

# FCC Allenwood - Commissary List

October - December 2012

\*\*Prices are subject to change without prior notification. ALL sales are FINAL\*\*

Name:	Register Number:	Housing Unit:
<b>COPY CARD&amp;TICKETS: Limits posted in the Commissary Lobby</b>		
Photo Tickets (10)	1.00	
Copier Card	7.50	
<b>STAMPS: Limit \$9.00</b>		
.45 Stamp, Single	.45	
.45 Stamp, Book	9.00	
.01 Stamp	.01	
.05 Stamp	.05	
1.00 Stamp	1.00	
<b>ICE CREAM: Limit 2 total</b>		
Butter Pecan (k)	2.15	
Strawberry Cheesecake (k)	2.15	
Strawberry Frozen Fruit Bars (k)	1.05	
<b>LAUNDRY: Limit listed</b>		
Bounce Dryer Sheets (2)	2.70	
Tide, 6 oz (2)	2.20	
Heritage, 14.4 oz (2)	1.40	
<b>DRINKS: Limit 24 total</b>		
Coke, 12/pk (2)(k)	4.45	
Coke Zero, 12/pk (2)(k)	4.45	
Sprite, 12/pk (2)(k)	4.45	
Bottled Water, 6/pk (4)(k)Ⓞ	1.30	
<b>HAIR CARE: Limit 3 total</b>		
Dandruff Shampoo (1)**	4.50	
Neutrogena T-Gel Shampoo (1)**	7.40	
Alberto VOS Shampoo (1)	1.45	
Alberto VOS Conditioner (1)	1.45	
Alberto VOS 2n1 Shampoo (1)	1.45	
Murray's Pomade (1)	2.45	
Sulfur 8 Conditioner (1)	5.45	
African Pride Hair Cream (1)	6.55	
Styling Hair Gel (1)	3.20	
Royal Crown Dressing (1)	2.00	
Coconut Oil Conditioner (1)	1.20	
<b>DENTAL:</b>		
Cool Wave Toothpaste (1)(NAF)	1.50	
Colgate Toothpaste (1)	2.75	
Sensodyne Toothpaste (1)	6.45	
Denture Toothpaste (1)	3.50	
Polygrip (1)	5.00	
Crest Pro Health Mouthwash (1)	4.75	
Denture Bath Cup (1)	1.95	
Denture Flosser Picks (1)	1.45	
Plaque Removers (1)	3.00	
Colgate Toothbrush SOFT/MED (1)	.90	
Tek Toothbrush SOFT/MED (1)	.45	
Toothbrush Holder (1)	.50	
<b>HEALTH &amp; BEAUTY:</b>		
Disposable Razor (1)	1.70	
Protection Shave Cream (1)	2.00	
Magic Cream Shave Cream (1)	3.80	
Afta Shave Lotion (1)	2.70	
Mach 3 Razor (1)	7.15	
Mach 3 Blades, 5/pk (1)	15.30	
ProTech Blades (1)	3.55	
Comb (1)	.85	
Wave Cap (1)	2.40	
Palm Brush (1)	.35	
Boar Brush (1)	2.90	
Hair Pick (1)	.75	
Acrylic Mirror (1)	2.35	
Toilet Paper (1)	2.30	
Tweezers (1)	1.15	
Toenail Clipper (1)	1.15	
Safety Scissors (1)	6.70	
Sewing Kit (1)	1.95	
Elastic Bands, Blk (1)	1.10	
Chap-Et Lip Balm (1)	.95	
Cotton Swabs (1)	1.10	
Bandage Strips (1)	1.85	
Handkerchief (5)	.95	
Facial Tissue (1)	1.20	
<b>SKIN CARE:</b>		
Vitamin E Cream (1)	1.70	
Suave Advanced Therapy Lotion (1)	2.60	
Palmer's Cocoa Butter Lotion (1)	5.95	
Cocoa Butter Stick (1)	2.05	
Talc Powder (1)	1.50	
Noxema (1)	1.85	
St. Ives Apricot Scrub (1)	4.50	
Artra (1)	3.05	
Petroleum Jelly (1)	1.20	
Sunscreen Lotion SPF30 (1)	3.90	
Hand Sanitizer(1)	5.55	
<b>SOAP: Limit 3 total on bar soap</b>		
Neutrogena Soap	3.65	
Dove Soap	2.20	
Antibacterial Sport Soap	.65	
Cocoa Butter Soap	.65	
Soap Dish (1)	.70	
