

F.C.C. POLLOCK COMMISSARY LIST
JULY 2011

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.

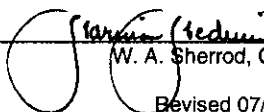
1.30 _____ Greeting Card(Specify Type and Language) _____

PHOTO/STAMPS (LIMIT \$8.80 TOTAL)		1.80	sugar free hot cocoa (4)	1.80	African crown hair (2)
.01	*STAMP, 1 CENT SINGLE	1.75	carnation dry milk (2)	1.90	royal crown hair dressing (2)
.05	*STAMP, 5 CENTS SINGLE	4.70	tea bags, Nestea (2) K	6.55	African pride magic gro (2)
.44	*STAMP, 44 CENTS SINGLE	1.40	Hawaiian Punch Juicy Red (4)	5.50	pink oil moisturizer (2)
1.00	*STAMP, 1.00 SINGLE	1.40	Hawaiian Punch Lemmon berry (4)	HAIR CARE/MISCELLANEOUS	
8.80	*STAMPS 20 EA 44 CENTS BOOK	1.40	Hawaiian Punch Berry Blue (4)	.45	finger brush (1)
1.00	*PHOTO TICKET (10)	1.40	Hawaiian Punch Orange (4)	.50	*afro pick (1) #2
6.50	*ACOPIER CARD (4)	MEAT & FISH ITEMS (LIMIT 48 TOTAL)		1.35	black hair ties (2)
MISCELLANEOUS		2.30	cooked chorizo	1.05	rubber bands hair (2)
6.20	watch band with pins (1)	2.11	hot tamales	1.75	grey doo rag (1)
9.10	Casio watch band (1)	2.00	chili, no beans (12)	1.20	shower cap (2)
2.60	watch pin 2 pack (1)	1.75	chili, with beans (12)	1.75	*military brush (1) #1
11.45	ironman watch band (1)	3.40	Roast beef (12)	1.00	*vent hair brush (1) #1
9.35	digital alarm clock (1) #1	1.95	tuna, white (12)	2.20	*comb & brush set (1) #1
6.65	padlock combination (1) #2	1.20	tuna, lite (12) K H	*OTC MEDS (LIMIT TOTAL 8)	
BATTERIES (LIMIT 2 each)		1.60	beef summer sausage (6)	3.55	cough syrup (1)
1.00	*AA four pack	1.85	pepperoni slices (12)	2.50	muscle rub (2)
1.00	*AAA four pack	1.60	hot summer sausage (6)	3.85	hemorrhoid cream (2)
2.50	watch battery CR 2016 (1)	1.30	mackerel fillets - small bag (12) K H	3.55	liquid antacid (2)
2.50	watch battery CR 2025 (1)	2.40	pink salmon (12) K H	5.70	powder fiber
BAGELS/CRACKERS (LIMIT 16 TOTAL)		2.25	chicken breast (6)	2.30	TUMS (4)
.65	plain bagels (12)	1.60	jack mackerel (lg red bag) (12)	3.05	stomach relief - Pepto (2)
1.95	saltine crackers (4)	1.60	turkey logs (6)	2.60	milk of magnesia (2)
1.95	unsalted crackers (4)	.95	turkey and Swiss sticks (12)	2.15	cough drops bag (2)
2.45	graham cracker (4)	1.80	Vienna sausage, chicken (12)	1.60	allergy tablets (2)
3.90	Ritz crackers (4)	1.25	spam singles (12)	2.65	ibuprofen (2)
SOUPS/RICE (LIMIT 24 TOTAL)		DRIED FRUITS/CEREAL/NUTS		1.65	aspirin (2)
.50	California vegetable cup of soup (12)	3.15	cereal honey nut (4)	2.35	pain relief tablets 325mg (2)
.25	ramen soup, chicken (12)	2.95	mixed nuts (12) K	1.60	hydrocortisone cream (2)
.25	ramen soup, oriental (12)	4.25	almonds (12) K	4.35	triple antibiotic ointment (2)
.25	ramen soup, shrimp (12)	2.80	honey roasted nuts (12) K	1.70	anti fungal foot cream (2)
.25	ramen soup, chili (12)	2.45	peanuts unsalted (12) K	1.85	laxative pills (2)
.25	ramen soup, roast beef (12)	2.75	heavenly trail mix (12)	11.05	Lamisil foot cream (2)
1.10	white rice pre cooked (12)	BAG CANDY		1.50	oral gel (2)
1.10	brown rice pre cooked (12)	1.65	peppermints sugar free (5)	3.15	stool softener (2)
1.75	refried beans (12) K parve	.70	Tropicana sugar free (5)	7.55	Imodium (2)
1.15	Kraft mac & cheese (12)	CANDY BARS/SINGLES (LIMIT 24 TOTAL)		1.75	nasal spray saline (2)
