F.C.C. POLLOCK COMMISSARY LIST

NAME_____REG NUMBER_____DATE_____ UNIT_____

Instructions: Fill in the quantity of each item you wish to purchase. No additions will be made once your list has been submitted. Date stamp your list at the top and the bottom utilizing the appropriate machine according to your scheduled time to shop, remove and retain the BOTTOM PORTION OF THE LIST. See all additional rule on the back of the page.

1.40_____Greeting Card Limit 10 (Specify Type and Language)_____

PHOTO/STAMPS (LIMIT $9.80 OR 20 TOTAL)		
.01		~ *STAMP, 1 CENT SINGLE
.05		~ *STAMP, 5 CENTS SINGLE
.49		~ *STAMP, FOREVER SINGLE
1.00		~ *STAMP, 1.00 SINGLE (9)
9.80		~ *STAMPS 20 EA BOOK (1)
1.00		PHOTO TICKET (10)
6.50		~ *^COPIER CARD (4)
MISCELLANEOUS		
11.45		Ironman band (new) with pins (1)
9.10		casio watch band (1)
2.60		watch pin 2 pack (1)
11.95		ironman watch band (old) (1)
9.35		digital alarm clock (1) #1
6.65		padlock combination (1) #2
BATTERIES (LIMIT 2 each)		
1.00		*AA four pack (2)
1.00		*AAA four pack (2)
2.50		watch battery CR 2016 (1)
2.50		watch battery CR 2025 (1)
CRACKERS (LIMIT16 TOTAL)		
1.95		saltine crackers (4) K parve
1.95		unsalted crackers (4) K parve
2.30		graham cracker (4)
3.70		ritz crackers (4)
2.70		Variety Crackers (2)
SOUPS/RICE (LIMIT 24 TOTAL)		
.50		california vegetable cup of soup
.50		Chili piquin & Shrimp cup of soup
.30		ramen soup, chicken
.30		ramen soup, oriental
.30		ramen soup, chili
.30		ramen soup, roast beef
1.30		white rice pre cooked (12) K
1.30		brown rice pre cooked (12) K
1.95		refried beans (12) K parve
1.15		Kraft mac & cheese (12) K
1.70		Cheese Rice (12) K
COOKIES		
1.10		Bud's Best Cookie(5) K dairy
.60		duplex cookies (5)
1.95		vanilla wafers (5)
.85		marias cookies (12)
COFFEE CREAMER AND SWEETENER		
3.20		keefe coffee(10) H
6.55		Folgers Coffee (5) H
8.45		tasters choice (5) K
3.55		decaf coffee (10)H
1.20		non dairy creamer, keefe (5) K dairy
1.65		sweet sprinkles 100/pks (1)
3.55		splenda 50/pks (1)
CHEESES		
3.55		squeeze cheese (2)
3.75		jalapeno squeeze cheese (2)
.45		cream cheese pack (24) H
1.80		mozzarella cheese block (4)
1.80		cheddar cheese block (4)
2.70		small parmesan cheese (4)
MISCELLANEOUS FOOD ITEMS		
1.95		squeeze salsa (4)
2.00		chili garlic sauce (2)
2.80		variety seasoning (2)
1.85		vanilla pudding (4) K
2.85		peanut butter (4) K H
1.45		Jalapeno hot sauce (4) K
2.10		jalapeno wheels (4) K
2.60		sriracha Chili Sauce (2)
1.80		Sweet Hot Asian Sauce (2)
1.15		soy sauce (4) K
3.25		mortons season all (2) K
1.45		garlic powder (2)
1.30		vegetable flakes (2)
2.45		Mrs. Dash (3) K parve
3.00		Fruit Tea sampler (2) K
1.30		Minced Garlic (2) K
4.70		Tea Bags (2) K
1.80		adobo seasoning (2)
1.55		goya seasoning (2)
2.95		Mayonnaise (2) K
1.25		Corn tortillas (12)
1.45		flour tortillas 10 pack (12) K
.70		dill pickles (4) K
1.30		olives in a bag whole(10)
INSTANT DRINK MIXES		
1.65		sugar free hot cocoa (4)
1.75		Powder milk (4) K
1.30		Hawaiian Punch Lemonberry (4)
1.30		Hawaiian Punch Berry Blue (4)
1.30		Hawaiian Punch lemon lime (4)
1.30		Peach Tea (4)
2.20		Super C Drink Mix (4)
MEAT & FISH ITEMS (LIMIT 48 TOTAL)		
1.90		turkey log (6)
1.25		turkey and swiss sticks (12)
2.00		chili, no beans (12)
1.65		chili, with beans (12)
3.90		shredded beef (12) K
1.45		tuna, lite (12) K H
1.85		beef summer sausage (6)
2.05		pepperoni slices (6)
1.85		hot summer sausage (6)
1.90		Hot Beef Bites (6)
1.25		mackerel fillets - small bag (12) K H
2.60		pink salmon (12) K H
2.60		chicken breast (6)
