

BTS Négociation et Digitalisation de la Relation Client

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The typical U.S. household is spending \$445 more a month due to inflation.

Inflation is causing American households to spend \$445 more per month buying the same items they did a year ago, according to an estimate from Moody's Analytics.

Consumer prices jumped by 8.2% in September versus the same month in 2021, the U.S. Bureau of Labor Statistics said Thursday. That rate is down from 9.1% in June, which marked the recent peak, but is still near the highest levels since the early 1980s.

Wages for many workers haven't kept pace with inflation, meaning they've lost purchasing power. Hourly earnings fell 3%, on average, in the year to September after accounting for inflation.

The inflation impact on households' wallets isn't uniform, though. Your personal inflation rate depends on the types of goods and services you buy, and other factors, such as geography

Regardless, it has been a "tough time" for all households, said Ryan Sweet, lead U.S. economist at Moody's.

"Inflation is affecting people very, very differently," Sweet said. "But everyone is feeling the effect.

Households may need to ask questions, Sweet added, such as: Is that new car necessary? Can I buy a used car or a cheaper model instead? Is a home remodel essential or something that can be put on hold and reevaluate at a different time?

Americans can also consider substitutions: traveling somewhere closer to home instead of a more expensive vacation destination farther away, or staying at cheaper lodgings, for example.

Or, perhaps getting a haircut every eight to ten weeks instead of every six.

They can also reassess monthly subscriptions to clothing and streaming services, for example which can often serve as "money drains," Sweet said. Some may be little-used but continue to suck money from your account each month.

There are some ways households can save money on their fixed bucket of expenses, too.

Relative to grocery shopping, consumers can stock up on staples, shop with a food list and compare stores to find the best deals

Consumers who commute to work and spend a lot on gasoline, for example, may be able to trim their transit budget by using a price-tracking service, paying in cash, being more strategic about driving schedules and signing up for loyalty programs.

It is important that people avoid funding higher costs with a credit card or via a withdrawal or loan from a retirement plan.