

The Real Cost of Inflation in Canada

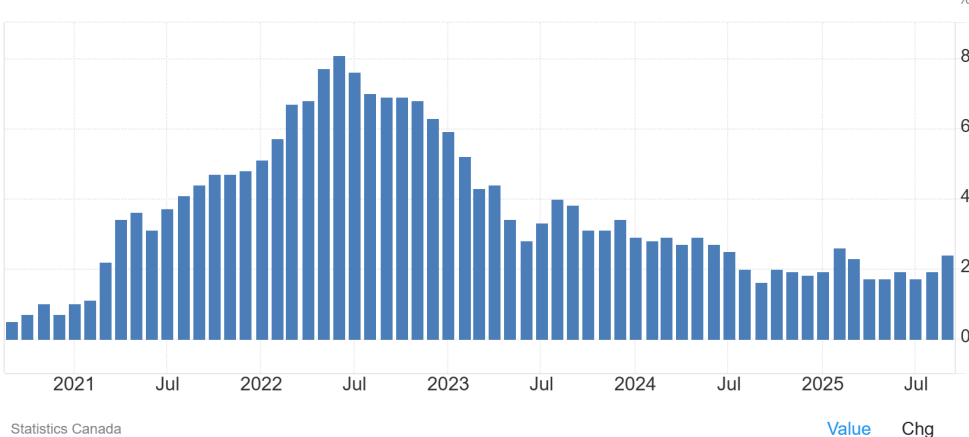
How rising prices affect Canadians in 2025

Inflation Rate by Year (2020–2025)



- Inflation peaked at 8% in 2022, the highest in 40 years.
- It eased to 2–3% by 2025 but remains slightly above the Bank of Canada’s 2% target.

Source: Statistics Canada(2025)



Impact of rising prices on Canadians, by age group, 2024, %



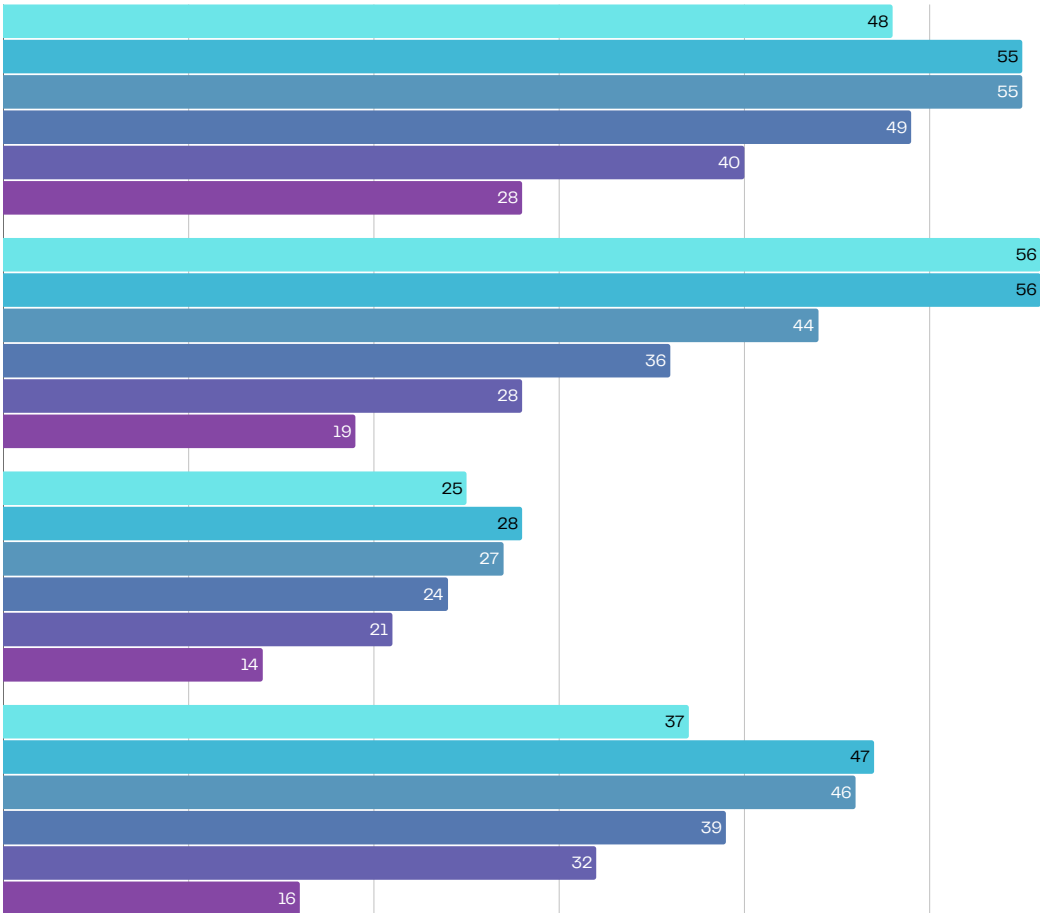
Ability to meet day-to-day expenses are greatly affected by rising prices

Very concerned with ability to afford housing or rent because of rising housing prices (total)

Somewhat or very likely to obtain food or meals from a community organization over the next 6 months

Most days are quite a bit or extremely stressful due to financial issues

15 to 24 years 25 to 34 years 35 to 44 years 45 to 54 years 55 to 64 years 65 years and older

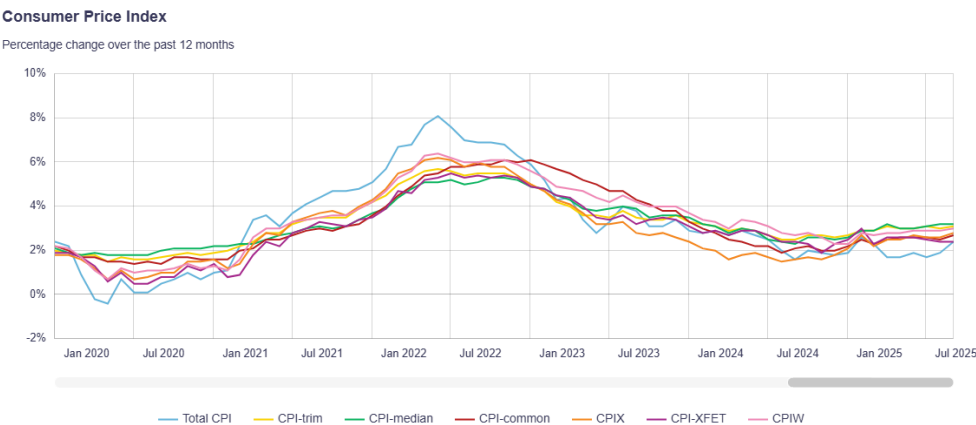


Source: Statistics Canada(2024)

Consumer price index(2020–2025)

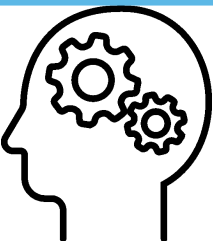


Canada’s inflation peaked at 8% in 2022, then gradually declined to around 2–3% by 2025. Core inflation measures remain slightly above target, reflecting ongoing price pressure.



Your Actions Matter

- **Track your spending** — Know where your money goes every month.



- **Support fair wages** — Advocate for income growth that keeps up with rising prices.



- **Invest wisely** — Protect your savings from inflation through smart investments.