2.35		cooked chorizo (6)
.80		sardines (12) K
1.35		spam singles (12)
1.95		Soy Taco Mix (12) K
4.20		Pork Meat (6)
KOSHER MEALS		
5.30		Stuffed Chicken w/rice & mushroom KH
4.00		Beef Stuffed Cabbage KH
4.00		Cheese Ravioli KH
4.05		Egg Plant Parmasan KH
4.55		Boned-In Chicken KH
CEREAL/NUTS		
3.25		mixed nuts (12) K
3.15		Cereal-cherry/vanilla (4) K parve
3.85		cajun hot snacks (12) K
3.60		honey roasted nuts (12) K
3.00		peanuts unsalted (12) K
1.85		Almonds 3 oz. (12) K
3.05		Honey & Oat Blenders (4) K
3.05		Dyno Bites(4) K
BAG CANDY		
1.65		peppermints sugar free (5)
.70		tropicana sugar free (5)
CANDY BARS SINGLES (LIMIT 24 TOTAL)		
.90		snicker K dairy
.90		Kit Kat K dairy
.90		Hershey Cookies-n-Cream K dairy
.90		Twix K dairy
.90		Baby Ruth K dairy
INSTANT OATMEAL AND GRITS		
1.85		Plain Oatmeal (4) K
2.80		instant grits (4) K
2.60		Variety Oatmeal (4)
PASTRIES		
2.50		granola bars (3)
1.70		nutty bar (3)
1.70		Oatmeal Cream Pie (3)
1.90		Star Crunch (3)
DENTAL HYGIENE		
2.15		*floss loops (4)
4.30		*colgate sensitive(2)
1.80		*close up (2)
2.90		*colgate baking soda mint (2)
2.35		* mouthwash (1)
1.95		*denture bath cups (1) #1
.95		*toothbrush Colgate soft (1) #1
6.10		*Fixodent (1)
.50		*toothbrush holder (1) #1
1.45		*dental floss on a stick (1) #1
3.65		*denture cleaner (1) #1
HAIR CARE (LIMIT 8 TOTAL)		
6.70		neutrogena T/gel shampoo (2)
5.75		Dark & Lovely Shampoo (2)
1.65		*V05 shampoo (2)
1.65		*V05 conditioner (2)
6.50		*sulfur 8 conditioner (2)
4.70		* dandruff shampoo (2)
5.75		*pantene shampoo (2)
6.40		*pantene conditioner (2)
2.15		*pro glow instant moisturizer (2)
2.20		* styling gel (2)
2.45		murray wave pomade (2)
4.35		mango-lime locking gel (2)
2.70		hair food (2)
1.90		royal crown hair dressing (2)
7.05		african pride magic gro (2)
5.50		pink oil moisturizer (2)
4.35		No more itch spray (2)
3.70		Level 10 body wash (2)
4.20		Sulfur 8 Shampoo (2)
HAIR CARE MISCELLANEOUS		
.80		Palm comb (1)
.50		*afro pick (1) #2 **(FCI & Camp Only)**
1.35		black hair ties (2)
1.05		rubber bands hair (2)
1.75		grey doo rag (1)
1.20		shower cap (2)
3.60		*military brush (1) #1
1.00		*vent hair brush (1) #1
2.20		*comb & brush set (1) #1
* OTC MEDS (LIMIT TOTAL 6)		
3.55		~ cough syrup (1)
2.50		~ muscle rub (2)
4.10		~ hemorrhoidal cream (2)
3.95		~ liquid antacid (2)
2.30		~ TUMS (4)
2.45		~ stomach relief - Pepto (2)
2.60		~ milk of magnesia (2)
2.25		~ cough drops bag (2)
1.60		~ allergy tablets (2)
2.65		~ ibuprofen (2)
1.65		~ aspirin (2)
2.35		~ pain relief tablets 325mg (2)
1.60		~ hydrocortisone cream (2)
2.50		~ triple antibiotic ointment (2)
1.70		~ Tolfunate anti fungal cream (2)
1.85		~ laxative pills (2)
1.50		~ oral gel (2)
3.15		~ stool softener (2)
2.25		~ nasal spray saline (2)
2.45		~ loratadine tablets (2)
3.20		~ *dr scholls foot powder (2)
2.20		~ *anti foot fungal powder (2
2.20		~ *artificial tears (2)
3.00		~Folic Acid 800 (2)
17.85		~Prilosec (2)
HEALTH		
2.45		~ ^*comfort in soles (2)
15.60		^*dr. scholls gel insoles (1)
2.65		^*Sunscreen (2)
.75		^*chap-ex (2)
2.40		^*blistex lip ointment (2)
4.15		multi vitamins (2)
3.25		vitamin C (2)
3.55		vitamin E (2)
1.00		*adhesive bandages (2)
6.30		*corn pads (2)
3.40		Fiber tablets (2)
9.75		Fiber powder (2)
*SOAPS & DEODORANTS (TOTAL 4)		
1.90		Ivory soap (4)
1.05		tone soap singles (4)
1.95		dove Soap (4)
3.65		neutrogena acne soap singles (4)
2.60		irish spring, 3 pk (2)
1.30		dial soap singles (4)
2.60		degree xtreme blast (2)
2.65		Clear Speed stick (2)

