



**THE COUNCIL FOR COMMUNITY
AND ECONOMIC RESEARCH**



PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 265 urban areas that participated in the third quarter 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)

Third Quarter 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	237.6	1	Harlingen TX	75.6
2	Honolulu HI	186.0	2	Decatur IL	78.0
3	San Francisco CA	182.8	3	McAllen TX	78.2
4	New York (Brooklyn) NY	170.3	4	Kalamazoo MI	79.3
5	Orange County CA	154.9	5	Muskogee OK	79.7
6	Washington DC	153.4	6	Topeka KS	80.6
7	Los Angeles-Long Beach CA	152.5	7	Tupelo MS	80.7
8	Seattle WA	152.2	8	Ashland OH	81.9
9	Boston MA	149.9	9	Anniston-Calhoun County AL	82.4
10	San Diego CA	147.4	10	Salina KS	82.5

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) Third Quarter 2022 Average for 265 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Kodiak AK	151.0	1	Harlingen TX	78.0
2	Honolulu HI	148.5	2	Topeka KS	81.2
3	Juneau AK	131.8	3	Temple TX	82.3
4	San Francisco CA	131.7	4	McAllen TX	83.7
5	Oakland CA	130.8	5	Cedar Park TX	85.0

The Most Expensive and Least Expensive Cities to Buy Eggs

Eggs! The price of a protein-packed part of a great breakfast has been noticeably increasing over the past year. The combination of inflationary pressures and a shortage caused by an avian influenza outbreak has “severely limited the supply of eggs” according to [MarketWatch](#). Referring to Q1 2022 COLI data, a dozen eggs averaged \$1.78, but as of Q3 2022, that average is now \$2.73 (over a 50% increase in under a year). The change in prices is reflected in the Q3 2022 *Cost of Living Index* publication.

The Five Most and Least Expensive Places to Buy Eggs Third Quarter 2022 Average for 265 Urban Areas = \$2.73

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Rate	Ranking	Urban Areas	Avg. Rate
1	Honolulu HI	\$4.89	1	Springfield IL	\$1.64
2	Oakland CA	\$4.17	2	St. Paul MN	\$1.67
3	San Francisco CA	\$4.15	3	Louisville KY	\$1.79
4	Los Angeles-Long Beach CA	\$3.90	4	Salina KS	\$1.83
5	Bakersfield CA	\$3.88	5	Minneapolis MN	\$1.84

The quarterly Cost of Living Index is available by subscription for \$175 per year for the print version and \$165 per year for the PDF. The electronic version is available for \$275 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.