



WHAT IS WAR GOOD FOR?

MAKING OUR LIVES MORE EXPENSIVE.

BROKEN PROMISES ARE COSTING AMERICAN FAMILIES BILLIONS

The war in Iran has taken the lives of American servicemembers and innocent civilians, including children. It is illegal, cruel, and without any clear goals – and it is also making already-high costs at home even worse.

Here's what to know – and how to talk to friends and family – about the war and its impact on the cost of living.

"It's not possible for us to take care of day care, Medicaid, Medicare, all these individual things, ... We have to take care of one thing: military protection."

– President Donald Trump, April 2026

BY THE NUMBERS

The Trump administration cut over a trillion dollars from health care and nutrition assistance and claims we can't pay for those programs. But each bullet below is an example of how we could have spent the money for war – nearly \$50 billion in two months – here at home:

- Pay for almost **7 years of the federal WIC program** or 6 months of SNAP
- Provide a year of **universal pre-K** for more than 3.5 million kids
- **Extend the ACA tax credits** for a year – and still have \$20 billion left over
- Give **Pell Grants** to more than 6 million low-income students
- Provide **housing assistance** through federal programs for roughly 4 million Americans
- Fund the entire **National Park Service** for 12 years

DOLLAR FOR DOLLAR

The Trump administration reportedly could ask Congress for another \$100 billion to continue funding the Iran War. That's roughly the amount their proposed 2027 budget cuts from priorities like education, providing healthy food to pregnant and postpartum parents, and food assistance for low-income seniors.



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STRAIT OF HORMUZ 101 – THE INDIRECT COSTS OF WAR

The Iran war has disrupted every major shipping route in the region – including the Strait of Hormuz. Even when it opens, the effects could still be felt for months! Here's why that matters:

- **Oil** – even though only a small percentage of the U.S. supply goes through the Strait, a decrease in oil supply raises prices. You see it every time you pay over \$4 at the gas pump.
- **Fertilizer** – about one-third of the world's supply – moves through the Strait of Hormuz. That means food prices could spike even more.
- **Plastic products and packaging** are partly made out of oil. Whether it's a tube of toothpaste, bottle of shampoo, gallon of milk, or a bag of sliced bread, most of us use these products daily.

NOT EVERYONE IS WORSE OFF DUE TO THIS WAR. HERE ARE THE PEOPLE MAKING MONEY – IT'S ALL THE USUAL SUSPECTS:

- **Oil Companies** While consumers struggled, top companies made more than \$30 million per hour in unearned profit during the first month of the war.
- **Defense Contractors** The U.S. military needs to replace equipment and munitions, which is why companies like Boeing and Lockheed Martin are seeing jumps in the value of their stocks.
- **Big Banks** Uncertainty means more buying and selling on Wall Street. That makes lenders like Goldman Sachs and JP Morgan that profit off of increased trading even richer.

The war in Iran is taking lives, depleting supplies and making life worse and more expensive. Costs are mostly falling on middle class families. That includes families whose mothers, fathers, sons, daughters, and spouses are in the military – and will come home to a country that has slashed benefits for veterans.

Learn more about how we can actually help families deal with the cost of living at redwine.blue/momonomics.

