

Everyday Costs: October 2026 report

Published October 19, 2026 · Monthly ABA report ·

Key numbers

\$4.48

Gasoline, per gallon
(US)
BLS Sep 2026

\$2.27

Eggs, dozen (US)
BLS Sep 2026

\$4.11

Milk, gallon (US)
BLS Sep 2026

\$1.83

White bread, per lb
(US)
BLS Sep 2026

\$6.79

Ground beef, per lb
(US)
BLS Sep 2026

\$9.33

Coffee, per lb (US)
BLS Sep 2026

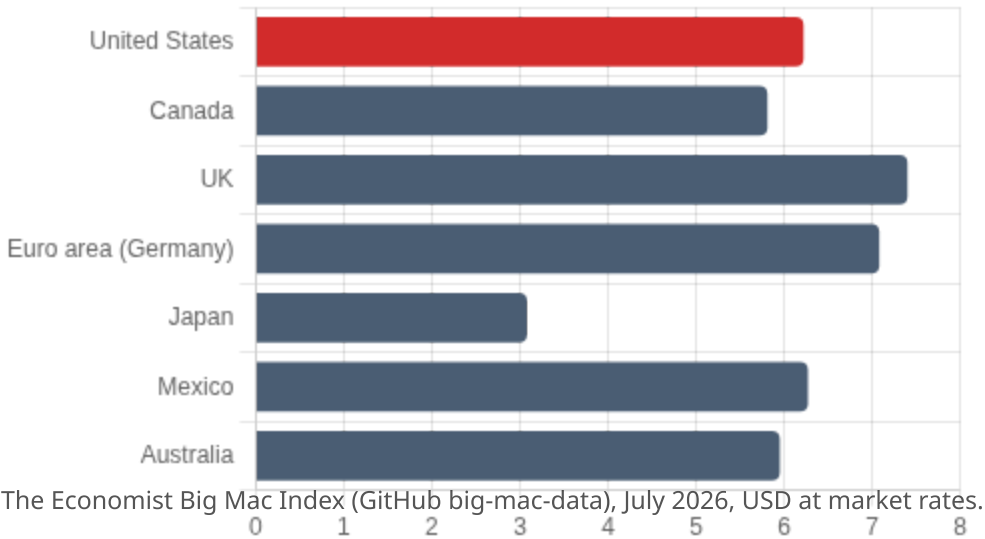
\$0.196

Electricity, per kWh
(US)
BLS Sep 2026

\$6.22

Big Mac (US)
Economist, Jul 2026

Big Mac price in USD



Projections (frozen) and projected vs. actual

No projections in this monthly report. The gas, milk, eggs and bread trend estimates on [Project It](#) aren't part of the scored projection ledger.

Methodology

US prices are BLS CPI Average Price Data, U.S. city average, latest month. Big Mac prices are the Economist's local price converted at market exchange rates. An international comparison of grocery and utility prices is coming once verified sources are in place. No projections in this category.

Sources

- BLS CPI Average Price Data, Sep 2026: APU000074714, APU0000708111, APU0000709112, APU0000702111, APU0000703112, APU0000717311, APU000072610 (api.bls.gov)
- The Economist, big-mac-data, output-data/big-mac-full-index.csv, 2026-07-01 release