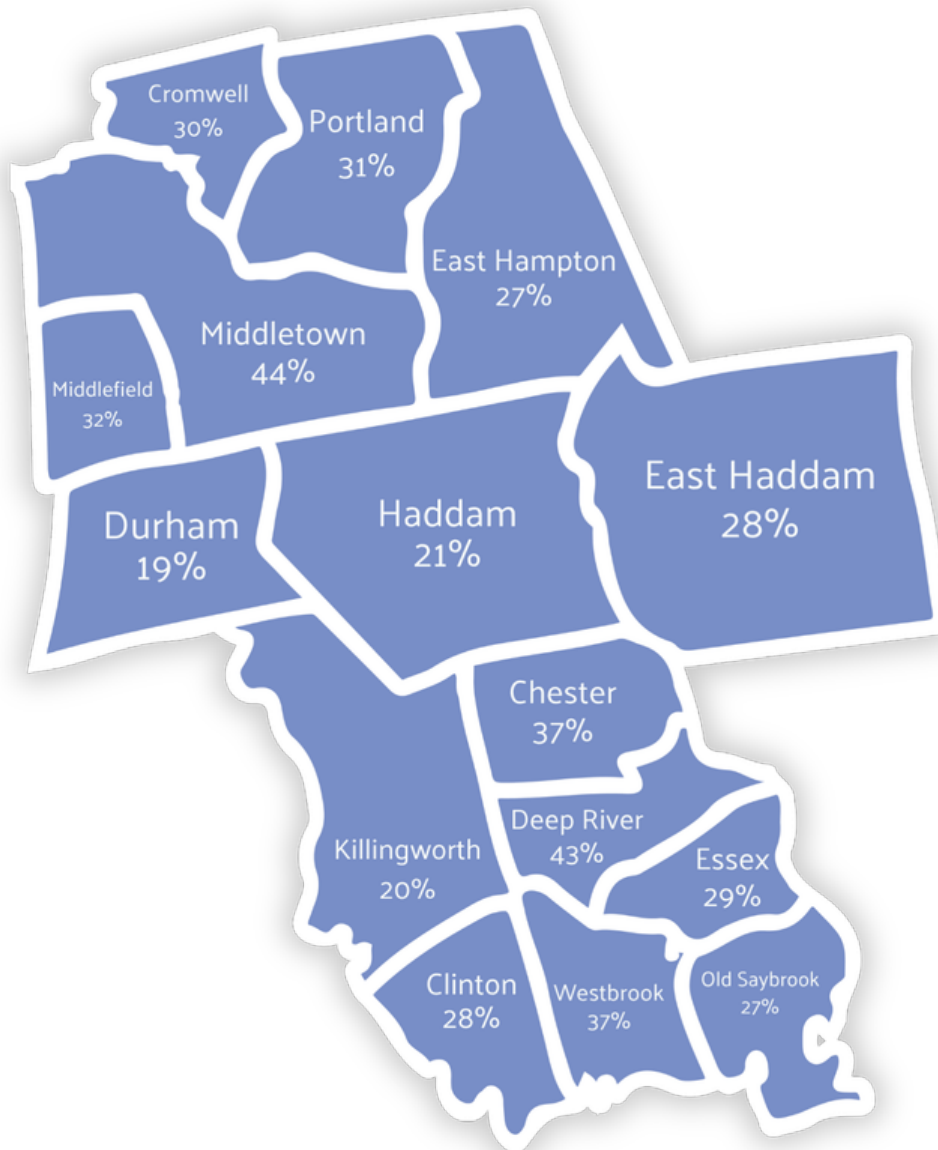
WHAT IS ALICE?

ALICE is an acronym for Asset Limited, Income Constrained, Employed – representing the growing number of single adults and families who earn less than the basic cost of living (below the ALICE threshold).

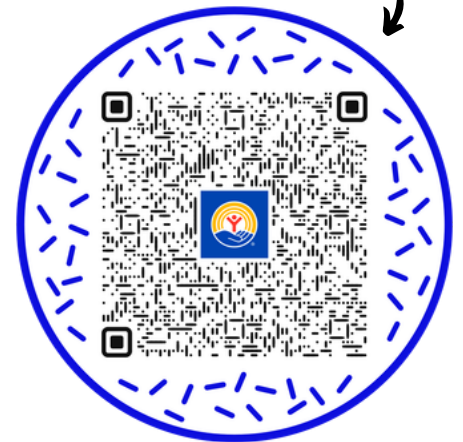


Middlesex
UNITED WAY

PERCENTAGE OF ALICE HOUSEHOLDS PER MIDDLESEX COUNTY TOWN



SCAN QR CODE TO VIEW THE FULL
2026 CT ALICE REPORT



WHO IS ALICE?

ALICE is all around us! Your friends, neighbors, and even family members could be struggling to make ends meet while working multiple jobs. Every hour of every day, they must choose between keeping food on the table, paying rent, clothing their children or affording the high cost of needed medications.

MIDDLESEX UNITED WAY

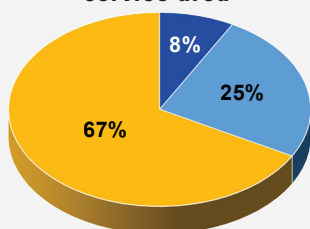
Number of Households – 69,885



Meet ALICE

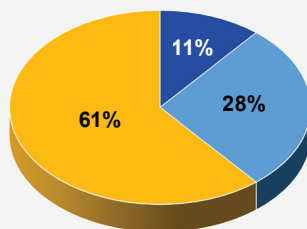
ALICE® is an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed — households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county. Households below the ALICE Threshold — ALICE households plus those in poverty — can't afford the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

Middlesex United Way service area



- Poverty:** 5,509 HH, 8%
- ALICE:** 17,685 HH, 25%
- Above ALICE:** 46,691 HH, 67%

Connecticut



- Poverty:** 159,441 HH, 11%
- ALICE:** 410,493 HH, 28%
- Above ALICE:** 884,607 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	1,628	37%
Clinton	5,509	28%
Cromwell	5,763	30%
Deep River	2,010	43%
Durham	2,986	19%
East Haddam	3,663	28%
East Hampton	5,248	27%
Essex	2,987	29%
Haddam	3,389	21%
Killingworth	2,516	20%
Middlefield	1,839	32%
Middletown	20,390	44%
Old Saybrook	4,672	27%
Portland	3,762	31%
Westbrook	3,523	37%

Household Survival Budget, 2024

	Single Adult	2 Adults, 1 Infant, 1 Preschooler
Monthly Costs		
Housing	\$1,309	\$1,884
Child Care	—	\$2,729
Food	\$575	\$1,560
Transportation	\$387	\$832
Health Care	\$196	\$727
Technology	\$124	\$158
Miscellaneous	\$259	\$789
Tax Payments	\$395	\$1,375
Monthly Total	\$3,245	\$9,621
ANNUAL TOTAL	\$38,940	\$115,452
Hourly Wage*	\$19.47	\$57.73

*Full-time wage required to support this budget

For ALICE Household Survival Budget Sources, visit UnitedForALICE.org/Methodology

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. The Household Survival Budget is calculated for each planning region in Connecticut (U.S. Census county equivalent), as costs can vary greatly depending on location and household needs.

To see costs for different household compositions and locations in Connecticut, visit UnitedForALICE.org/the-Cost-of-Basics/Connecticut

