

PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX

Among the 245 urban areas that participated in the second quarter of the 2025 *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 Tupelo, MS.** 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)

Review of Quarter Two in 2025
National Average for 245 Urban Areas = 100

Most Expensive			Least Expensive		
		COL			COL
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	New York (Manhattan) NY	232.0	1	Tupelo MS	78.8
2	Honolulu HI	182.1	2	Decatur IL	79.1
3	San Jose CA	181.1	3	Harlingen TX	80.4
4	Orange County CA	161.7	4	McAllen TX	80.4
5	San Francisco CA	160.1	5	Richmond IN	80.5
6	New York (Brooklyn) NY	159.4	6	Oklahoma City OK	81.5
7	New York (Queens) NY	150.6	7	Pittsburg KS	81.7
8	Los Angeles-Long Beach CA	149.4	8	Salina KS	81.9
9	San Diego CA	146.1	9	Muskogee OK	82.5
10	Boston MA	144.8	10	Ponca City OK	82.8

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. Covering 61 different items, 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?

The C2ER grocery index is drawing data from over 320 million grocery prices derived from 1.5 trillion historical data points collected across the country to generate the most accurate data possible. Datasembly's weekly collection covers 200 national and regional retailers and quick service restaurants representing over 150,000 brick and mortar locations across 30,000 zip codes. With food prices still being a big part of the national conversation, C2ER decided to

feature those communities once again with the most and least expensive food costs as measured by the grocery item index number. The twenty-six items priced come from a variety of surrogate categories to represent the grocery item component of the index. With food prices still being a big part of the national conversation, C2ER decided to feature those communities once again with the most and least expensive food costs as measured by the grocery item index number. The twenty-six items priced come 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)
Review of Quarter Two in 2025
Average for 245 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	132.1	1	Minot ND	92.1
2	Juneau AK	126.5	2	Waco TX	92.3
3	Fairbanks AK	123.0	3	McAllen TX	92.8
4	Anchorage AK	122.2	4	Temple TX	92.9
5	New York (Manhattan) NY	118.7	5	San Marcos TX	93.2

The Most Expensive and Least Expensive Cities for Coffee

[The price of vacuum-packed coffee has been on the rise](#), but the cost of your morning brew may reveal more about your hometown than you realize. In the second quarter of 2025, the average price for an 11 oz bag of coffee across 245 urban areas was \$6.45. At the high end, Kitsap County, WA tops the list at \$8.08, while coffee lovers in New Castle County, DE enjoy the lowest prices at \$5.95.

**The Five Most and Least Expensive Places for Coffee
Review of Quarter Two in 2025
Average for 245 Urban Areas = \$6.45**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Price	Ranking	Urban Areas	Avg. Price
1	Kitsap County WA	\$8.08	1	New Castle County DE	\$5.95
2	San Diego CA	\$7.93	2	Bergen-Passaic NJ	\$5.97
3	Oakland CA	\$7.73	3	Kent County DE	\$5.98
4	Bellingham WA	\$7.71	4	Philadelphia PA	\$5.98
5	Las Vegas NV	\$7.68	5	Houma-Terrebonne Parish LA	\$6.03

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 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 Alec Romero at aromero@crec.net or by phone at 571-397-2374.