FOR IMMEDIATE RELEASE

November 10, 2026
National Energy Assistance Directors Association (NEADA)
Contact: Mark Wolfe, mwolfe@neada.org

NEADA Projects Home Heating Costs Will Rise 7.1% This Winter, With Heating Oil Costs Up 70%

Despite Recent Price Declines, Continued Instability in the Strait of Hormuz Could Keep Heating Oil Prices High Throughout the Winter

WASHINGTON, DC (November 10, 2026): American households are projected to spend an average of $1,002 on home heating this winter, an increase of $66, or 7.1 percent, from last winter, according to a new forecast released today by the National Energy Assistance Directors Association (NEADA).

The largest increases will be faced by households that heat with oil, whose average winter heating costs are projected to rise by 70.2 percent, from $1,749 last winter to $2,977 this winter. Households using electricity are expected to see their heating costs increase by 6 percent, while propane costs are projected to rise by 5 percent. Natural gas heating costs are expected to remain about the same as last winter.

Although heating oil prices have begun to decline, they remain substantially higher than last year. According to the U.S. Energy Information Administration, the national average residential heating oil price fell from $6.23 to $6.14 per gallon during the week ending November 2, a decline of 1.5 percent, but remained approximately 69 percent higher than a year earlier. More recent data from Massachusetts show prices falling another 23 cents per gallon during the week ending November 9.

“While the recent decline in heating oil prices is welcome news, families should not assume that prices will continue to fall,” said Mark Wolfe, executive director of NEADA. “The situation in the Strait of Hormuz remains highly volatile, and continued uncertainty about global oil supplies makes it difficult to predict where prices will go. For planning purposes, we believe it is prudent to assume that heating oil prices will remain elevated throughout the winter heating season. We hope we’re wrong, but states need to prepare for the possibility that prices will stay high.”

Winter Heating Costs by Fuel

Heating fuel	2025–26	2026–27	Change
Natural gas	$686	$686	0.0%
Electricity	$1,146	$1,215	+6.0%
Propane	$1,286	$1,350	+5.0%
Heating oil	$1,749	$2,977	+70.2%
All fuels	$936	$1,002	+7.1%

Source: NEADA November 2026 Winter Heating Forecast.

The Northeast will be particularly hard hit. Average household heating costs in the region are projected to increase by $221, or 16.9 percent, from $1,311 last winter to $1,532 this winter. The region has some of the nation's highest electricity prices and the largest concentration of households that rely on heating oil.

The projected increase in heating costs comes at a time when many American families are already struggling to pay their utility bills. About one in six households is behind on utility payments, collectively owing approximately $23 billion to electric and natural gas utilities. In FY 2024, approximately 13.5 million households experienced electric service disconnections.

"For higher-income households, these increases may be an inconvenience. For low- and middle-income families, they can be devastating," Wolfe said. "Families are already struggling with rising costs for food, housing and other necessities. Adding hundreds or even thousands of dollars to their winter heating bills will push many of them further into debt."

Congress Needs to Act

NEADA is urging Congress to provide an additional $3 billion for the Low Income Home Energy Assistance Program (LIHEAP) to help states respond to the sharp increase in heating costs, particularly in states where heating oil is widely used.

"States cannot wait until the middle of winter to find out whether heating oil prices will come down," Wolfe said. "They need the resources now to help families pay their bills. We are urging Congress to provide an additional $3 billion for LIHEAP so states can respond to this extraordinary increase in heating costs."

The report also highlights longer-term affordability concerns. Since the winter of 2021–22, heating costs have increased by 32.1 percent for households using electricity and 110.1 percent for households using heating oil. Rising electricity rates, growing demand from data centers and the cost of upgrading the nation's electric grid are adding to the financial pressure facing households.

"Energy is not a luxury. Families need to be able to heat their homes without worrying about whether they can afford food, medicine or rent," Wolfe said. "Congress has an opportunity to provide immediate relief before these higher winter bills arrive."

Sources

NEADA November 2026 Winter Heating Forecast — https://neada.org/

EIA Heating Oil and Propane Update — https://www.eia.gov/petroleum/heatingoilpropane/

Massachusetts Heating Oil Price Survey — https://www.mass.gov/info-details/massachusetts-home-heating-fuels-prices

About NEADA

The National Energy Assistance Directors Association represents state directors responsible for administering the federal Low Income Home Energy Assistance Program (LIHEAP) and works to promote affordable home energy for low-income households nationwide.