1.60	Cheese Rice (12)	.80	snicker (12) K dairy	2.45	loratadine tablets (2)
COOKIES		.80	m&m peanuts (12) K dairy	17.65	Prilosec (2)
1.10	chocolate chip (5) K dairy	.80	Hershey bar plain (12) K dairy	4.10	Pepcid 20 mg (2)
.70	duplex cookies (5)	.80	kit kat (12) K dairy	2.85	zantac (2)
1.95	vanilla wafers (5)	.70	chick-o-stick (12)	7.95	gas x (2)
.80	Marias cookies (12)	.80	Twix (12) K dairy	3.20	*dr scholls foot powder (2)
COFFEE CREAMER AND SWEETENER		INSTANT OATMEAL AND GRITS		2.20	*anti foot fungal powder (2)
2.60	coffee, regular (10)	2.70	Instant cinnamon oatmeal (4) K	2.25	*artificial tears (2)
8.10	tasters choice (5) K	2.65	Instant oatmeal (4) K	5.15	*visine eye drops (2)
3.55	decaf coffee, keefe (10)H	2.80	instant grits (4) K	HEALTH	
1.50	non dairy creamer, bag (5) K dairy	PASTRIES		2.45	*comfort in soles (2)
1.55	sweet mate 100/pks (4)	2.05	fudge dipped granola bars (3)	14.30	*dr. scholls gel insoles (1)
3.55	splenda 50/pks (4)	1.75	star crunch (3)	2.65	*sunblock (2)
CHEESES		1.75	strawberry shortcake rolls (3)	.60	*chap-ex (2)
4.15	squeeze cheese (2)	1.70	frosted fudge cakes (3)	2.15	*blistex lip ointment (2)
4.15	jalapeno squeeze cheese (2)	1.85	pop tarts (3)	2.90	*sun tan lotion (2)
.30	cream cheese pack (24) H	DENTAL HYGIENE		4.10	multi vitamins (2)
1.60	mozzarella cheese block (4)	2.15	*floss loops (4)	3.25	vitamin C (2)
1.60	cheddar cheese block (4)	2.60	*Colgate mint zing (2)	3.65	vitamin E (2)
2.50	small parmesan cheese (4)	4.30	*Colgate sensitive(2)	4.15	calcium tablets (2)
6.70	large parmesan cheese (4)	1.75	*close up (2)	3.40	*fiber tablets (2)
MISCELLANEOUS FOOD ITEMS		2.60	*Colgate baking soda (2)	3.00	Folic Acid (2)
2.60	Olive oil	2.65	*close up mouth wash (1)	.90	*adhesive bandages (2)
2.80	variety seasoning (2)	1.95	*denture bath cups (1) #1	3.45	*corn pads (2)
1.70	spaghetti (6) K	1.10	*toothbrush tek soft (1) #1	*SOAPS & DEODORANTS (TOTAL 4)	
1.45	vanilla pudding (4) K	5.75	EFFER Grip (1)	1.30	dial soap singles (6)
2.65	peanut butter (4) K H	.50	*toothbrush holder (1) #1	1.95	dove soap (6)
.95	Cajun hot sauce (4) K	1.45	*dental floss on a stick (1) #1	1.55	Ivory soap 3 pk (2)
2.10	jalapeno wheels (4) K	3.50	*denture cleaner (1) #1	1.00	tone soap singles (6)
1.95	squeeze salsa (4)	HAIR CARE (LIMIT 8 TOTAL)		3.65	Neutrogena acne soap singles (4)
.50	popcorn, natural (12) K dairy	4.15	sulfur 8 shampoo (2)	2.30	Irish spring, icy blast 3 pk (2)
.40	popcorn, butter (12) K dairy	6.70	Neutrogena T/gel shampoo (2)	.30	soap dish (2)
1.35	Morton's season all (2)	3.20	Dark & Lovely Shampoo (2)	2.70	degree xtreme blast (2)
1.30	garlic powder (2)	1.65	*V05 shampoo (2)	2.65	clear speed stick (2)
1.30	vegetable flakes (2)	1.60	*V05 conditioner (2)	1.20	dial roll-on deodorant (2)
2.45	Mrs. Dash (3) K	6.50	*sulfur 8 conditioner	2.40	power up extreme antiperspirant (2)
1.65	adobo seasoning (2)	2.75	*coconut oil conditioner (2)	*SKIN CARE LOTIONS (LIMIT 6 TOTAL)	
1.70	Goya seasoning (2)	1.20	Clear Conditioner	2.85	baby oil (2)
1.15	soy sauce (4) K	3.65	*next 1 dandruff shampoo (2)	2.35	coco butter suave lotion (2)
2.00	chili garlic sauce (2)	1.80	*clear shampoo (2)	4.55	vitamin e gel (2)
		5.85	*Pantene shampoo (2)	2.75	next 1 hypo allergenic lotion (2)
		6.70	*Pantene conditioner (2)	3.25	next 1 lotion with aloe (2)

