

Place

State

Month

Year

Updated November 2009

ACCRA COST OF LIVING INDEX PRICE REPORT

Grocery Store Names
In Order of Prices Below

#1 #2 #3 #4 #5
#6 #7 #8 #9 #10

Grocery Items

Individual Establishment Prices

Average

Table with 13 rows of grocery items (T-Bone Steak, Ground Beef, Pork Sausage, etc.) and 10 columns for store prices (#1-#10) and an average column. Includes sub-headers for 'Individual Establishment Prices' and 'Average'.

Housing

- 27 **Apartment: Monthly Rent**
2 bedrooms, 1-1/2 or 2 baths, unfurnished,
Approx. 950 sq.ft. exclude all utilities
except water and sewer
- 28 **House Purchase: New Home**
2,400 sq.ft. living area new house
Pro-rated prices from homebuilders
- 29 **Mortgage Rates**
a) Interest rate: Mortgage
b) Monthly Principal and Interest Payment

Mortgage Rates Lender/Type Loan	Phone #	Loan Term (Years)	Interest Rate	Discount Points	Origination Fee	Number of business days of business on Friday
Lender Name Fixed Rate		30 Years	_____	_____	_____	DATE _____
Lender Name Fixed Rate		30 Years	_____	_____	_____	
Lender Name Fixed Rate		30 Years	_____	_____	_____	
Lender Name Fixed Rate		30 Years	_____	_____	_____	
Lender Name Fixed Rate		30 Years	_____	_____	_____	<input type="text"/>

Utilities

Electricity:

- 30 Name/Contact for Electric Company _____
phone/e-mail: _____
 - 31 Name/Contact Second Electric Company, if any _____
phone/e-mail: _____
- Electric : _____

Other Home Energy

- 32 Name of First Natural Gas Company, if any _____
phone/e-mail: _____
 - 33 Name of Second Natural Gas Company, if any _____
phone/e-mail: _____
 - 34 Name of Home Heating Oil Company, if applicable _____
phone/e-mail: _____
- Natural Gas : _____
- Heating Oil: Price per Gal. _____
- 35 Telephone (Monthly Costs)
Private residential line, total costs
except for long distance calls _____

Transportation

36 Auto Maintenance Average price to computer balance one front wheel (use spin balance if computer n/a)	_____	_____	_____	_____	_____	_____
37 Gasoline 1 gallon unleaded regular, incl. all taxes. cash price at self-service pump Use only national brands	_____	_____	_____	_____	_____	_____

Healthcare

38 Office Visit, Optometrist Full vision eye exam for established adult patient, Price includes eye examination eyeglass prescription, glaucoma and dilation	_____	_____	_____	_____	_____	_____
39 Office Visit, Doctor AMA Procedure 99213: General practitioner average charge for established adult patient;	_____	_____	_____	_____	_____	_____
40 Office Visit, Dentist ADA Procedure 01110: teeth cleaning for established adult patient, no exam	_____	_____	_____	_____	_____	_____
41 Non-prescription Drug Advil Tablets, 200 mg.100 Tablets	_____	_____	_____	_____	_____	_____
42 Prescription Drug Lipitor 20 mg., 30 tablets	_____	_____	_____	_____	_____	_____

Miscellaneous Goods and Services

43 Hamburger Sandwich 1/4 lb. patty with cheese, pickle, onion, mustard, and ketchup. Use only McDonald's Quarter-Pounder with cheese where available	_____	_____	_____	_____	_____	_____
44 Pizza 11"-12" diameter thin crust regular cheese pizza (no extra cheese). Use only Pizza Hut and Pizza Inn where available	_____	_____	_____	_____	_____	_____
45 Fried Chicken Thigh and drumstick--with or without extras, whichever is lower cost. Use only Kentucky Fried Chicken and Church's where available	_____	_____	_____	_____	_____	_____
46 Haircut Man's barbershop haircut, no styling	_____	_____	_____	_____	_____	_____
47 Beauty Care Woman's cut with shampoo and blow-dry. Price only beauty salons that make appointments and allow customer to select stylist	_____	_____	_____	_____	_____	_____
48 Toothpaste 6 oz. - 6.4 oz. tube, Crest or Colgate	_____	_____	_____	_____	_____	_____
49 Shampoo 15 oz. bottle, Alberto VO5 brand	_____	_____	_____	_____	_____	_____
50 Dry Cleaning Man's two-piece suit	_____	_____	_____	_____	_____	_____
51 Man's Dress Shirt Cotton/polyester; Pinpoint, white, long sleeves, size range 15/32-16/34	_____	_____	_____	_____	_____	_____
52 Boys' Jeans Name brands such as Levi's, Lee, or Wrangler Regular, Relaxed, or Loose Fit - sizes 8-20	_____	_____	_____	_____	_____	_____

53 Women's Slacks Women's flat front Khakis (at least 95% cotton) misses 4-14	_____	_____	_____	_____	_____	_____
54 Major Appliance Repair Home service call, clothes washing machine incl. minimum labor charge but not parts	_____	_____	_____	_____	_____	_____
55 Newspaper Subscription Home delivery, daily and Sunday, for large- city newspaper.				Cost per year _____		_____
56 Movie 1st run (new release) indoor 6 -10pm Saturday evening rates, no discounts	_____	_____	_____	_____	_____	_____
57 Bowling Average price per line (game) Saturday evening with rates in effect from 6 -10pm	_____	_____	_____	_____	_____	_____
58 Tennis Balls Wilson or Penn brand, can of 3 extra-duty balls	_____	_____	_____	_____	_____	_____
59 Veterinary Services Annual exam, 4-year-old dog	_____	_____	_____	_____	_____	_____
60 Beer Heineken's, 6-pack, 12 oz containers, excluding any deposit	_____	_____	_____	_____	_____	_____
61 Wine Livingston Cellars or Gallo brand Chablis or Chenin Blanc, 1.5 liter bottle	_____	_____	_____	_____	_____	_____
62 Combined State & Local Tax Rate	_____					

Organization _____

Contact _____ City _____ ST _____ ZIP _____

Mailing Address _____

Phone _____

Fax _____ Date _____

E-mail _____