## Understanding INFLATION

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## What's inflation?

Simply put, inflation refers to the rate of change or increase in the average prices of goods and services typically purchased by consumers. When the price level rises, every dollar you have buys a smaller percentage of a good or a service.

## The effects of inflation really add up over time!

## COMPARING PRICES THEN AND NOW

## 1950s

## TODAY

FAST-FOOD HAMBURGER

## $15^{4}$

## \$2.49

## COMPARING PRICES THEN AND NOW

## 1950s

## TODAY

## MOVIE TICKET

$46^{\circ}$

## COMPARING PRICES THEN AND NOW

## 1950s

## TODAY

## \$34.72

## \$1,899

It seems like a dramatic difference when you compare prices from the 1950s with today, but in reality, inflation changes quite slowly

## UNDERSTANDING THE INFLATION RATE



- To gain a better understanding of inflation, it's important to understand the consumer price index (CPI)
- The index tracks the percentage change in the prices of a basket of 80,000 goods and services


## UNDERSTANDING THE INFLATION RATE



- It is computed each month by the U.S. Bureau of Labor Statistics and is used to track the progress of inflation in the United States
- The change in the CPI can vary by less than $1 \%$ to over $5 \%$ from year to year

While the costs of goods and services rise over time, so does incomefor some, much more than others

## INFLATION AFFECTS MORE THAN PRICES



Now that you see how the prices of goods and services rise, as well as how incomes rise, let's dig a little deeper

## COMPARING PRICES THEN AND NOW

## 1950s

## TODAY

## GALLON OF GAS

## $27^{\text {s }}$

## $\sqrt{5}$

## $\$ 3.41$

It looks like gas prices have gone through the roof!


However, when you adjust for inflation, you can see that a gallon of gasoline today costs a little more that it did in 1950


Things you can do to keep up with inflation

## YOUR INCOME SHOULD KEEP UP WITH INFLATION

- It's a smart idea to check on the
 inflation rate at least once a year
- The inflation rate is a good indicator of the total cost-of-living increase that you can expect in the current year
- Whether you have an hourly or salaried job or you are self-employed, to keep pace with inflation, you should strive to increase your income by at least the annual inflation rate

UNITED STATES
Annual Inflation Rate


## STRIVE FOR YOUR SAVINGS TO KEEP UP AS WELL

Investing can help you counteract the negative effects of inflation-again, strive for your rate of return to be greater than the inflation rate

## 10-YEAR (2011-2021) Annualized Returns



As you can see, this is easier said than done-good luck and be careful with investing your hard-earned money!

## ABSOLUTELY NO GUARANTEES

All investments made in stocks, bonds and mutual funds carry the risk of losing some or all of your money, even when made through a financial advisor or financial institution


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Sources: Forbes, United States Department of Labor (Bureau of Labor Statistics), United States Census Bureau

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