MISCELLANEOUS HYGIENE		SHOE SUPPLIES		PRAYER OIL - WRITE IN (list posted)	
.80	finger nail clippers (1)	1.30	^54 inch boot lace (1pr)	4.00	Prayer Oil 1oz
.60	tweezers (1)	1.15	^white shoe strings (1pr)		FPC ONLY
1.80	cotton swabs (2)	4.45	shower,(1)sm9 , md 10,lg 11, xl 12, 2x	1.10	Toenail Clipper (1)
2.15	Charmin toilet paper 4 pack (2)		RELIGIOUS ITEMS #3 must have Chaplain approval	1.85	Ajax Laundry Detergent (2)
	SHAVING SUPPLIES	6.70	kuffi white or black	2.75	Bounce Dryer Sheets (2)
2.25	*shave cream (2) brushless	2.08	bandana, black w/white center	5.85	Tide w/bleach (2)
2.90	*magic shave powder (2)	2.99	bandana, red w/dark center	.30	Clothes Hanger (4)
3.90	Gillette Aftershave	9.95	tam 3x-large	.90	Sour bears (5)
5.35	*bump stop razor (2)	11.75	yarmulke white or black	.85	Now & Laters (5)
3.80	*bump stopper (2)		CLOTHING, CIRCLE SIZE REQUESTING	.85	Caramels (5)
6.85	*Schick tracer cartridge (2)		LIMIT 1 EACH	1.40	Country time candy (5)
2.00	*bic twin blade disp. razor 10pk (2)	5.60	t-shirt med lrg x-lrg 2x 3x 4x	.60	Starlight Mints (5)
6.15	* triple blade razor (1)	9.10	t-shirt 5x 6x	1.85	dish washing liquid (2)
5.70	* replacement triple blades (1)	10.40	long sleeve md lg xl 2x 3x 4x		FPC ONLY
16.15	mach III razor replacement blades (1)	13.00	long sleeve 5x 6x		**Drinks are limited to 4 six packs total**
10.20	mach III razors (1)	8.05	a-shirt med Lrg xlrq	2.15	^canned water (6 pack) (4)
4.25	*magic shave cream (2)	12.00	a-shirt 2x 3x 4x	2.50	^coca cola (4)
10.25	*Gillette excal cartridge (2)	13.00	a-shirt 5x 6x	2.50	^sprite (4)
2.60	plastic mirror (1) #1	16.25	Mesh shorts w/pocket #2 lrg xlrq	2.50	^dr. pepper (4)
9.50	hygiene bag (1)	18.85	Mesh shorts w/pocket #2 2x 3x	2.50	^diet dr. pepper (4)
	CORRESPONDENCE SUPPLIES	22.10	Mesh shorts w/pocket #2 4x	2.50	^sprite zero (4)
3.85	lift off correction tape (2)	26.00	Mesh shorts w/pocket #2 5x 6x	2.50	^ Fanta Orange (4)
3.15	typewriter ribbon (2) #1	1.65	gray knit caps	1.25	corn tortillas
2.15	correction tape dispenser (2)	13.00	boxer briefs sm med lrg xlrq	.85	mega honey buns (12)
1.05	writing tablet (2)	15.60	boxer briefs 2x	3.50	pizza kits (6)
1.80	envelopes letter size 50bx (2)	11.45	boxer shorts med lrg xlrq	1.75	sewing kits (1)
1.10	BIC 2pk ballpoint pen (2)	13.20	boxer shorts 2x 3x	1.85	dish washing liquid (2)
.90	small legal envelopes 4 pack (2)	19.25	boxer shorts 4x	1.00	shower shoe (2)
.45	large legal envelope singles (4)	15.50	sweatshirt #2 md lg xl 2x 3x 4x	3.15	cereal - cherry/vanilla (4)
	MISCELLANEOUS ITEMS	20.15	sweatshirt #2 5x 6x 7x 8x	2.20	prunes pitted (6)
4.25	orange commissary bag (1)		sweatpants w/pockets #2	11.05	sweat shorts - L XL 2X 3X
