New Jersey Notice to Quit and Rent Increase

Existing month-to-month residential tenancy

Fill out online

Notice and rental home

Notice date

Tenant names

Street address and unit

City, state, ZIP

Monthly rent change

Current monthly rent (USD)

New monthly rent (USD)

Monthly increase (USD)

Effective date

Monthly rent due day

NOTICE TO QUIT AND DEMAND FOR POSSESSION: The current monthly tenancy ends immediately before the effective date above. Surrender of the premises is requested then. You may instead continue month to month at the new rent, due on the stated rent day; other terms remain unchanged. Receiving this notice alone does not require you to leave. Tenant protections remain applicable. This is not a court order and does not permit a lockout.

Payment and explanation

Payment instructions

Explanation (optional)

Landlord or authorized agent

Name

Email / phone

Mailing address

Landlord / agent signature

Keep a copy and record delivery.

Fill out online

Scan to open the New Jersey notice online.

New Jersey Rent Increase Guide

State rules, local requirements and practical examples

Reviewed November 13, 2026 | General information for landlords

Print only the pages you need
Print page 1 for the notice. Print pages 2-3 for this guide.

For an existing private residential tenancy. Fixed-term changes, assisted housing, mobile-home spaces and required local forms need a separate review. This guide explains selected rules; it is not a coverage determination or legal advice for a particular property.

New Jersey uses a different form of notice

New Jersey DCA's rent-increase bulletin describes ending the old rent terms with a Notice to Quit and offering continued occupancy at the new rent. For a monthly tenancy, allow a full monthly term and at least 30 days. The document is not simply an invoice for a higher amount.

The New Jersey PDF preserves this state-specific structure. Check the exact rental period and service requirements before completing it. Do not remove the old-terms language merely to make it resemble another state's continuing-tenancy form. A fixed lease and its renewal provisions require separate review.

[1] New Jersey DCA - rent increase bulletin

There is no single municipal cap for all of New Jersey

An increase can be limited by a municipal rent-control ordinance and by New Jersey's restrictions on unconscionable increases. An amount that fits a local numerical allowance is not automatically valid if the underlying rent, registration or notice is defective.

Determine the municipality, unit coverage, legal base rent and any exemption documents. Ask the rent-control office about a disputed base before applying a percentage. The amount currently collected may not be the lawful starting amount if an earlier increase was improper.

[1] New Jersey DCA - rent increase bulletin

Newark

Newark's current code limits the ordinary annual increase for covered housing to the applicable CPI change, with a maximum of 4%. The CPI comparison runs from 15 months before the proposed increase month to three months before that month. Registration and substantial code compliance are prerequisites.

At least 30 days ahead, the landlord must notify both the tenant and the Rent Regulation Officer. The notice includes the proposed dollar and percentage increase, prior year's rent and allowable amount and percentage. The code also regulates registered parking fees; do not assume that moving part of the price into parking avoids review.

Fill out online

Scan to return to the New Jersey notice.

Read the full guide and official sources online

Preserve the registration, compliance evidence, CPI calculation and copies sent to both recipients. A generic state notice alone may omit locally required information.

[2] Newark Code Chapter 19:2 - rent increases and notice

Hoboken

For covered units, Hoboken's ordinary increase is limited to the lesser of 5% or the applicable CPI change under §155-5. At least 30 days' written notice and a detailed explanation are required, and increases must be reported through the city's process. Confirm the lawful rent, required registration and disclosure statement before calculating an increase.

A separate rule in Chapter 158 applies to residential renewal increases exceeding 10% year over year: before implementation, the first page of the renewal or the city form must disclose itemized costs, whether a rent algorithm was used, the tenant's right to challenge the increase and city housing contact information. That disclosure rule does not authorize an increase forbidden by rent control.

Do not confuse exemption from the numerical cap with exemption from all notice, disclosure or unconscionability requirements.

[3] Hoboken Code Chapter 155 - rent control [4] Hoboken Chapter 158 - disclosures for increases over 10% [5] Hoboken - Rent Leveling and Stabilization Office, forms and regulations

Example: an allowance is a ceiling, not a default

Suppose a covered unit's verified applicable CPI is 3% and the lawful current rent is $1,500. A 3% calculation is $45, producing $1,545. An owner cannot automatically charge a city ordinance's higher maximum instead of the lower CPI result. Verify the base, period, frequency and local requirements before using the figure.

Keep the lease, rent history, municipal coverage, calculation, required disclosures and service record. If the tenant disputes the new terms, review them before collecting the difference or starting a possession action. This guide does not replace the legal review needed for a contested Notice to Quit.