

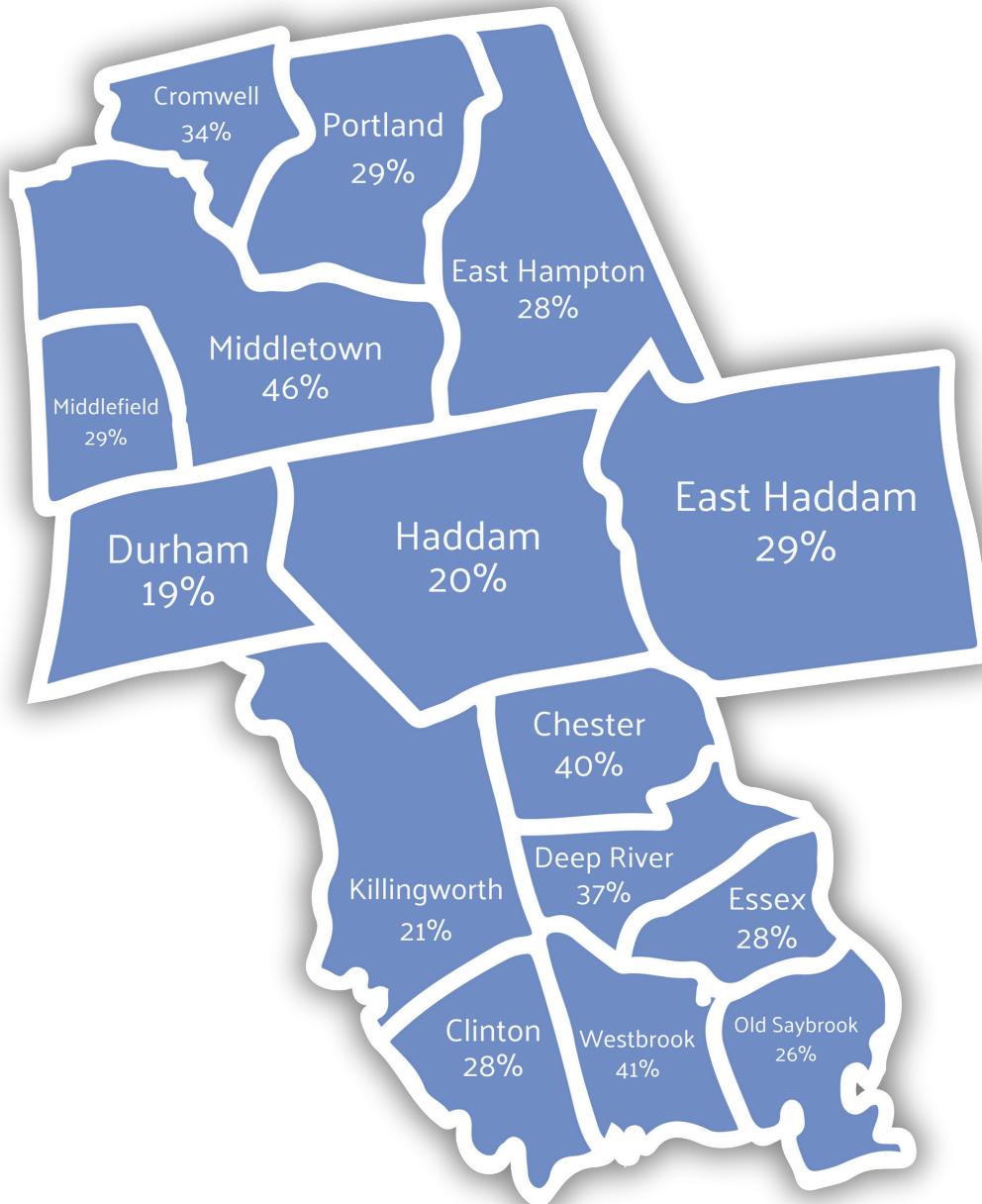
# WHAT IS ALICE?

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).

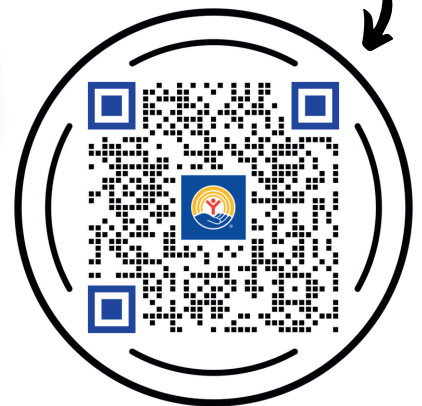


Middlesex  
**UNITED WAY**

## PERCENTAGE OF ALICE HOUSEHOLDS PER MIDDLESEX COUNTY TOWN



SCAN QR CODE TO LEARN MORE ABOUT  
THE 2025 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

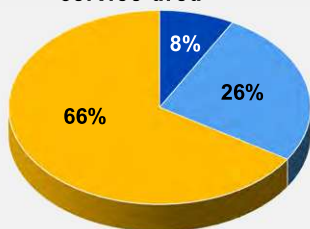


Number of Households – 69,565

## Meet ALICE

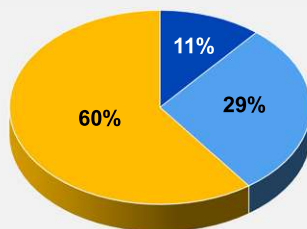
ALICE® is an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county. Households below the ALICE Threshold – ALICE households plus those in poverty – can't afford the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

Middlesex United Way  
service area



■ **Poverty:** 5,438 HH, 8%  
 ■ **ALICE:** 18,153 HH, 26%  
 ■ **Above ALICE Threshold:** 45,974 HH, 66%

Connecticut



■ **Poverty:** 160,037 HH, 11%  
 ■ **ALICE:** 420,483 HH, 29%  
 ■ **Above ALICE Threshold:** 862,449 HH, 60%

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	1,585	40%
Clinton	5,439	28%
Cromwell	5,868	34%
Deep River	2,057	37%
Durham	3,038	19%
East Haddam	3,635	29%
East Hampton	5,082	28%
Essex	3,041	28%
Haddam	3,218	20%
Killingworth	2,425	21%
Middlefield	1,737	29%
Middletown	20,838	46%
Old Saybrook	4,460	26%
Portland	3,632	29%
Westbrook	3,510	41%

Household Survival Budget, 2023		
	Single Adult	2 Adults, 1 Infant, 1 Preschooler
<b>Monthly Costs</b>		
Housing	\$1,167	\$1,746
Child Care	–	\$2,729
Food	\$573	\$1,556
Transportation	\$419	\$967
Health Care	\$212	\$802
Technology	\$86	\$116
Miscellaneous	\$246	\$792
Tax Payments	\$374	\$1,398
Monthly Total	\$3,077	\$10,106
ANNUAL TOTAL	\$36,924	\$116,076
Hourly Wage*	\$18.46	\$58.04

\*Full-time wage required to support this budget

For ALICE Household Survival Budget Sources, visit [UnitedForALICE.org/Methodology](https://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/Household-Budgets/Connecticut](https://UnitedForALICE.org/Household-Budgets/Connecticut)