FCC POLOCK COMMISSARY LIST-STAMP AND REM( )VE THIS PORTION AND RETAIN TO GAIN ACCESS TO THE COMMISSARY

NAME_____ REG NUMBER____ _____ UNIT_____

2.40		power up xtreme (2)
1.30		roll-on deodorant (2)
2.15		ambi soap (4)
		* SKIN CARE LOTIONS (LIMIT 6 TOTAL)
1.15		Body Sponge (2)
3.00		coco butter suave lotion (2)
4.55		vitamin e gel (2)
5.40		Ambi Skin Cream (2)
2.00		Level 10 lotion with aloe (2)
1.90		baby powder (2)
2.15		noxema skin care cream (2)
6.90		St. Ives Lotion (2)
2.05		cocoa butter stick (2)
.60		soap dish (2)
		MISCELLANEOUS HYGIENE
.80		finger nail clippers (1)
5.15		mustache scissors (1)
.60		tweezers (1)
1.80		cotton swabs (2)
2.15		charmin toilet paper 4 pack (2)
		SHAVING SUPPLIES
11.45		Gil Sen Excel Cartridge (1)
1.30		shave gel (2)
3.90		gillette aftershave (2)
5.35		*bump stop razor (2)
4.05		*bump stopper (2)
1.75		*bic twin blade disp razor 10pk (2)
4.95		* triple blade razor (1)
3.50		* replacement triple blades (1)
16.25		mach III razor replacement blades (1)
11.20		mach III razors (1)
4.75		*magic shave cream (2)
6.85		*schick tracer cartridge (2)
2.60		plastic mirror (1) #1
9.50		hygiene bag (1)
		* CORRESPONDENCE SUPPLIES
9.25		correction tape #2 (2)
7.75		typewriter ribbon (2) #1
1.80		correction tape (White out) (2)
.80		writing tablet (2)
1.80		envelopes letter size 50bx (2)
1.10		ballpoint pen 2pk (2)
.95		small legal envelopes 4 pack (6)
1.45		Clear Poly Folder (2)
.85		large legal envelope s 2pk (4)
		MISCELLANEOUS ITEMS
4.25		orange commissary bag (1)
10.15		Knee Brace Lg XL (1)
7.95		Ankle Brace (1)
9.10		Wrist Support (1)
9.10		gym bag gray (1) #1
7.40		solar calculator (1) #1
.80		address book (1) #1
2.45		deluxe address book (1) #1
3.85		pocket dictionary (1)
2.25		Spanish / English dictionary (1)
2.80		small photo album (1)
12.35		Photo Album 10X11 (1) #1
9.10		elbow brace
2.60		bicycle playing cards (2) #2
2.80		bicycle pinochle cards (2) #2
4.95		refill (photo album) 14X14"
6.40		Refill (Photo Album) 10X11"
5.20		*reading glasses 1.0,1.5,1.7,2.0,2.5,3.0
12.95		mighty reading light (1)
3.80		bulbs for reading light (1)
2.40		Color Pencils

