

## ACCRA COST OF LIVING INDEX

Among the 283 urban areas participating in the second quarter 2005 *ACCRA 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 McAlester OK.** The *ACCRA Cost of Living Index* is compiled and published quarterly by ACCRA – The Council for Community and Economic Research.

### The Ten Most and Least Expensive Urban Areas in the ACCRA Cost of Living Index (COLI)

Second Quarter 2005

National Average for 283 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	202.1	1	McAlester OK	78.0
2	San Francisco CA	179.5	2	Conway AR	83.1
3	San Jose CA	168.4	3	Lancaster SC	83.8
4	Honolulu HI	157.8	4	Pryor Creek OK	83.9
5	Oakland CA	153.0	5	Jonesboro AR	84.3
6	San Diego CA	152.1	6	Kingsport TN	85.2
7	Nassau County NY	152.0	7	Amarillo TX	85.3
8	New York (Queens) NY	149.4	8	Douglas GA	85.3
9	Stamford CT	145.6	9	Palestine-Anderson County TX	85.3
10	Washington-Arlington-Alexandria DC-VA	141.4	10	Paris TX	85.3

The *ACCRA 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 50,000 prices covering almost 60 different items for which prices are collected quarterly by chambers of commerce, economic development organizations or 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 components – housing, utilities, grocery items, transportation, health care and miscellaneous goods and services.

## Where is the least expensive Men's Haircut?

Each quarter, ACCRA collects more than 50,000 prices from communities across the US and Canada for the COLI. This quarter, ACCRA features the communities with the most and least expensive men's haircut. ACCRA collected data on a barbershop haircut for a man. Prices reported reflect the average price of a haircut at regular barbershops that do not include styling or razor cuts.

**The Five Most and Least Expensive Places for a Men's Haircut  
in the ACCRA Cost of Living Index (COLI)  
Second Quarter 2005  
Average for 283 Urban Areas = \$11.43**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Haircut Price	Ranking	Urban Areas	Haircut Price
1	San Jose CA	\$19.60	1	McAllen TX	\$6.67
2	Seattle WA	\$18.50	2	Yuma AZ	\$7.60
3	Bergen-Passaic NJ	\$18.40	3	Pensacola FL	\$7.67
4	Portland OR	\$18.25	4	Springfield IL	\$7.80
5	Newark-Elizabeth NJ	\$18.00	5	Fitchburg-Leominster MA	\$7.83

## Homemade Breakfast

What does it cost to buy the ingredients for a homemade breakfast including sausage, eggs, toast, coffee and orange juice at selected urban areas? Here's a snapshot of average prices and total cost of making your own breakfast:

Quarter 2, 2005 Price Report	Sausage	Eggs	Bread	Orange Juice	Coffee	Total Cost
San Antonio TX	\$2.47	\$0.97	\$0.59	\$2.32	\$2.53	\$8.88
Memphis TN	\$2.99	\$0.89	\$1.04	\$2.44	\$3.07	\$10.43
St. Louis MO-IL	\$3.37	\$1.06	\$1.45	\$2.45	\$3.53	\$11.86
Stamford CT	\$3.33	\$1.61	\$1.45	\$2.86	\$3.53	\$12.78
Portland OR	\$4.23	\$1.50	\$1.03	\$4.27	\$4.01	\$15.04
Oakland CA	\$5.32	\$2.59	\$2.38	\$4.76	\$4.38	\$19.43

The quarterly ACCRA Cost of Living Index is available by subscription for \$140 per year (print or PDF version) or \$250 per year (electronic version). Send check, payable to ACCRA, P.O. Box 100127, Arlington VA 22210-0407, or subscribe on the Internet at [www.coli.org](http://www.coli.org).

If you need information on these breakfast items for your city or additional information on the Cost of Living Index, please contact Erol Yildirim at [ey@accra.org](mailto:ey@accra.org) or Julie Allardyce at [ja@accra.org](mailto:ja@accra.org) or by phone (703) 522-4980