Cost Of Living Comparison Example

For purposes of analysis, let's assume:

- (1) you live in Stamford, CT.
- (2) you earn \$100,000 to maintain your current standard of living, and
- (3) you are considering retiring elsewhere.

The chart illustrates how much you need to earn in the cities/regions shown to maintain the same standard of living as earning \$100,000 in Stamford, CT.

	Cost Of Living	%
	Earnings	Cost Of Living
City / Region, State	Power	Lower or Higher
Stamford, CT	\$100,000	
Portland, ME	\$87,618	-12.38%
Manchester, NH	\$88,793	-11.21%
Burlington - Crittenden, VT	\$89,812	-10.19%
Providence, RI	\$87,696	-12.30%
Hartford, CT	\$80,016	-19.98%
New Haven, CT	\$84,796	-15.20%
New York (Manhattan), NY	\$180,016	80.02%
Ithaca, NY	\$79,232	-20.77%
Asheville, NC	\$79,624	-20.38%
Nashville - Franklin, TN	\$77,429	-22.57%
Knoxville, TN	\$67,947	-32.05%
Wilmington, NC	\$75,078	-24.92%
Charleston - N. Charleston, SC	\$79,389	-20.61%
Beaufort, SC	\$76,176	-23.82%
Hilton Head, SC	\$81,505	-18.50%
Savannah, GA	\$73,433	-26.57%
Jacksonville, FL	\$72,414	-27.59%
Miami - Dade County, FL	\$93,495	-6.51%
Tampa, FL	\$76,097	-23.90%
Sarasota, FL	\$81,583	-18.42%
Cape Coral - Fort Myers, FL	\$82,367	-17.63%
USA Average	\$78,370	-21.63%

^{*} Source: www.bankrate.com/real-estate/cost-of-living-calculator/ 1/14/2025