.85		handkerchief (5) #5
6.50		racquetball 3 pack (2) #2
5.10		sunglasses > (1) #1
5.20		clip-on sunglasses (1) #1
7.75		rain suit 3 pc (1)
5.30		64 oz clear mug (1) #1
3.40		22oz clear mug (1) #1
2.95		quart squeeze bottle (1)
.40		spoon (2)
4.95		bowl 6.8 cups (1) #1
.85		cereal bowl w/lid (2) #1
1.70		Dishwashing Liquid (1)
1.00		Thong Shower Shoe m lg xl
1.75		Sewing kits (1)
12.25		Chess Board
3.20		Bug Stick
		SHOE SUPPLIES
1.95		^54 inch boot lace (1pr)
1.15		^white shoe strings (1pr)
3.65		white liquid shoe polish (1)
5.20		black liquid shoe polish (1)
		RELIGIOUS ITEMS must have Chaplain approval.
4.50		kufi white or black #3 (1)
2.00		bandana, black w/lite center #3 (1)
2.00		bandana, red w/dark center #3 (1)
5.50		tam 3x-large #3 (1)
11.75		yarmulke white or black #3 (1)
		CLOTHING, CIRCLE SIZE LIMIT 1 EACH
5.70		t-shirt med lrg x-lrg (3)
5.70		t-shirt 2x 3x (3)
11.05		t-shirt 4x 5x 6x (3)
10.40		long sleeve md lg xl 2x 3x
13.00		long sleeve 4x 5x 6x
11.05		a-shirt med Lrg xlrg
14.95		a-shirt 2x 3x
15.60		a-shirt 4x 5x 6x
16.90		D-UP shorts w/pocket #2 lrg xlrg 2x
17.95		D-UP shorts w/pocket #2 3x 4x
18.95		D-UP shorts w/pocket #2 5x 6x
7.80		white mesh baseball cap (1)
2.60		gray knit caps (1)
16.90		boxer briefs med lrg
16.90		Boxer briefs (4 pack) xlrg
19.50		boxer briefs 2x
15.95		boxer shorts med lrg xlrg
14.85		boxer shorts 2x
16.50		boxer shorts 3x 4x
15.50		Sweatshirt #2 lg xl 2x 3x 4x
20.15		sweatshirt #2 5x 6x 7x 8x
18.10		Sweatpants w/pocket #2 lg xl 2x 3x 4x
26.00		sweatpants w/pockets #2 5x 6x
26.00		sweatpants w/pockets #2 7x 8x
9.10		thermal tops #2 large xlrg
10.40		thermal top #2 2x 3x 4x 5x 6x
9.10		thermal bottoms #2 lrg xl
10.40		Thermal bottoms #2 2x 3x 4x 5x 6x
20.80		batting gloves (L) (XL) (2X)
25.35		weightlifting gloves (L) (XL) (2X)
1.95		crew socks (3)
1.95		1/4 socks (3) lrg x-lrg
3.25		head band (1/pk) #2
1.95		^wrist band (2/pk)
5.20		athletic supporter med lrg x-lrg
17.95		Reebok Shower Shoe (1) Sz____

