

FCC 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. **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.

1.40 Greeting Card (limit 10)(Specify Type and Language)

	PHOTO/STAMPS (LIMIT \$9.00 OR 20 TOTAL)	1.70	goya seasoning packets(2)	3.35	*styling gel (2)
.01	*STAMP, 1 CENT SINGLE	1.15	soy sauce (4) K	2.45	murray wave pomade (2)
.05	*STAMP, 5 CENTS SINGLE	.75	dill pickles (4) K	4.35	mango-lime locking gel (2)
.45	*STAMP, 45 CENTS SINGLE	1.60	flour tortillas 12 pack (12)	2.70	hair food (2)
1.00	*STAMP, 1.00 SINGLE	2.80	squeeze mayonnaise (2) K	1.90	royal crown hair dressing (2)
9.00	*STAMPS 20 EA 45 CENTS BOOK	1.30	olives in a bag whole(10)	6.35	african pride magic gro (2)
1.00	^PHOTO TICKET (10)	1.25	corn tortilla (12)	5.50	pink oil moisturizer (2)
6.50	^ACOPIER CARD (4)	1.30	minced garlic (2)		HAIR CARE MISCELLANEOUS
	MISCELLANEOUS		INSTANT DRINK MIXES	.45	finger brush (1)
6.20	watch band with pins (1)	1.75	carnation dry milk (2)	.50	*afro pick (1) #2
9.10	casio watch band (1)	1.80	sugar free cocoa (4)	1.55	black hair ties (2)
2.60	watch pin 2 pack (1)	1.40	Hawaiian Punch Juicy Orange (4)	1.05	rubber bands hair (2)
11.45	ironman watch band (1)	1.40	Hawaiian Punch Lemmonberry (4)	1.75	grey doo rag (1)
9.35	digital alarm clock (1) #1	1.40	Hawaiian Punch Berry Blue (4)	1.20	shower cap (2)
6.65	padlock combination (1) #2		MEAT & FISH ITEMS (LIMIT 48 TOTAL)	1.80	*military brush (1) #1
	BATTERIES (LIMIT 2 each)	1.95	turkey log (6)	1.00	*vent hair brush (1) #1
1.00	*AA four pack (big)	.95	turkey and swiss sticks (12)	2.20	*comb & brush set (1) #1
1.00	*AAA four pack (small)	2.00	chili, no beans (12)		* OTC MEDS (LIMIT TOTAL 6)
2.50	watch battery CR 2016 (1)	1.75	chili, with beans (12)	3.55	cough syrup (1)
2.50	watch battery CR 2025 (1)	3.90	shredded beef (12)	2.50	muscle rub (2)
	BAGELS/CRACKERS (LIMIT 16 TOTAL)	1.45	tuna, lite (12) K H	3.85	hemorrhoid cream (2)
1.95	saltine crackers (4) K parve	2.00	beef summer sausage (6)	3.55	liquid antacid (2)
1.95	unsalted crackers (4) K parve	1.85	pepperoni slices (12)	5.70	powder fiber (2)
2.45	graham cracker (4)	2.00	hot summer sausage (6)	2.30	TUMS (4)
3.70	ritz crackers (4)	1.30	mackerel fillets - small bag (12) K H	2.45	stomach relief - Pepto (2)
	SOUPS/RICE (LIMIT 24 TOTAL)	2.55	pink salmon (12) K H	2.60	milk of magnesia (2)
.50	california vegetable cup of soup (12)	2.55	chicken breast (6)	2.15	cough drops bag (2)
.30	ramen soup, chicken (12)	.80	sardines (12)	1.60	allergy tablets (2)
.30	ramen soup, oriental (12)	2.30	cooked chorizo (6)	2.65	ibuprofen (2)
.30	ramen soup, shrimp (12)	1.30	spam singles (12)	1.65	aspirin (2)
.30	ramen soup, chili (12)		DRIED FRUITS/CEREAL/NUTS	2.35	pain relief tablets 325mg (2)
.30	ramen soup, roast beef (12)	3.15	cereal honey nut cherry (4) K parve	1.80	hydrocortisone cream (2)
1.30	white rice pre cooked (12)	3.20	mixed nuts (12) K	2.50	triple antibiotic ointment (2)
1.20	brown rice pre cooked (12)	3.85	cajun mix (12) K	1.70	anti fungal foot cream (2)
1.85	refried beans (12) K parve	3.45	honey roasted nuts (12) K	1.85	laxative pills (2)
1.15	Kraft mac & cheese (12)	2.85	peanuts unsalted (12) K	11.05	lamisil foot cream (2)
1.70	Cheese Rice (12)	4.25	almonds	1.50	oral gel (2)
