

Then & Now

Your Parents
& You

INFLATION TRACKER

Here's a fun activity you can do with your parents to compare the cost of items when they were younger and the cost of items now.

Not sure what something cost in the past? Try this helpful search from the U.S. Bureau of Labor Statistics: data.bls.gov/PDQWeb

Then see if you can use the inflation formula given in the last column to calculate the inflation rate since your parents' time!

ITEM NAME	COST THEN (A)	COST NOW (B)	INFLATION RATE $[(B - A) \div A] \times 100 =$
example: Gallon of Gas	\$1.10 (in 1998)	\$4.75 (in 2022)	$[(4.75 - 1.1) \div 1.1] \times 100 =$ $3.318 \times 100 = \mathbf{331.8\%}$
Loaf of Bread			
Dozen Eggs			
Can of Soda			
Candy Bar			
Gallon of Milk			
Movie Ticket			

Want to track how inflation is causing prices to rise right in front of your own eyes? Fill in this chart with items your family regularly buys. Then write down the price of what the items cost today (don't forget to date the column with the date you recorded the prices!)

Next month, record how much the items now cost. Keep track over the next few weeks or months and see what you discover!

ITEM NAME	DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____

Would you like to read a longer article to learn more about how to calculate inflation rates? Or would you like a blank printable of these tracking charts to share and fill in?

 **SCAN HERE!**
to see our resources page with a links to more info!