Southern New Jersey consumers feel need to watch wallets as food price increases soar

By CARL SBRIEBEN Staff Writer | 

Gas prices have this week already jumped around the state and are among the highest in the Tri-State region. Last week, a gallon of unleaded regular gasoline was $3.29 per gallon. As of this writing, the average price for a gallon of regular unleaded gasoline in New Jersey is $3.38, according to AAA. The average price for a gallon of gas in New York is $3.29, according to AAA.

Gas prices have accounted for much of the increase in prices for New Jersey consumers. The cost of food, gas, and clothing has made it difficult to balance a budget without significant changes in spending.

Higher costs for gas and food easily account for a large portion of the increase in prices for New Jersey consumers. Gas and food prices are expected to continue rising, with a potential for the inflation to continue throughout the year.

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