1.85	Soy Sausage (12) k Parve		BAG CANDY	3.15	stool softener (2)
	COOKIES	1.65	peppermints sugar free (5)	2.25	nasal spray (2)
1.10	butterfinger cookies (5) K dairy	.70	tropicana sugar free (5)	2.45	loratadine tablets (2)
.70	duplex cookies (5)		CANDY BARS SINGLES (LIMIT 24 TOTAL)	17.65	prilosec (2)
1.95	vanilla wafers (5)	.85	snicker (12) K dairy	3.20	*dr scholls foot powder (2)
.80	maria's cookies (12)	.85	hershey bar plain (12) K dairy	2.20	*anti foot fungal powder (2)
	COFFEE CREAMER AND SWEETENER	.85	butterfinger (12)	2.20	*artificial tears (2)
3.05	coffee, REGULAR (10) H	.85	kit kat (12) K dairy	5.15	*visine eye drops (2)
8.25	tasters choice (5) K		INSTANT OATMEAL AND GRITS		HEALTH
3.55	decaf coffee (10)H	1.85	oatmeal (plain) (4) K	2.45	^*comfort in soles (2)
1.20	non dairy creamer, bag (5) K dairy	2.65	instant oatmeal variety pack (4) K	14.30	^*dr. scholls gel insoles (1)
1.65	sweet mate 100/pks (1)	2.80	instant grits (4) K	2.65	^*sunblock (2)
3.55	splenda 50/pks (1)		PASTRIES	.70	^*chap-ex (2)
4.70	tea bags (2) K	2.05	granola bars (3)	2.15	^*blistex lip ointment (2)
3.45	Assorted tea (2) k	1.70	Star crunch (3)	4.10	multi vitamins (2)
	CHEESES	1.70	oatmeal crème pies (3)	3.20	vitamin C (2)
3.55	squeeze cheese (2)	1.75	buddy bars (3)	3.55	vitamin E (2)
3.75	jalapeno squeeze cheese (2)		DENTAL HYGIENE	4.15	calcium tablets (2)
.30	cream cheese pack (24) H	4.30	*colgate sensitive(2)	3.40	*fiber tablets (2)
1.60	mozzarella cheese block (4)	1.75	*close up (2)	.90	*adhesive bandages (2)
1.60	cheddar cheese block (4)	2.60	*colgate mint zing baking soda (2)	3.45	*corn pads (2)
2.55	small parmesan cheese (4)	3.55	*mouth wash (1)		*SOAPS & DEODORANTS (TOTAL 4)
	MISCELLANEOUS FOOD ITEMS	1.95	*denture bath cups (1) #1	1.30	dial soap singles (4)
2.60	Olive oil (2)	.95	*toothbrush tek soft (1) #1	1.95	dove soap (4)
2.30	siracha sauce (2)	4.40	denture adhesive (1)	2.05	ivory soap 3 pk (2)
2.80	variety seasoning (2)	.50	*toothbrush holder (1) #1	1.00	tone soap singles (4)
1.95	spaghetti (6) K	2.15	*clear floss loops (1)	3.65	neutrogena acne soap singles (4)
1.85	vanilla pudding (4) K	1.45	*dental floss on a stick (1) #1	3.00	irish spring, icy blast 3 pk (2)
2.80	peanut butter (4) K H	3.65	*denture cleaner (1) #1	2.25	ambi soap (2)
.95	hot sauce (4) K		HAIR CARE (LIMIT 8 TOTAL)	.50	soap dish (2)
2.10	jalapeno wheels (4) K	4.20	sulfur 8 shampoo (2)	2.70	degree xtreme blast (2)
1.95	squeeze salsa (4)	6.70	neutrogena T/gel shampoo (2)	2.65	clear speed stick (2)
.55	popcorn, natural (12) K dairy	5.35	Dark & Lovely Shampoo (2)	1.30	dial roll-on deodorant (2)
.55	popcorn, butter (12) K dairy	1.65	*V05 shampoo (2)		* SKIN CARE LOTIONS (LIMIT 6 TOTAL)
1.35	mortons season all (2)	1.65	*V05 conditioner (2)	2.85	baby oil (2)
1.30	garlic powder (2)	6.50	*sulfur 8 conditioner (2)	2.35	coco butter suave lotion (2)
1.30	vegetable flakes (2)	3.50	body wash (2)	4.55	vitamin e gel (2)
2.45	Mrs. Dash (3) K parve	3.65	*dandruff shampoo (2)	2.75	hypo allergenic lotion (2)
1.80	adobo seasoning (2)	6.50	*pantene shampoo (2)	5.40	ambi cream (1)
1.80	sweet and hot asian sauce (2)	6.40	*pantene conditioner (2)	3.10	lotion with aloe (2)
		2.15	pro glow instant moisturizer (2)	1.90	baby powder (2)
				2.00	noxema skin care cream (2)

