With the launch of United Way NCA’s 2023 regional ALICE reports that includes Washington DC for the first time ever, here is what we know about ALICE in the National Capital Area:

A.L.I.C.E. (Asset Limited, Income Constrained, Employed) are households with income above the Federal Poverty Level (FPL), but below the basic cost of living.

ALICE helps reshape how we understand financial hardship today, and the ongoing challenges that so many in our community face. We all know ALICE. They may be a friend, a relative, or a coworker. ALICE households span all races, ages, ethnicities, and abilities, though households of color are disproportionately ALICE.

Combined with households below the Federal Poverty Level (FPL), nearly 500,000 households in the National Capital Area struggle to make ends meet. This translates to an estimated 1.3M adults and children living in the region who cannot meet the monthly minimum cost of household basics.

The ALICE Household Survival Budget calculates the bare minimum cost of the household basics needed to live and work in the modern economy by household composition, across the National Capital Area.

### ALICE Household Survival Budget, National Capital Area, Average, 2021

<table>
<thead>
<tr>
<th>Monthly Costs</th>
<th>Single Adult (under 65)</th>
<th>Single Senior (65+)</th>
<th>2 Adults, 1 Infant, 1 Preschooler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing - Rent</td>
<td>$ 1,800</td>
<td>$ 1,800</td>
<td>$ 1,996</td>
</tr>
<tr>
<td>Housing - Utilities</td>
<td>$ 154</td>
<td>$ 154</td>
<td>$ 292</td>
</tr>
<tr>
<td>Child Care</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 2,037</td>
</tr>
<tr>
<td>Food</td>
<td>$ 502</td>
<td>$ 464</td>
<td>$ 1,370</td>
</tr>
<tr>
<td>Transportation</td>
<td>$ 243</td>
<td>$ 221</td>
<td>$ 554</td>
</tr>
<tr>
<td>Health Care</td>
<td>$ 227</td>
<td>$ 521</td>
<td>$ 917</td>
</tr>
<tr>
<td>Technology</td>
<td>$ 76</td>
<td>$ 76</td>
<td>$ 110</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$ 300</td>
<td>$ 324</td>
<td>$ 728</td>
</tr>
<tr>
<td>Tax Payments</td>
<td>$ 667</td>
<td>$ 733</td>
<td>$ 1,720</td>
</tr>
<tr>
<td>Monthly Total</td>
<td>$ 3,968</td>
<td>$ 4,291</td>
<td>$ 8,440</td>
</tr>
<tr>
<td>ANNUAL TOTAL Before Credits</td>
<td>$ 47,617</td>
<td>$ 51,485</td>
<td>$ 116,677</td>
</tr>
<tr>
<td>Tax Credits (CTC and CCCT)</td>
<td>$ -</td>
<td>$ -</td>
<td>$ (15,391)</td>
</tr>
<tr>
<td>ANNUAL TOTAL with Credits</td>
<td>$ 47,617</td>
<td>$ 51,495</td>
<td>$ 101,281</td>
</tr>
<tr>
<td>Full-Time Hourly Wage</td>
<td>$ 23.81</td>
<td>$ 25.75</td>
<td>$ 50.64</td>
</tr>
</tbody>
</table>

### KEY TERMS

**Household Survival Budget**
The bare-minimum cost of basic necessities (housing, child care, food, transportation, health care, and a smartphone plan).

**ALICE Threshold**
The average income needed to afford the Household Survival Budget. Households below the ALICE Threshold include both ALICE and poverty-level households.

**ALICE**
Households with income above the Federal Poverty Level but below the basic cost of living.

**Poverty**
Households with income below the Federal Poverty Level.

**Total Households**
The number of households as reported by the American Community Survey.

The ALICE Household Survival Budget calculates the bare minimum cost of the household basics needed to live and work in the modern economy by household composition, across the National Capital Area.
In MD and VA counties, Black, Hispanic, American Indian/ American Native households are 1.8x likely to be ALICE than White and Asian households. (estimated 2x with DC)

ALICE LIVES PAYCHECK TO PAYCHECK and are forced to make impossible choices: pay the rent or buy food, receive medical care or pay for childcare, pay utility bills or put gas in the car. ALICE is your neighbor, works at your company, attends your local public school and is a growing population.

ALICE LIVES HERE

In DC, there is an estimated 88.5K households are ALICE, translating to estimated 184K individuals

In our *MD counties, 201K households are ALICE, translating to estimated 554K individuals

In our *VA counties, 199K households are ALICE, translating to estimated 548K individuals

*MD counties: Montgomery and Prince George's; VA counties: Alexandria, Arlington, Culpeper, Fairfax, Fauquier, Loudoun, Prince William and Rappahannock

ALICE IN THE WORKFORCE

In United Way NCA’s region of DC, VA and MD counties, 2/3 of the workforce will struggle to earn enough to afford increased cost of living. Some of the most common occupations in the National Capital Area may not pay enough for households to earn above the ALICE Threshold.

**DC**

- 20% of registered nurses in DC are below the ALICE Threshold.
- 39% of office clerks in DC are below the ALICE Threshold.

**Virginia**

- 55% of personal care aids in VA are below the ALICE Threshold.
- 54% of food service workers in VA are below the ALICE Threshold.

**Maryland**

- 42% of retail salespeople in MD are below the ALICE Threshold.
- 48% of cashiers in MD are below the ALICE Threshold.

HOUSEHOLD SURVIVAL BUDGET
The bare-minimum cost of basic necessities (Housing, child care, food, transportation, health care, and a smartphone plan).

ALICE THRESHOLD
The average income needed to afford the Household Survival Budget. Households below the ALICE Threshold include both ALICE and poverty-level households.

ALICE
Households with income above the Federal Poverty Level but below the basic cost of living.

Poverty
Households with income below the Federal Poverty Level.

Total Households
The number of households as reported by the American Community Survey.