9.10	gym bag gray (1) #1	18.10	med lrg xl 2x 3x 4x	12.35	sweat shorts - 4X
7.40	solar calculator (1) #1	23.40	sweatpants w/pockets #2 5x 6x	17.55	sweat shorts - 5X 6X
.80	address book (1) #1	23.40	sweatpants w/pockets #2 7x 8x	2.40	color pencils - 12 pack (2)
2.45	deluxe address book (1) #1	9.10	thermal tops #2 large X-lrg		USP & FPC ONLY
3.85	pocket dictionary (1)	10.40	thermal top #2 2x 3x 4x 5x 6x	2.50	^ Coke Zero (4)
2.25	Spanish/English dictionary (1)	9.10	thermal bottoms #2 med, lrg, xl	2.50	^ Sprite Zero (4)
2.80	small photo album (1)		thermal bottoms #2	2.15	^ Canned Water (4)
2.80	small photo album (1)	10.40	2x 3x 4x 5x 6x		HIGH DOLLAR ITEMS
10.40	large photo album (1) #1	9.10	crew socks (3) #5		**These items can only be purchased once every six months.**
4.95	large photo album refill (1)	1.05	1/4 socks (3) #5 lrg x-lrg	59.95	Nike Down shifter SIZE _____
10.15	knee brace large x-large	1.95	head band (1/pk) #2	49.95	Nike Incinerate SIZE _____
7.95	ankle brace large x-large	1.95	^wrist band (2/pk)	59.95	Nike Leather Cortez SIZE _____
7.80	elbow brace	3.90	athletic supporter sm md lrg x-lrg	59.95	Adidas Commander SIZE _____
20.80	batting glove(pr) TPX lg, xlrq, 2x #2	6.50	mesh baseball cap white	99.90	Timberland Work Boot SIZE _____
22.10	weight lifting gloves (pr) lg, xlrq, 2x		CHIPS (LIMIT 5 TOTAL ITEMS)	48.05	Sangean One Battery Radio
2.60	bicycle playing cards (2) #2	1.30	pretzels K	40.95	Sony Clear Walkman M-35
2.70	bicycle pinochle cards (2) #2	.85	hot n spicy pork skins	26.90	CT-80 Digital Radio
7.99	*reading glasses 1.0,1.5,1.7,2.0,2.5,3.0	1.60	nacho cheese chips	32.45	Koss R-10 Headphones
12.95	mighty reading light (1)	2.00	Yellow Corn Santitas	8.85	Koss CL-5 Headphones
3.80	bulbs for reading light (1)	1.60	flaming hot Cheetos	12.75	Sony Ear buds
.75	handkerchief (5) #5	1.50	sour cream & onion	5.10	6' Headphone Extension
4.55	racquetball 3 pack (2) #2	1.80	BBQ Corn Chips	16.40	Casio Watch
5.80	sunglasses >travis= (1) #1	3.00	Guacamole Chips		
5.20	clip-on sunglasses (1) #1	3.10	Plaintain Chips (5)		
3.60	rain poncho w/hood (1) #1	1.10	Pre-popped Popcorn Bag (5)		
13.00	rain suit 3 pc (1)		ICE CREAM LIMIT 2 TOTAL ITEMS		
5.05	64 oz clear mug (1) #1	.65	country cone		
2.50	20oz clear mug (1) #1	1.75	strawberry / vanilla swirl		
2.95	quart squeeze bottle (1)	1.75	Cookies & cream		
.40	teaspoon (2)	1.75	homemade vanilla		
5.15	bowl 6.3 cups (1) #1	1.75	moo-lennium crunch		
.85	cereal bowl w/lid (2) #1	1.70	rainbow sherbet		
2.15	white liquid shoe polish (1)				
2.15	Black liquid shoe polish (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. Once you have left the sales window, the item is yours regardless if it works or not.

