**The Cost of Living in the Unites States**

**Taking Points to Accompany the Illustrations**

In an effort to avoid large numbers of Afghans resettling in impacted cities or regions, PRM has developed several illustrations depicting how the cost-of-living varies across the county. As Afghan individuals begin selecting their final destinations, it is hoped that these illustrations and talking points below will help describe the advantages of choosing locations other than Sacramento or Northern California. Beginning a new life in the U.S. can be exciting, but challenging and expensive so choosing to resettle in a state or region with a lower cost-of-living can be a significant advantage to a family.

* The illustrations are based on the average cost of living for two adults and two children.
* The cost-of-living can vary greatly within two states, and this is captured in Virginia where the cost of living in Northern Virginia is much higher than other resettlement locations. It should also be noted that Buffalo, NY is much more affordable than New York City.
* Wyoming does not have a resettlement office in the state, but a national resettlement agency will be working with community partners to resettle Afghan individuals in that highly affordable state.
* Note – the most impacted cities/regions are located in the states with the highest cost-of-living in the U.S.
* For reference – these impacted cities/regions are Sacramento, Norther Virginia, Seattle./Tacoma, the Bay area (San Jose, Los Gatos, Concord), San Diego, San Antonio, Silver Spring/Hyattsville (MD).

Suggested talking points for discussing the advantages of moving to a state or region with a lower cost-of-living:

* The cost-of-living, or the amount of money needed to pay for basic expenses such as housing, food, electricity, clothing, transportation, healthcare, and taxes is high in the U.S. compared to many other counties.
* The higher the cost-of-living, the more money your family must spend to pay for the basic necessities of life.
* However, the cost-of-living in the U.S. varies depending on what location, the state or region, you chose to live.
* Certain states or regions are less expensive so it will cost less to live there.
* For example, the cost of living in California is very high so your family will pay more for housing, food, and clothing compared to families choose to live in other states.
* The cost of housing per month in California is $1,870 and $1,707 in Northern Virginia for a family of four. Larger families will pay more per month for housing.
* But if you chose to move to a different state, such as Kansas or Ohio your family will pay less for things like housing, food, and clothing compared to California.
* Costs can vary within a state also, as the cost-of-living in Buffalo, New York is much more affordable than New York City.
* Living in the U.S. can be expensive, but you can choose to move to a state or region with a lower cost-of-living to ensure a more successful start for your family.