FCC POLLOCK COMMISSARY LIST-STAMP AND REMOVE THIS PORTION AND RETAIN TO GAIN ACCESS TO THE COMMISSARY

NAME _____ REG NUMBER _____ UNIT _____

5.20	vaseline intensive care lotion (2)	2.15	white liquid shoe polish (1)	1.80	strawberry	
1.60	cocoa butter stick (2)	5.15	black liquid shoe polish (1)	1.80	Cookies & cream	
MISCELLANEOUS HYGIENE		5.15	brown liquid shoe polish (1)	1.80	homemade vanilla	
.80	finger nail clippers (1)	SHOE SUPPLIES		1.80	moo-lennium crunch	
5.15	mustache scissors (1)	1.30	^54 inch boot lace (1pr)	1.80	rainbow sherbet	
1.75	sewing kit (1)	1.15	^white shoe strings (1pr)	PRAYER OIL - WRITE IN (list posted)		
.60	tweezers (1)	RELIGIOUS ITEMS #3 must have Chaplain approval.			5.20	Fragrance Oil 1oz
1.80	cotton swabs (2)	4.50	kufi white or black	1.85	Dishwashing liquid (1)	
2.15	charmin toilet paper 4 pack (2)	2.69	bandana, black w/lite center	**Drinks are limited to 4 six packs total**		
SHAVING SUPPLIES		1.65	bandana, red w/dark center	2.60	^ Coke Zero (4)	
1.70	shave gel (2)	10.00	tam 3x-large	2.60	^ Sprite Zero (4)	
5.20	cream hair remover (2)	11.75	yarmulke white or black	2.15	^ Canned Water (4)	
3.90	gillette aftershave (2)	CLOTHING, CIRCLE SIZE REQUESTING			HIGH DOLLAR ITEMS	
5.35	*bump stop razor (2)	LIMIT 1 EACH			**Theses items can only be purchased once every six months.**	
3.80	*bump stopper (2)	5.60	t-shirt med lrg x-lrg 2x 3x 4x	61.90	adidas misterfly SIZE _____	
6.85	*schick tracer cartridge (2)	9.10	t-shirt 5x 6x	67.95	new balance SIZE _____	
2.10	*bic twin blade disp razor 10pk (2)	10.40	long sleeve md lg xl 2x 3x 4x	87.90	air force 1 SIZE _____	
6.15	* triple blade razor (1)	13.00	long sleeve 5x 6x	17.95	reebok shower shoe SIZE _____	
5.70	* replacement triple blades (1)	11.05	a-shirt med Lrg xlrq	99.90	Timberland Work Boot	
15.30	mach III razor replacement blades (1)	13.00	a-shirt 2x 3x 4x	48.05	Sangean One Battery Radio	
11.20	mach III razors (1)	12.00	a-shirt 5x 6x	29.90	Jensen radio	
4.25	*magic shave cream (2)	16.25	Mesh shorts w/pocket #2 lrg xlrq	40.95	Sony Clear Walkman M-35	
11.45	*gillette excel cartridge (2)	18.85	Mesh shorts w/pocket #2 2x 3x	32.45	Koss R-10 Headphones	
2.60	plastic mirror (1) #1	26.00	Mesh shorts w/pocket #2 4x 5x 6x	9.25	Koss CL-5 Headphones	
9.50	hygiene bag (1)	1.65	gray knit caps	12.35	Sony Ear buds	
* CORRESPONDENCE SUPPLIES		15.60	boxer briefs sm med lrg xlrq 2x	5.10	6' Headphone Extension	
3.85	lift off correction tape (2)	15.60	boxer shorts med	16.40	Casio Watch	
1.45	Clear folder (2)	15.60	boxer shorts lrg xlrq	CEREAL/CRACKERS (TOTAL 6)		
3.85	typewriter ribbon (2) #1	14.30	boxer shorts 2x	3.90	colossal crunch (2)	
2.15	correction tape dispenser (2)	15.45	Boxer shorts 3x	2.70	variety crackers (2)	
.85	writing tablet (2)	19.25	boxer shorts 4x	WHILE SUPPLIES LAST		
1.80	envelopes letter size 50bx (2)	15.50	sweatshirt #2 md lg xl 2x 3x 4x	*No Substitutions will be made for out of stock items*		
1.10	ballpoint pen (2) #2	20.15	sweatshirt #2 5x 6x 7x 8x	.85	m&m peanut	
.95	small legal envelopes 4 pack (2)	18.10	sweatpants w/pockets #2 med lrg xl 2x 3x 4x	1.75	hot tamales	
.45	large legal envelope singles (4)	23.40	sweatpants w/pockets #2 5x 6x	1.65	chicken vienna	
MISCELLANEOUS ITEMS		23.40	sweatpants w/pockets #2 7x 8x	.80	carrot cake	
4.25	orange commissary bag (1)	9.10	thermal tops #2 large X-lrg	1.40	hawaiian punch red	
9.10	gym bag gray (1) #1	10.40	thermal top #2 2x 3x 4x 5x 6x	1.20	facial tissue	
