



PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX

Beginning with quarter four of 2007, C2ER has annually published an unweighted average of prices accumulated from the previous three quarters. This analysis uses average prices submitted for the first three quarters of 2022. For further details on the annual average methodology, please visit our website at coli.org.

Among the 265 urban areas that participated in the 2022 *Cost of Living Index*, the after-tax cost for a professional/managerial **standard of living ranged from more than twice the national average in New York (Manhattan) NY to more than 20 percent below the national average in Harlingen, TX.** The *Cost of Living Index* is published quarterly by C2ER – The Council for Community and Economic Research.

The Ten Most and Least Expensive Urban Areas in the Cost of Living Index (COLI) Year-End Review of Three Quarters in 2022 National Average for 265 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	227.7	1	Harlingen TX	77.1
2	Honolulu HI	184.0	2	Kalamazoo MI	77.5
3	San Francisco CA	178.6	3	Muskogee OK	78.3
4	New York (Brooklyn) NY	168.6	4	McAllen TX	79.4
5	Washington DC	152.2	5	Decatur IL	80.1
6	Orange County CA	151.2	6	Tupelo MS	81.4
7	Los Angeles-Long Beach CA	150.6	7	Joplin MO	82.0
8	Seattle WA	149.9	8	Topeka KS	82.5
9	Boston MA	149.7	9	Salina KS	82.7
10	Oakland CA	145.9	10	Richmond IN	82.9

The *Cost of Living Index* measures regional differences in the cost of consumer goods and services, excluding taxes and non-consumer expenditures, for professional and managerial households in the top income quintile. It is based on more than 90,000 prices covering 60 different items for which prices are collected quarterly by chambers of commerce, economic development organizations, and university applied economic centers in each participating urban area. Small differences should not be interpreted as showing a measurable difference.

The composite index is based on six component categories – housing, utilities, grocery items, transportation, health care, and miscellaneous goods and services.

What Do Groceries Cost?

Each quarter, C2ER collects more than 90,000 prices from communities across the US for the Cost of Living Index. With food prices still being a big part of the national conversation, C2ER decided to once again feature those communities with the most and least expensive food costs as measured by the grocery item index number. C2ER collects data on twenty-six items from a variety of surrogate categories to represent the grocery item component of the index.

The Five Most and Least Expensive Places for Grocery Items by Index Number in the Cost of Living Index (COLI) Year-End Review of Three Quarters in 2022 Average for 265 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Kodiak AK	153.3	1	Harlingen TX	78.9
2	Honolulu HI	150.1	2	Topeka KS	81.1
3	Juneau AK	136.3	3	Temple TX	82.1
4	New York (Manhattan) NY	134.9	4	McAllen TX	82.2
5	San Francisco CA	131.4	5	Cedar Park TX	82.6

The Most Expensive and Least Expensive Cities to Buy Ground Beef

Last year C2ER wrote a [story](#) on the increase in price of BBQ related goods. Comparing Q2 2021 data to pre-pandemic prices, it was determined that BBQ prices had increased across the country. In fact, Fort Lauderdale, FL BBQ prices increased by a whopping 35%. Consumers, still largely concerned about inflation, may have hoped future BBQs would become more affordable. Alas, BBQ items have continually increased in price over the past year. The average price for steak increased by 8.2% and ground beef increased by 16.3%. As it is, grill masters will have to continue to budget their upcoming spring and summer BBQs. Listed below are the places where it is most and least expensive to purchase ground beef. The change in prices is reflected in the Annual Average *Cost of Living Index* publication.

The Five Most and Least Expensive Places to Buy Ground Beef Year-End Review of Three Quarters in 2022 Average for 265 Urban Areas = \$4.98

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Rate	Ranking	Urban Areas	Avg. Rate
1	Kodiak AK	\$6.94	1	Florence AL	\$3.47
2	Stockton CA	\$6.83	2	Temple TX	\$3.61
3	Bethesda-Gaithersburg-Frederick MD	\$6.34	3	Portland ME	\$3.77
4	Fairbanks AK	\$6.32	4	Tupelo MS	\$3.79
5	Chapel Hill NC	\$6.29	5	McAllen TX	\$3.86

The quarterly Cost of Living Index is available by subscription for \$190 per year for the print version and \$180 per year for the PDF. The electronic version is available for \$300 per year. Be sure and ask about our new Expanded Excel version which covers more household and income types. Send check, payable to C2ER, P.O. Box 12546, Arlington VA 22209, or subscribe on the Internet at www.coli.org.

If you need additional information on the Cost of Living Index or other COLI-related products such as the COLI Web Calculator and the COLI Historical Index, please contact Tyler Baines at tbaines@crec.net or by phone at 703-522-4980.