



Make Your IRA Work for Your Retirement

Do you know what it will cost to eat in retirement? Consider this example, at \$5 per meal, eating 3 meals a day, 365 days in the year, for a retirement period of 20 years, it will cost a retired couple \$219,000 just to eat in retirement. And that assumes there is no inflation on the cost of your meals during that 20-year retirement period!

It pays to contribute to your IRA or Roth IRA every year. As the example below of the early saver and late saver illustrates, maximizing your IRA contributions every year can help boost your chances of meeting your retirement goals.

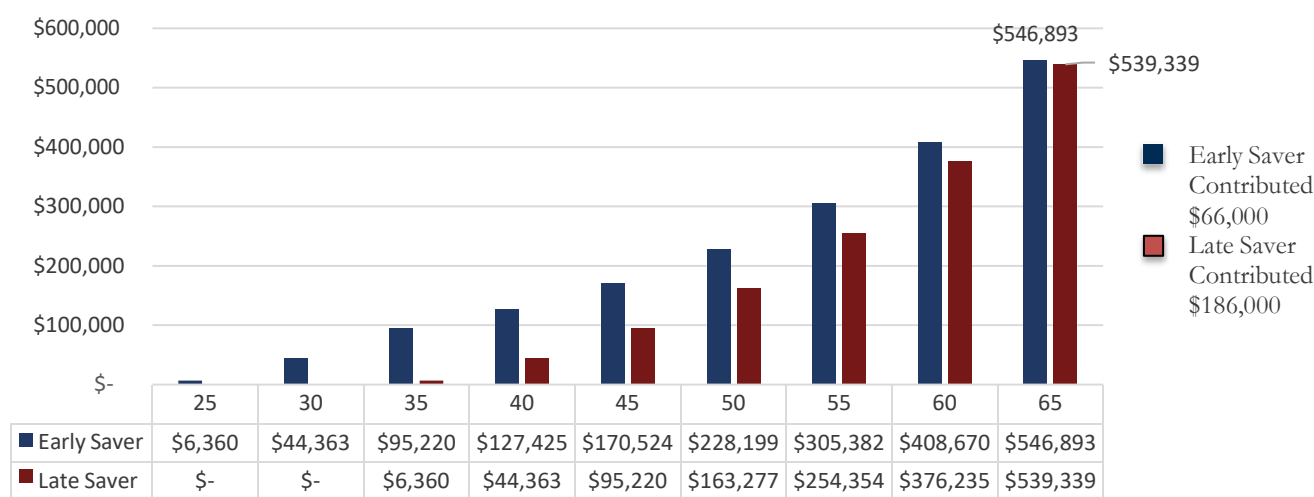


Chart is for illustrative purposes only and does not reflect the performance of any investment. Chart assumes a 6% hypothetical annual return and does not reflect taxes, fees or inflation. There is no guarantee that an investor will be able to attain a consistent rate of return.

The Early Saver Begins making IRA contributions (\$6,000 a year) at age 25 and continues until age 35. At age 35, the early saver stops making IRA contributions, but lets the IRA grow until retirement at age 65. Total IRA contributions for the early saver: \$66,000.

The Late Saver Begins making IRA contributions at age 35 (\$6,000 a year) and continues making contributions until retirement at age 65. Total IRA contributions for the late saver: \$186,000.

Results The early saver contributed \$120,000 less than the late saver, but the early saver's IRA balance at age 65 is higher. Based on the assumptions in this illustration, if the early saver had continued making annual contributions until age 65, the IRA balance would have grown to \$1,049,703.



Retirement Planning

IRA Contribution Limits and Deadlines

Type of Contribution	2022		2023	
	Contribution Limits	Deadline	Contribution Limits	Deadline
Traditional IRA	\$6,000 or 100% of earned income, whichever is less (minus Roth IRA contributions)	April 18, 2023*	\$6,500 or 100% of earned income, whichever is less (If not 70 ½ or older in contribution year) (minus Roth IRA contributions)	April 15, 2024
Roth IRA (subject to income limits)	\$6,000 or 100% of earned income, whichever is less (minus traditional IRA contributions)	April 18, 2023*	\$6,500 or 100% of earned income, whichever is less (minus traditional IRA contributions)	April 15, 2024
Catch-up Contribution (if age 50 or older by Dec. 31)	\$1,000 to a traditional IRA, Roth IRA or a combination of the two (\$7,000 maximum contribution)	April 18, 2023*	\$1,000 to a traditional IRA, Roth IRA or a combination of the two (\$7,500 maximum contribution)	April 15, 2024

*Tax filing due date is extended due to the Emancipation Day holiday in Washington, D.C.

Traditional IRA Deductibility

Tax Filing and Plan Participant Status	Year	Full Deduction If MAGI* is at or below:	Partial Deduction If MAGI is between:	No Deduction If MAGI is at or above:
Single or Head of Household NOT Retirement Plan Participant	2022	No MAGI limit		
	2023	No MAGI limit		
Single or Head of Household AND Retirement Plan Participant	2022	\$68,000	\$68,000- \$78,000	\$78,000
	2023	\$73,000	\$73,000- \$83,000	\$83,000
Married Filing Jointly NEITHER is Retirement Plan Participant	2022	No MAGI limit		
	2023	No MAGI limit		
Married Filing Jointly AND Retirement Plan Participant	2022	\$109,000	\$109,000- \$129,000	\$129,000
	2023	\$116,000	\$116,000- \$136,000	\$136,000
Married Filing Jointly NOT Retirement Plan Participant BUT Spouse is	2022	\$204,000	\$204,000- \$214,000	\$214,000
	2023	\$218,000	\$218,000- \$228,000	\$228,000
Married Filing Separately NEITHER is Retirement Plan Participant	2022	No MAGI limit		
	2023	No MAGI limit		
Married Filing Separately** EITHER is Retirement Plan Participant	2022	\$0	\$0- \$10,000	\$10,000
	2023	\$0	\$0- \$10,000	\$10,000

ROTH IRA Income Limits

Tax Filing Status	Year	Full Contribution If MAGI* is at or below:	Partial Contribution If MAGI is between:	No Contribution If MAGI is at or above:
Single or Head of Household	2022	\$129,000	\$129,000 - \$144,000	\$144,000
	2023	\$138,000	\$138,000 - \$153,000	\$153,000
Married, Filing Jointly	2022	\$204,000	\$204,000 - \$214,000	\$214,000
	2023	\$218,000	\$218,000 - \$228,000	\$228,000
Married, Filing Separately**	2022	\$0	\$0 - \$10,000	\$10,000
	2023	\$0	\$0 - \$10,000	\$10,000

* Modified Adjusted Gross Income

** If married filing separately, and did not live with your spouse at any time during the year, see MAGI for Single or Head of Household

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