Dish Soap (1)	1.00	
<b>DEODORANT: Limit 2 total</b>		
Degree Antiperspirant	2.55	
Old Spice Deodorant	2.70	
<b>OTC MEDICATIONS:**</b>		
Pepto Bismuth (1)	2.45	
Gas-X, generic (1)	2.70	
Milk of Magnesia (1)	2.55	
Halls Cough Drops (3)	1.65	
Allergy Tablets (1)	1.30	
Tylenol, generic (1)	1.95	
Aspirin (1)	1.40	
Muscle Rub (1)	2.50	
Acne 10 Cream (1)	1.65	
Saline Nasal Spray (1)	1.85	
Hemorrhoid Ointment (1)	3.70	
Antifungal Cream (1)	1.70	
Antifungal Powder (1)	4.35	
Arch Supports (1) sz: 3 4 5	11.40	
Insoles (1)	2.35	
Multi Vitamin, no iron (1)	5.70	
Vitamin B Complex (1)	3.25	
Vitamin C Plush (1)	3.15	
Calcium Tablets (1)	2.70	
Vitamin E Gelcaps (1)	3.50	
Lotrimin, generic(1)	2.85	
Corn Cushions (1)	2.75	
Artificial Tears (1)	2.25	
Oral Pain Relief (1)	1.30	
Cough Syrup (2)	2.15	
Hydrocortisone Cream (1)	1.30	
Lactase Enzyme Tablets (3)	5.10	
Fiber Laxative (1)	7.20	
Advil, generic (1)	2.70	
Loratadine Tablets (1)	1.65	
Zantac, generic, 30/cnt (1)	3.90	
Antibiotic Ointment (1)	2.10	
Medicated Chest Rub (1)	2.10	
Aleve, generic (1)	2.95	
Tucks Pads, generic (1)	5.30	
Tums (2)	.90	
Ear Drops (1)	6.80	
Stool Softener (1)	2.30	
<b>MISCELLANEOUS:</b>		
Photo Album (1)	2.80	
White Envelopes (1)	1.40	
Legal Envelope (10)	.15	
Notebook (2)	1.85	
Legal Pad (2)	2.00	
Clear Wallet Envelopes (2)	1.45	
Address Book (1)	.75	
Plastic Mug (1)	2.35	
Plastic Bottle, Quart (1)	2.95	
Microwavable Bowl (1)	4.30	
Utensil Set, 3 pc (1)	1.05	
Pocket Dictionary (1)	3.85	
AAA Battery, 4 pk (2)	2.20	
AA Battery 4 pk (2)	2.20	
Booklight (1)	12.95	
Racquetballs (2)	4.95	
Sunglasses (1)	6.45	
Clip On Sunglasses (1) SM LG	5.50	
Reading Glasses (1)	6.53	
Combination Lock (1)	6.50	
Playing Cards (2)	1.65	
Pinochle Cards (2)	1.70	
Shoe Polish (1) Black or Brown	2.50	
Shoe Laces, 54" (1) White or Black	1.15	
Pen, Blue (2)	.40	
Pencils, 4 pk (2)	.50	
Watchband, Ironman (1)	11.95	
Watchband, Velcro (1)	2.10	
Shower Shoes (1) M / LG / XL / 2X	4.95	
Typewriter Ribbon (1)*	7.75	
Lift Off Tape (2)*	1.55	
Print Wheel (1)*	19.40	
Greeting Cards 6 pk (2)	3.15	
Poncho, Clear (1)	3.65	
Toiletries Bag (1)	5.50	
Ceramic Slip(1)	9.10	
MP3 Cover	2.60	
<b>PRAYER OILS: Limit 2 total</b>		
Kush	2.75	
Patchouli	2.75	
<b>ELECTRONICS:</b>		
MP3 Player (1)	69.20	
Sony Radio (1)	44.85	
Headphones, Koss (1)	33.25	
Sport Earbuds (1)	11.45	
Watch, Timex Ironman (1)	36.50	
Alarm Clock (1)	9.35	
Calculator, Casio (1)	16.90	
Watch Battery, CR2025 (1)	2.50	
Watch Battery, CR2016 (1)	2.50	
<b>ATHLETIC SHOES: Limit 2 total (Size)</b>		
Nike Free	89.90	
Adidas Misterfly	61.90	
Wilson Pro Staff	49.95	
<b>SANDALS/WORK BOOTS: Limit 1 each</b>		
Timberland Pro Work Boot	99.95	