APPROVED


W. A. Sherrod, Complex Warden

Revised 07/06/2011

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

Institution possession limits per policy # indicator the number that follows is the limit. It is your responsibility to maintain proper clothing levels.
@ 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

SUGGESTIONS:

Once you depart from the commissary, all sales are final. Commissary spending lit 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 commissary restriction is \$15.00 (items with this symbol *)

Prices are subject to change without notice.

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



SOUTH CENTRAL REGION
FCC POLLOCK
SHU COMMISSARY LIST
July, 2011

NAME _____ REG# _____ DATE _____ CELL# _____

This list will be filled top to bottom left to right until funds are too low to purchase items

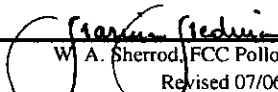
STAMPS (Limit \$8.80 Total)

- ___ \$0.01 Individual Stamp
- ___ \$0.05 Individual Stamp
- ___ \$0.44 Individual Stamp
- ___ \$8.80 (20) .44 Stamps, 1 Book

ALL SALES ARE FINAL
NO REFUNDS - NO EXCHANGES - NO RETURNS
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE NO
SUBSTITUTIONS WILL BE MADE ON OUT OF STOCK ITEMS

Medications (Limit 4 Total)

- ___ \$1.60 Allergy tablets
- ___ \$ 2.35 Non-aspirin pain relief tablets, 325mg
- ___ \$2.65 Ibuprofen
- ___ \$3.85 Hemorrhoid Cream
- ___ \$3.85 Hydrocortisone Cream
- ___ \$1.85 Laxative Pills
- ___ \$1.60 Antifungal Cream
- ___ \$0.60 Chap-X
- ___ \$2.30 Tums


W. A. Sherrod, FCC Pollock Complex Warden
Revised 07/06/2011

No additional items may be added to this commissary list.
Old batteries will be exchanged for the new batteries
purchased.

Miscellaneous Items (Limit 1 Each)

- ___ \$1.80 Envelopes, letter size (50/box)
- ___ \$0.90 Writing Pad
- ___ \$0.90 Envelopes, Legal Small (4 pack)
- ___ \$4.45 Shower Shoes ___ Size
- ___ \$0.30 Soap Dish

"AVAILABLE 1ST WEEK OF THE MONTH"

Deodorant (Limit 1 Total)

- ___ \$1.30 Roll-on Deodorant

Toothpaste (Limit 1 Total)

- ___ \$1.75 Close Up

Soap (Limit 2 Total)

- ___ \$1.30 Dial Soap



SOUTH CENTRAL REGION

FCC POLLOCK
SHU COMMISSARY LIST

July, 2011

NAME _____ REG# _____ DATE _____ CELL# _____

This list will be filled top to bottom left to right until funds are too low to purchase items

CANDY (Limit 1 Total)

___ \$0.85 Snickers or \$0.85 ___ Hershey Bar

STAMPS (Limit \$8.80 Total)

___ \$0.01 Individual Stamp
___ \$0.05 Individual Stamp
___ \$0.44 Individual Stamp
___ \$8.80 (20) .44 Stamps, 1 Book

Medications (Limit 4 Total)

___ \$1.60 Allergy tablets
___ \$ 2.35 Non-aspirin pain relief tablets, 325mg
___ \$2.65 Ibuprofen
___ \$3.85 Hemorrhoid Cream
___ \$3.85 Hydrocortisone Cream
___ \$1.85 Laxative Pills
___ \$1.60 Antifungal Cream
___ \$0.60 Chap-X
___ \$2.30 Tums
___ \$2.15 Blistex

Miscellaneous Items (Limit 1 Each)

___ \$10.45 Reading Glasses (Circle One)
(1.25) (1.75) (2.00) (2.25) (2.5) (2.75) (3.00)
___ \$1.80 Envelopes, letter size (50/box)
___ \$0.90 Writing Pad
___ \$0.90 Envelopes, Legal Small (4 pack)
___ \$4.45 Shower Shoes ___ Size
___ \$0.30 Soap Dish
___ \$4.10 Multi-Vitamin

Radios

___ \$26.90 CT-80 Digital Radio
___ \$48.05 Sangean One Battery Radio
___ \$12.75 Ear Buds

Greeting Cards (Limit 5 Total)

___ \$1.30 Specify What Type

Batteries (Limit 2 Total)

___ \$1.00 AA Batteries
___ \$1.00 AAA Batteries

"AVAILABLE 1ST WEEK OF THE MONTH"

Deodorant (Limit 1 Total)

___ \$1.30 Roll-on Deodorant
___ \$2.05 Power-Up

Toothpaste (Limit 1 Total)

___ \$1.75 Close Up
___ \$2.60 Colgate Baking Soda

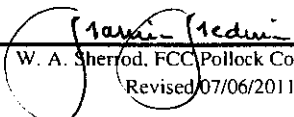
Soap (Limit 2 Total)

___ \$1.30 Dial Soap
___ \$1.00 Tone Soap
___ \$1.95 Dove

Shampoo (Limit 1 Total)

___ \$1.65 VO5
___ \$3.65 Dandruff Shampoo
___ \$4.20 Sulphur 8
___ \$6.70 T-Gel

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SUBSTITUTIONS WILL BE MADE ON OUT OF STOCK ITEMS



W. A. Sherrif, FCC Pollock Complex Warden
Revised 07/06/2011

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