CHIPS (LIMIT 7 TOTAL ITEMS)		
1.60		pretzels K
1.30		hot n spicy pork skins
1.60		nacho cheese chips K
1.50		yellow corn santitas K
1.60		Cheetos k
1.90		Spicey Fiesta Mix chips K
1.60		Buffalo Wing Blue Cheese K
1.05		Cheddar Cheese popcorn (bag)
		ICE CREAM LIMIT 3 TOTAL ITEMS
2.65		All Natural Vanilla
2.65		Strawberry
2.65		Butter Pecan
2.65		Turtle Sundae
2.65		Banana Split
2.65		Orange Sherbert
.85		Country Cone
		FRAGRANCE OIL - WRITE IN (list posted)
5.20		Fragrance Oil 1 oz. limit 2
4.00		Religious Prayer Oil 1 oz.
		Drinks are limited to 2 TWELVE packs total
5.60		Diet Pepsi 12 pack (2)
5.60		Diet Mountain Dew 12 pack (2)
5.60		Diet Orange Crush 12 pack (2)
5.60		Diet Wild Cherry Pepsi 12 pack (2)
2.30		Canned Water 6 pack (4)
		HIGH DOLLAR ITEMS These items can only be purchased once every Three months
84.90		Nike Prime Hype #2 sz.____
59.95		Nike Vapor Court #2 sz.____
64.90		Adidas Thrasher #2 sz.____
8.60		Low Bob Shoe #2 sz.____
88.40		MP3 Player #1
48.05		Sangean One Battery Radio #1
40.95		Sony Clear Walkman M-35 #1
29.90		Jensen Radio #1
32.45		Koss R-10 Headphones #1
9.00		Koss CL-5 Headphones #1
22.50		Skull Candy Ear Buds #1
5.10		6' Headphone Extension #1
41.50		Timex Ironman Watch #1
16.40		Casio Watch #1
6.50		MP-3 Armband
2.60		MP-3 Cover (OLD)
3.25		MP-3 Cover (NEW)
.85		MP-3 Warranty Envelope
		WHILE SUPPLIES LAST
45.25		Sony M-37
32.45		Koss R-10 Headphones #1
29.90		Jenson Radio #1
4.95		Bowl 5.2 cup (1) #1

NOTICE: All items sold at FCC Pollock are done so with no implied warranty. Any item offering a warranty is done solely thru the manufacturer at the inmates expense. Orders for high dollar items (in stock) will be filled at the sales window, if available. Special orders require a processing period of approximately 3 weeks. Your name will be placed on the bulletin board once the items are ready for pick up. If your name is not on the list, the item has been received and/or it has not been processed. You must try shoes on prior to leaving the sales window. Inspect all shoes, radios, etc prior to exiting the sales window. Once you have left the sales window, the item is yours.

APPROVED_____
M.D. Carvajal, Complex Warden

APPROVED_____
T. G. Werlich, Warden

NOTES: The following notes are for your benefit, it is imperative that you observe these codes while filling out your list.

* Items can be purchased while on commissary restrictions.
\# Institution possession limits per policy,
It is your responsibility to maintain proper clothing or item possession limits.
@ Items cannot be transferred to another facility. Items will be destroyed or mailed home at. Your expense.
K For kosher items
H For halal items
( ) Indicates purchasing limits
^ non transferrable item
~ Does not affect weekly spending limit

SUGGESTIONS:_____

Once you depart from the commissary, all sales are final.
Commissary spending limit is $180.00 weekly (not to exceed $360.00 monthly validation.) Stamps, Copy Cards, and OTC Meds are exempt from your spending limit and can be purchased while on restriction.
Monthly spending limit while on commissary restriction is $15.00 (items with this symbol *)
Prices are subject to change without notice.
NO SUBSTITUTIONS WILL BE MADE FOR OUT OF STOCK ITEMS.
REVISED: 8-19-15

Validation Cycle: Determined by your fifth number:
0-first day of month 3-tenth day of the month 6-nineteenth day of the month 9-twenty eight day of the month
1- month 4-thirteenth day of the month 7-twenty second day of the month 2-seventh day of month 5-sixteenth day of the month 8-twenty fifth day of the month