

2022 Calculations					
Category		2021	2022	% change from 2020	Source
Rent (one bedroom)	\$12,576.00	\$1,048.00	\$1,127.00	7.54%	HUD: Final FY 2022 FMR Documentation System
Food (Avg of male and female USDA low cost plan)	\$2,847.00	\$237.25	\$256.15	7.97%	Low-cost Official USDA Food Plan: Avg of male and female ages 19-50
Transportation (Proportional combination of drive alone, carpool, public transit and biking)	\$2,670.96	\$222.58	\$272.11	22.25%	Ithaca-Tompkins County Transportation Council , Consumer Expenditures Survey, BLS, inflation, TCAT (see detailed breakdown here)
Communication (Internet and cell phone)	\$1,092.00	\$91.00	\$91.00	0.00%	Phone: Verizon 5G Start Plan Internet: Average of Verizon 300/300 plan and Spectrum + Installation costs and fees
Healthcare - health insurance	\$1,556.36	\$129.70	\$120.07	-7.42%	
Healthcare - out of pocket costs	\$1,154.04	\$96.17	\$99.58	3.55%	New York State of Health (BCBS Silver plan) ; BLS Consumer Expenditures Survey, Table 1101, 2020
Recreation (Increased by inflation)	\$1,443.84	\$120.32	\$128.98	7.20%	BLS, inflation, NE Region
Savings (Increased by inflation)	\$855.48	\$71.29	\$76.42	7.20%	BLS, inflation, NE Region
Miscellaneous (Housekeeping supplies, apparel and services, and personal care and services)	\$1,908.00	\$159.00	\$170.31	7.11%	BLS Consumer Expenditures Survey, Table 1101, 2020
Taxes:	\$5,771.04	\$480.92	\$536.67	11.59%	Smart Asset Tax Calculator
Monthly LW:	\$31,874.72	\$2,656.23	\$2,878.29	8.36%	
Hourly LW (2080 hrs/yr):	\$15.32	\$15.32	\$16.61		