7.40	solar calculator (1) #1	9.10	thermal bottoms #2 med, lrg, xl	6.70	large parmesan cheese	
.80	address book (1) #1	10.40	thermal bottoms #2 2x 3x 4x 5x 6x	2.60	Colgate baking soda	
2.45	deluxe address book (1) #1	1.65	crew socks (3)	.65	plain bagels (12) K	
3.85	pocket dictionary (1)	1.65	1/4 socks (3) lrg x-lrg	1.95	tuna, white (12) K parve	
2.25	spanish/english dictionary (1)	2.60	head band (1/pk) #2	2.75	heavenly trail mix (12)	
2.80	small photo album (1)	7.55	briefs sm	.85	twix (12) K dairy	
10.40	large photo album (1) #1	7.80	briefs large	1.85	pop tarts (3) (smores)	
9.10	elbow brace (1)	11.70	briefs 2x	3.05	protein 29 hair gel (2)	
10.15	knee brace (1)	12.45	briefs 3x	3.00	folic acid (2)	
22.10	weight lifting gloves (pr) lg, xlrq, 2x	1.95	^wrist band (2/pk)	2.40	power up extreme antiperspirant (2)	
2.60	bicycle playing cards (2) #2	3.90	athletic supporter sm md	1.95	clear lotion with aloe (2)	
2.70	bicycle pinocle cards (2) #2	5.20	athletic supporter lrg x-lrg	9.10	wrist support (1)	
4.95	refill (photo album) (2)	9.50	baseball cap white	10.40	batting glove (single) (2)	
7.99	*reading glasses 1.0,1.5,1.7,2.0,2.5,3.0	CHIPS (LIMIT 5 TOTAL ITEMS)			20.80	batting glove(pr) TPX lg, xlrq, 2x #2
12.95	mighty reading light (1)	1.30	pretzels K	4.45	shower,(1)sm9 , md 10,lg 11, xl 13, 2x 15	
3.80	bulbs for reading light (1)	.85	hot n spicy pork skins	31.35	GPX clear	
.75	handkerchief (5) #5	1.60	nacho cheese chips	3.60	mini wheats (2)	
5.85	racquetball 3 pack (2) #2	2.00	yellow corn santitas	CAMP ITEMS ONLY		
5.10	sunglasses (1) #1	1.60	plain potato chips	2.25	Trend with bleach	
5.20	clip-on sunglasses (1) #1	1.50	sour cream & onion	2.80	Bounce dryer sheets	
26.65	rain suit 3 pc (1)	1.85	BBQ corn chips	1.15	Toe nail clippers	
5.30	64 oz clear mug (1) #1	1.50	pre popped popcorn (12)			
3.40	20oz clear mug (1) #1	ICE CREAM LIMIT 2 TOTAL ITEMS				
2.95	quart squeeze bottle (1)	.70	country cone			
.40	spoon (2)					
6.60	bowl 6.3 cups (1) #1					
.85	cereal bowl w/lid (2) #1					

NOTICE: Orders for high dollar items (in stock) will be filled at the sales window, if available. Special orders require a processing period of approximately three 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 not been received and/or it has not been processed. You must try shoes and boots on prior to leaving the sales window. Inspect all boots, shoes, radios etc. prior to exiting the sales window.

APPROVED _____
C. Johnson, Complex Warden

APPROVED _____
C. McConnell, FCI 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 restriction.

Institution possession limits per policy.

It is your responsibility to maintain proper clothing levels.

K For kosher items

H For halal items

() Indicates purchasing limits

^ non transferrable item

SUGGESTIONS:

Once you depart from the commissary, all sales are final.

Commissary spending limit is \$160.00 weekly (not to exceed \$320.00 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 stamp and hygiene 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

NO ADDITIONS WILL BE MADE TO YOUR LIST ONCE IT HAS BEEN TURNED IN.

Once an SPO is received, you must purchase it on your shopping day prior to shopping for any other item.

Old batteries must be turned at the time of sale in order to purchase new batteries.

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-fourth day of 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	