



THE PINE TREE STATE AFFORDABILITY CRISIS:

**TRUMP AND REPUBLICANS IGNORE
WORKING MAINERS, RIPPING AWAY HELP
AS COSTS SKYROCKET AND ECONOMY
STRUGGLES**



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THE PINE TREE STATE AFFORDABILITY CRISIS:

***Trump and Republicans Ignore Working Mainers, Ripping
Away Help As Costs Skyrocket and Economy Struggles***

In Maine, everyone from farmers to small business owners is expressing concern and apprehension over Donald Trump's destructive economic policies. His anemic economy is hitting the poorest Americans the hardest, and his policies are stoking a dire affordability crisis as food prices, energy prices, health care costs, and housing costs spike. Grocery prices are spiking in Maine as locals bear the brunt of Trump's tariff costs, fueling widespread pessimism in the economy across party lines. Meanwhile, energy costs continue to rise in Maine faster than anywhere else in the country, at nearly six times the national average. As food and energy costs are slated to increase even more as winter approaches, health care costs are also going up, thanks to Trump and Republicans. Tens of thousands of Maine residents are also facing an average premium increase of nearly 77 percent for next year. Meanwhile, hundreds of Maine residents have lost their jobs this year due to Trump's tariffs and federal budget cuts as he rips away vital assistance for health care, food, special education, and home heating from hundreds of thousands of Mainers.

Throughout his second term, Trump and Republicans in Congress have worked feverishly to obliterate the economic security of millions across the country – and working families are the ones paying the price for their reckless incompetence and determination to reward their rich and powerful friends at the expense of everyone else.

That is why state leaders like ourselves are coming together to highlight what President Trump has done to hurt Maine families across our great state and to fight back against this reckless administration. We hope you will join us in standing up to Trump and his agenda, which is skyrocketing costs across Maine.

Signed

Rep. Gary Friedmann

Rep. Marc Malon

Rep. Amy Roeder

Sen. Rachel Talbot Ross

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Maine Cost Of Living

- **COST-OF-LIVING IS A TOP CONCERN FOR MAINERS:** A new poll from Portland-based Pan Atlantic Research [found](#) that **67 percent of Maine residents** listed the cost of living as their top concern. A recent AARP survey found that Maine is now [one of the most expensive states](#) for retirees.
- **LOCAL INFLATION OUTPACING WAGES:** New data [shows](#) that Maine residents' **incomes are rising more slowly** than the rest of the country, just three-quarters of the national growth rate, even though **regional inflation is higher** than the national rate.
- **COST OF GROCERIES IS UP:** Food costs are [rising](#) nationwide thanks to Donald Trump's tariffs and America-first trade policies – especially in Maine. **Grocery prices rose in Maine** in October, with coffee prices [increasing](#) nearly the *annual* rate of overall inflation over the course of just one month, thanks to Trump's tariffs, leading many Mainers to [tighten budgets](#), clip coupons, and cut back on spending.
- **HEALTH CARE COSTS ARE UP THANKS TO TRUMP & REPUBLICANS:** Thanks to Donald Trump and Republicans in Congress, Mainers who buy health insurance on their own through the Affordable Care Act are [facing](#) an **average premium increase of 77 percent** for 2026, and **tens of thousands of people across the state** will see their coverage costs for next year [soar](#) as much as **\$900 per month** after the Trump-GOP budget [ripped away](#) critical tax credits that make ACA coverage affordable.

- The Trump-GOP plan to [rip away](#) ACA tax credits will [hit](#) Maine small businesses especially hard. **Over 13,000 small business owners** in the state [rely](#) on the ACA for coverage – over 20 percent of the total ACA enrollees in Maine – and 87 percent of small business owners [reportedly](#) want Congress to permanently extend ACA tax credits.
- The Trump-GOP budget **cuts Medicaid and the ACA by over \$1 trillion**, which will cause Maine hospitals to [lose more than \\$66 million](#) in revenue per year, with Republican cuts hitting Eastern Maine Medical Center, MaineGeneral Medical Center, and Maine Medical Center the hardest, and add significant stress to Maine's [already-struggling](#) network of hospitals and clinics.

- **MAINE ENERGY COSTS SKYROCKETING; FASTEST IN THE NATION:** Maine electricity bills have [surged over 36 percent](#) in just one year – the [highest in the U.S.](#) by

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far at **nearly six times the national average**, with [even more rate hikes](#) in the works as winter approaches. Meanwhile, Trump has **cancelled millions of dollars in Maine clean energy investments**, terminating a [\\$62 million solar grant](#) and a 2 million-acre [offshore wind zone](#) and prompting Maine to [join](#) a multi-state lawsuit against the Trump administration. Trump and Republicans' Big, Ugly Bill will cause further price hikes as it takes effect, jacking up costs [\\$80 per year](#) by 2035.

- **JOB LOSSES & TARIFF HARDSHIP:** Hundreds of Maine residents have **lost their jobs** this year thanks to Donald Trump's destructive economic policies and devastating attacks on the federal workforce.

- Around **400 federal workers** [lost their jobs](#) in the Portland area as a result of Trump and DOGE's layoffs – the second-largest proportion of federal jobs lost in any American metropolitan area.
- Maine's [forest product](#) and [furniture](#) industries have taken a large hit from Trump's tariffs. Even local companies using domestic materials have [faced higher prices](#) due to supply constraints. Roughly **150 people** [lost their jobs](#) at one of Maine's [last remaining large paper mills](#) after Trump [increased tariffs](#) on Canadian lumber.
- UMaine [laid off several research staffers](#) as a result of Trump and DOGE's federal funding cuts earlier this year.
- Maine farmers and restaurants are [struggling with rising beef costs](#) as Trump's tariffs [drive beef prices to new highs](#) and his administration [sells out](#) American producers in favor of Argentinian beef imports.

- **HOUSING CRUNCH:** Trump's [disastrous tariffs](#) and [immigration policies](#) are **killing homebuilding** in Maine, [exacerbating](#) a [housing affordability crisis](#). Since 2019, Maine home prices have [jumped nearly 75 percent](#) per capita, one of the steepest jumps in the nation. In [2023](#) and [2024](#), Mainers named high housing costs as a top concern.
- **HELP RIPPED AWAY:** Trump's budget cuts are **ripping away** vital assistance for health care, food, and home heating from tens of thousands of Mainers.

- The Trump-GOP Big, Ugly Bill [cuts](#) \$1 trillion from Medicaid and the Affordable Care Act (ACA). It will [cut](#) \$5.9 billion from Maine's Medicaid

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program and will **impact 456,000 Mainers who receive health care coverage through MaineCare or the ACA.**

- Trump and Republicans in Congress [cut \\$187 billion](#) in food assistance, which could **kick at least 10,000 Mainers off food assistance.** 175,000 Mainers receive SNAP benefits and, thanks to the Trump-GOP government shutdown, Maine stopped issuing SNAP payments on Oct. 16, leaving state residents without their full benefits for nearly a month and leaving local food pantries [overwhelmed](#).
- The GOP government shutdown [delayed](#) the start of the LIHEAP program, which more than **43,000 Maine households rely on to light and heat** their homes in the winter. This delay could leave even more Mainers [at risk](#) of having their power or heat cut off during the coldest months of the year.
- Maine has the [third-highest](#) percentage of special education students in the country, and Trump's **cuts to federal special education programs** will [hit](#) Maine schools [especially hard](#).