CLOTHING:

__ Sweat Shirt (2)	L/XL/2X	15.60
	3X/4X	16.90
	5X/6X	22.00
__ Sweat Pants (2)	L/XL/2X	15.60
	3X/4X	16.90
	5X/6X	22.00
__ Crew Socks , 3 pk (1)	Lg	4.90
__ Ankle Socks 3 pk (1)	Lg	4.90
__ Knit Cap (1)		1.70
__ Wool Glove (1)		4.90
__ Knit Scarf (1)		9.10
__ Boxer Briefs, 4 pk (1)	M/L/XL/2X	15.60
	Single (2) 3X	5.85
__ Athletic Supporters (2)	M/L/XL	3.80
__ Gray T-Shirt (5)	L/XL/2X	10.95
	3X/4X	12.00
	5X/6X/7X	14.00
__ Shorts, (2)	XL/2X	14.95
	3X/4X	15.95
	5X/6X/7X	16.90
__ Baseball Caps (1)		5.85
__ Thermal Shirts (1)* XL		7.80
	2X/3X/4X/5X	9.10
__ Thermal Pants (1)*XL		7.80
	2X/3X/4X/5X	9.10
__ Gray Mesh Bag (1)		8.95
__ Bath Towel (1)		10.40
__ Wash Cloth (1)		1.95

CONDIMENTS:

__ Peanut Butter (1)(k)		2.80
__ Jalapeno Peppers (1)(k/h)		2.10
__ LA Hot Sauce (1)(k)		.95
__ Soy Sauce (1)(k)		1.10
__ Honey (1)(k)Ⓢ		2.85
__ Sweet & Hot Sauce (1)		1.80
__ Salt & Pepper (1)(k)		1.30
__ Marinara Sauce (10)		.80
__ Sazon Seasoning, Goya (1)		2.85
__ Mrs. Dash Seasoning (1)(k)Ⓢ		3.35
__ Adobo Seasoning, Goya (1)		2.00
__ Minced Onion (1)(k)		.90
__ Minced Garlic (1)(k)		1.05
__ Olive Oil, Ex Virgin (2)(k)Ⓢ		4.75
__ Mayonnaise (1)(k)		3.30
__ Chili Garlic Sauce (1)(k)		1.90
__ Kosher Dill Pickles (5)(k)Ⓢ		.80

MEAT/CHEESE:

__ Mackerel Fillets (12)(k/h)		1.25
__ Sardines (12)(k/h)		1.10
__ Beef Summer Sausage (10)(h)		2.10
__ Tuna, Light (12)(k)Ⓢ		1.70
__ Tuna, White (12)(k)Ⓢ		2.05
__ Chicken White (12)Ⓢ		3.40
__ Honey Pepper Turkey Log (10)		1.80
__ Jalapeno Cheese Spread (5)		1.95
__ Mozzarella Cheese (10)(h)		1.05
__ Velveeta Cheese, single (10)		.35
__ Grated Cheese (1)		1.50
__ Hot & Spicy Beef Sausage (10)(h)		2.10
__ Pepperoni (10)		1.45
__ Taco Meat (2)(k)Ⓢ		1.85

MICROWAVABLE

__ Refried Beans (10)(k)		1.85
__ Chili w/ Beans (10)		1.45
__ Rolled Oats (10)(k)Ⓢ		1.85
__ Quaker Oatmeal/Fruit (3)(k)		3.50
__ Rice, Brown (10)(k)Ⓢ		1.20
__ Rice, White (10)(k)Ⓢ		1.20
__ Rice, Cheese (5)(k)		1.60

__ Pizza Kit, 2 pk (10)(h)	3.75
__ Tortilla Shells (5)(k/h)	.70

RAMEN SOUP: Limit 24 total

__ Chicken , low salt Ⓢ	.30
__ Hot/Spicy Vegetable	.30
__ Oriental	.30

CANDY/NUTS/SNACKS:

__ Lifesavers, Sugar Free (5)Ⓢ	1.75
__ Jolly Ranchers, Passion Fruit (5)	1.90
__ Starlight Mints (5)	1.55
__ Hershey Miniatures (5)(k)	1.95
__ Snickers, 6 pk (5)(k)	1.20
__ Reese's Peanut Butter Cups, 8 pk (5)(k)	1.60
__ Mike n Ike's (5)(k)	1.10
__ Twizzlers (5)(k)	1.35
__ Twix, 8 pk (5)(k)	1.20
__ Ultra Fit Bar (7)Ⓢ	1.80
__ Berry Skittles (5)	.80
__ Certs (5)	.60
__ Almonds (5)(k)Ⓢ	3.35
__ Peanuts, Unsalted (5)(k)Ⓢ	3.10
__ Sweet, Salty, Nutty Mix (5)(k)	4.40
__ Swiss Miss Trail Mix(5)(k)	2.15

COOKIES/CRACKERS:

__ Saltines, Low Salt (2)(k)Ⓢ	2.45
__ Snack Crackers(2)(k)	2.95
__ Crackers, Variety 8 pk (2)(k)	3.00
__ Graham Crackers (2)(k)	2.40
__ Duplex Cookies (2)(k)	1.60
__ Strawberry Cream Cookies (2)(k)	1.60
__ Peanut Butter Wafers (2)(k)	1.75
__ Chocolate Chip Cookies, 4 pk (5)(k)	.65

PASTRIES/CEREAL:

__ Mega Honey Bun (10)(k)	.85
__ Iced Cinnamon Roll (10)(k)	.65
__ Bear Claw (5)(k)	.80
__ Tootie, Fruities (3)(k)	4.20
__ Honey Oat w Almonds (3)(k) Ⓢ	4.10
__ Granola Cereal (3)(k)	3.15

BEVERAGES/ADJUNCTS:

__ Sugar Twin II (3)(k)Ⓢ	1.65
__ Coffee Mate Creamer (2)(k)	1.55
__ Hot Chocolate (3)(k)	1.85
__ Dry Milk (3)(k/h)	4.95
__ Herbal Tea (3)(k)	3.25
__ Keefe Tea Bags (3)(k)	1.85
__ Soy Milk (3)(k)Ⓢ	4.40
__ Gatorade, Fruit Punch (5)Ⓢ	2.15
__ Espresso (3)	3.70
__ Columbian Coffee (3)(k/h)	3.50
__ Decaffeinated Coffee (3)(k/h)	3.40
__ Taster's Choice Coffee (3)(k)	8.20
__ H/P Grape, SF 8 pk (3)Ⓢ	2.00
__ C.L. Peach Tea, 10 pk (3)(k)Ⓢ	3.70
__ C.L. Lemonade, 10 pk (3)(k)Ⓢ	3.70
__ C.L. Sunrise, 10 pk (3)(k)Ⓢ	3.70

CHIPS/SNACKS: Limit 5 total

__ Regular Chips (k)	1.05
__ Salt & Vinegar Chips (k)	1.05
__ Sour Cream/Onion Chips (k)	1.05
__ Pretzels, Multigrain (k)Ⓢ	2.45
__ Buttered Popcorn (k)	1.10
__ BBQ Corn Chips (k)	1.05
__ Pork Rinds, BBQ	1.15
__ Tortilla Chips, White Corn (k)	2.45
__ Tortilla Chips, Nacho (k)	1.05

DISCONTINUED: Limit as marked

__ Booklight Bulb (1)	1.95
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NEW ITEMS - write in

ITEMS EXCLUDED FROM SPENDING LIMITATION

1. Postage Stamps
2. Nicotine Replacement Therapy Patch
3. Over the Counter Medication
4. Copy Cards

( ) denotes item quantity permitted to be purchased and retained per P.S. 5580.06

(Ⓢ) denotes healthy items

(k) denotes kosher items

(h) denotes halal items

(\*) denotes local items only

(\*\*) denotes OTC medications

(NAF) denotes No Animal Fat

Each inmate is afforded the privilege to shop ONCE A WEEK. Inmate must be present in the Commissary when called to shop, or he will forfeit his shopping privileges for the week. NO EXCEPTIONS.

See institution lobby bulletin board for hours of operation and housing unit rotation shopping schedule

//s//

Ronnie R. Holt, Warden

//s//

M. Recktenwald, Warden

//s//

Delbert G. Sauer, Warden

Revised: 9/28/12