

# The Real Cost of Inflation in Canada

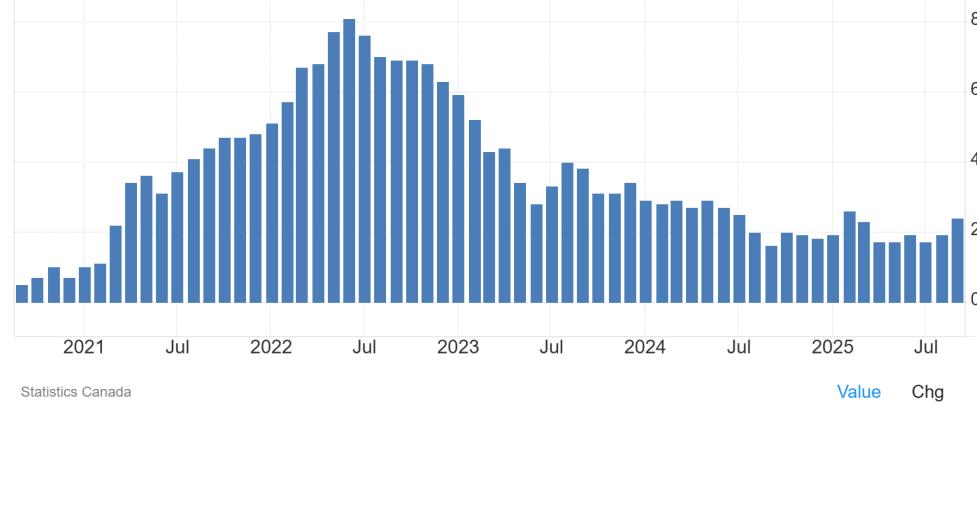
How rising prices affect Canadians in 2025

## 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, %

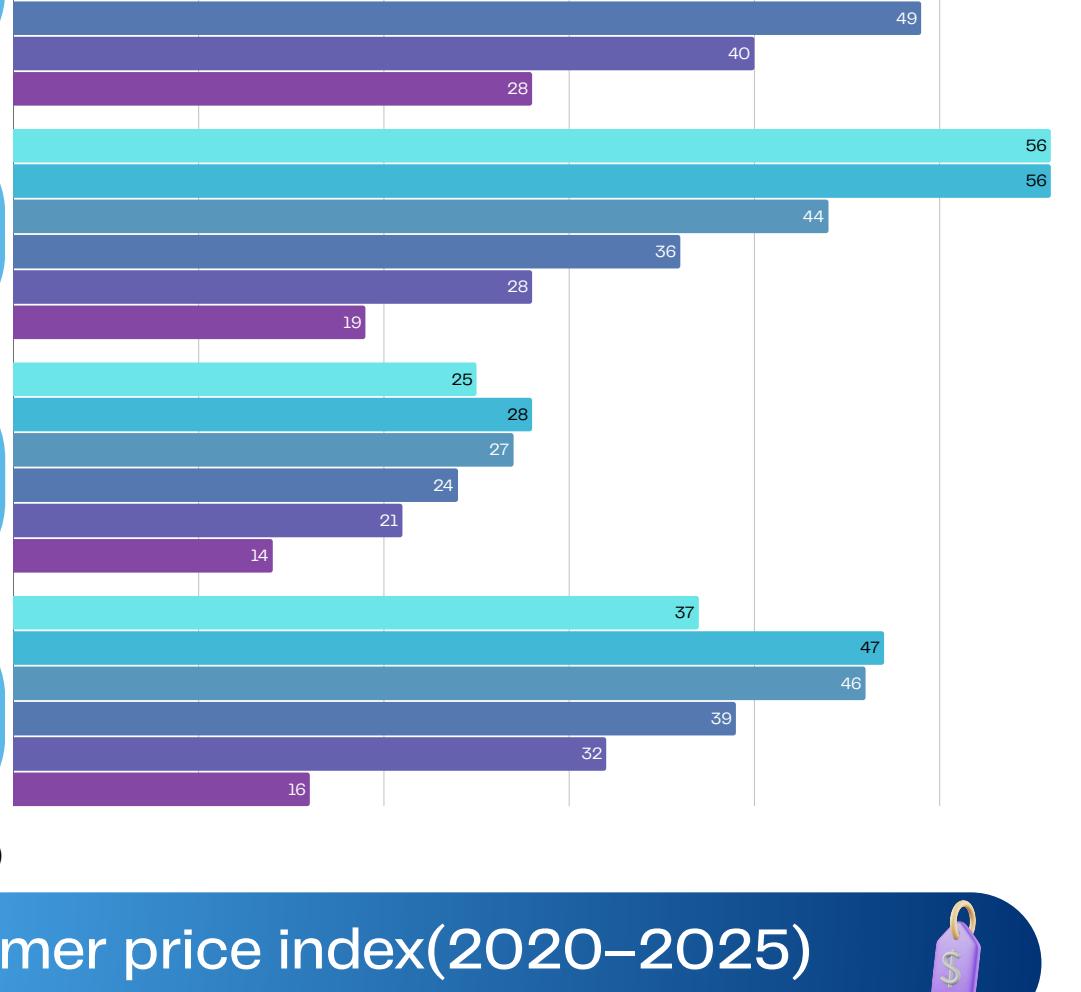


Ability to meet day-to-day expenses are greatly affected by rising prices

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

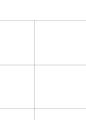
Somewhat or very likely to obtain food or meals from a community organization over the next 6 months

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



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.

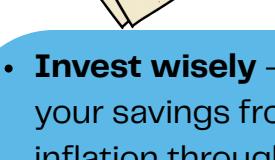


## Your Actions Matter

- **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.

