Pomfret, Connecticut

General

ACS, 2020–2024

	Pomfret	State
Current Population	4,317	3,624,508
Land Area *mi²*	40	4,842
Population Density *people per mi²*	107	748
Number of Households	1,634	1,434,007
Median Age	46	41
Median Household Income	$108,476	$95,781
Poverty Rate	6%	10%

Economy

Top Industries

Lightcast, 2024 (2 and 3 digit NAICS)

	Jobs	Share of Industry
1 Health Care and Social Assistance	499	
Social Assistance		*50%*
2 Manufacturing	476	
Fabricated Metal Product Mfg		*38%*
3 Educational Services	227	
Educational Services		*100%*
4 Accommodation and Food Services	196	
Food Services and Drinking Places		*99%*
5 Government	101	
Local Government		*87%*
Total Jobs, All Industries	1,813	

SOTS Business Registrations

Secretary of the State, March 2026

New Business Registrations by Year

Year	2021	2022	2023	2024	2025
Total	42	37	33	45	45

Total Active Businesses 325

Key Employers

Data from Municipalities, 2026

1. Loos & Co Inc
2. Fiberoptic Technology
3. Hull Forest Products
4. Pomfret School
5. Rectory School

Demographics

ACS, 2020–2024

Age Distribution

		Pomfret	State
Under 10	480	11%	10%
10 to 19	597	14%	13%
20 to 29	333	8%	13%
30 to 39	410	9%	13%
40 to 49	583	14%	12%
50 to 59	721	17%	14%
60 to 69	666	15%	13%
70 to 79	303	7%	8%
80 and over	224	5%	5%

Race and Ethnicity

	Pomfret	State
Asian	4%	5%
Black	1%	10%
Hispanic or Latino/a	7%	18%
White	82%	62%
Other	6%	5%

Hispanic includes those of any race. Remaining racial groups include only non-hispanic. 'Other' includes American Indian, Alaska Native, Native Hawaiian, Pacific Islander, two or more races.

Language Spoken at Home

	Pomfret	State
English	77	88%
Spanish	4	13%

Educational Attainment

	Pomfret	State
High School Diploma Only	21	25%
Associate Degree	6	8%
Bachelor's Degree	18	23%
Master's Degree or Higher	19	33%

Housing

ACS, 2020–2024

	Pomfret	State
Median Home Value	$409,100	$366,900
Median Rent	$1,210	$1,488
Housing Units	1,742	1,541,822

	Pomfret	State
Owner-Occupied	66	81%
Detached or Semi-Detached	65	89%
Vacant	6	7%

Schools

CT Department of Education, 2025-26

School Districts

	Available Grades	Total Enrollment	Pre-K Enrollment	4-Year Grad Rate (2023-24)
Pomfret School District	PK-8	328	23	
Statewide	-	497,764	20,604	89%

Smarter Balanced Assessments

Met or Exceeded Expectations, 2024-25

	Math	ELA
Pomfret School District	71%	63%
Statewide	46%	50%

Pomfret, Connecticut

Labor Force

CT Department of Labor, 2025

	Pomfret	State
Employed	2,234	1,869,450
Unemployed	71	76,777
Unemployment Rate	3 4%	
Self-Employment Rate*	10 17%	

*ACS, 2020–2024

Catchment Areas of 15mi, 30mi, and 60mi



Population within 45 minutes: 684,815

Access

ACS, 2020–2024

	Pomfret	State
Mean Commute Time *	23 min	26 min
No Access to a Car	5 9%	
No Internet Access	6 10%	

Commute Mode

Public Transport	0 3%
Walking or Cycling	2 3%
Driving	77 81%
Working From Home *	13 16%

Public Transit

CT*transit* Service	-
Other Public Bus Operations	-
Train Service	-

** 5 year estimates include Covid-19 pandemic data*

Fiscal Indicators

CT Office of Policy and Management, State FY 2022-23

Municipal Revenue

Total Revenue	$15,355,325
Property Tax Revenue	$10,524,037
per capita	$2,440
per capita, as % of state avg.	73%
Intergovernmental Revenue	$4,223,050
Revenue to Expenditure Ratio	106%

Municipal Expenditure

Total Expenditure	$14,450,128
Educational	$11,914,914
Other	$2,535,214

Grand List

Equalized Net Grand List	$804,272,521
per capita	$186,476
per capita, as % of state avg.	93%
Commercial/Industrial Share of Net Grand List	7%
Actual Mill Rate	25.92
Equalized Mill Rate	13.00

Municipal Debt

Moody's Rating (2025)	-
S&P Rating (2025)	-
Total Indebtedness	$2,573,355
per capita	$597
per capita, as % of state avg.	20%
as percent of expenditures	18%
Annual Debt Service	$474,295
as % of expenditures	3%

About Town Profiles

The Connecticut Town Profiles are two-page reports of demographic and economic information for each of Connecticut's 169 municipalities. Reports for data are available from profiles.ctdata.org

Feedback is welcome, and should be directed to info@ctdata.org.

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