

CORRECTIONS PROVINCIAL CORE CANTEEN LIST
2019 CANTEEN ORDER GUIDE
Effective Date May 27, 2019

Product	Pack Size	2019 Selling
Beverages Hot/Cold		
Pepsi	591ml bottle	\$2.25
Diet Pepsi	591ml bottle	\$2.25
7 Up	591ml bottle	\$2.25
Root beer / Orange	591ml bottle	\$2.25
Bottled Water	591ml bottle	\$2.25
Gatorade	591ml bottle	\$2.45
Cans of Pop (NCC Only)	355ml can	\$1.07
Hot Chocolate 23gr	Sachet	\$0.48
Instant Coffee	Sachet	\$0.26
Premium Ground Columbian Coffee (Roasters)	2.25oz	\$2.55
Folgers Traditional Ground Coffee	320gr	\$9.30
Instant coffee bulk	200gr	\$9.30
Coffee Creamer (Coffee mate)	Sachet	\$0.12
Powdered Milk	500 gr	\$11.40
Sugar Twin Diet Sugar	50 Sachet	\$1.95
Flavoured creamers individual - Irish Cream. French Vanilla	Each	\$0.22
Flavoured coffee Vanilla, Hazelnut, Irish cream	2.25 oz	\$2.55
Crystal Light Strawberry/ Kiwi /Raspberry	3 gr	\$0.55
Tang Crystals (Orange)	3x92gr	\$2.35
Tang Crystals (Grape)	3x92gr	\$2.35
Camomile Tea	28 per box	\$5.66
Lipton Green Tea	28 bag box	\$5.66
Lipton Mint Tea	28 bag box	\$5.66
Potato Chips		
BIG GRAB All Dressed	60 gr.	\$1.63
Nacho Cheese	70gr	\$1.33
All Chips Various Flavours	40 gr.	\$1.10
Cheetos Snack Cheese Puffs	40gr	\$1.10
Microwave Popcorn	99gr	\$1.35
Popped White Cheddar Popcorn	45gr	\$1.35
Chocolate		
Aero	Each	\$1.60
Bounty Bar	Each	\$1.60
Caramilk Bar	Each	\$1.60
Coffee Crisp Bar	Each	\$1.60
Crunchie	Each	\$1.60
Kit Kat Bar	Each	\$1.60
Mars Bars	Each	\$1.60
Mr. Big Bar	Each	\$1.60
Reeses Peanut Butter Cups	Each	\$1.60
Oh Henry	Each	\$1.60
Snickers	Each	\$1.60
Wunderbar	Each	\$1.60
Candy Confectionery		
Dare Jelly Beans	250gr	\$3.06
Werthers Original (Bag)	180gr	\$3.50
Jolly Ranchers Asst. & Tropical	Pkt	\$1.08
Life Savers	Pkt	\$0.97
Certs Fruit/Winter	Each	\$0.75
Twizzler Licorice RED	227gr Bar	\$2.55
Licorice Nibs Red/Black	75gr	\$1.79
Scotch Mints	225gr	\$2.85

Fishermans Friends	Pkt	\$3.06
Non Food Items	Pack Size	
Batteries AA 1.5v	Pkg. of 2's	\$5.25
Batteries AAA 1.5v	Pkg. of 2's	\$5.99
Playing Cards	Deck	\$5.00
Juice/Water Bottle	Each	\$5.97
Rice Cookers	Each	\$9.59
Shower Thongs - CROGS and Sandals	Pair	\$9.69
Soap Dish	Each	\$1.15
Food Container (32oz)	Each	\$1.65
Misc. Foods	Pack Size	
White Instant Rice	350gr Pkt	\$4.16
Twinkies	3 Pkt	\$2.30
Chocolate Oreo Cookies	350gr Pkt	\$4.98
Fugee O' Cookies	350gr Pkt	\$5.17
Ritz Bits Crackers	250gr	\$4.34
Cheez Whiz	10x18gr each	\$4.49
Nutella	375gr	\$6.32
Crunch & Munch	200gr	\$3.66
Dare Choc Chip Cookies	250gr	\$2.34
Ritz Crackers	250 gr.	\$4.14
Graham Crackers	400gr.	\$5.25
Dainty Rice (not Instant)	907gr	\$3.98
Dainty Brown Rice (not Instant)	605 gr	\$4.26
English Bay Oatmeal Raisin / Dble Choc Cookie	100gr	\$1.58
Assorted Herbs and Spices (Garlic Powder / Curry Powder etc)	58gm-68gm	\$2.74
Honey	500gr	\$6.73
Pepperoni Stick 40gr.	Each	\$2.58
Hot Sauce	9gr	\$0.10
Ketchup Individual portions	Each	\$0.10
Ketchup	1Lt.	\$7.24
J/L Kipperd Beef Teriyaki 28gr	28gr	\$3.21
Kellogg Pop Tarts (Strawberry)	Box of 8's	\$4.59
Froot Loops	345gr	\$8.30
Honey Nut Cheerios	330gr	\$5.17
Misc. Foods (cont)		
Harvest Crunch	560gr	\$5.57
Macaroni & Cheese	225gr	\$2.27
Oriental Noodles Beef	85gr	\$0.72
Oriental Noodles Chicken Reg. & Spicy	85gr	\$0.72
Oriental Noodles Oriental	85gr	\$0.72
Mr Noodle Vegetable Cup of noodle NFPC & ACCW	64 G	\$1.28
Kimchi Beef Noodle bowl	86gm	\$1.51
Lipton Mushroom/Alfredo Side Kick	136gr.	\$2.75
Lipton Noodles Herb & Butter /3 cheese	136gr.	\$2.75
Lipton Noodles Fettuccini Alfredo/ Harvest Chick	135gr.	\$2.75
Peanut Butter (Large)	500gr	\$6.38
Kraft BBQ sauce	455ml	\$3.46
Soya Sauce	483ml	\$4.38
Soya Sauce Individual Portions	Each	\$0.08
Hellmanns Mayonnaise individual portions	12ml	\$0.26
Honey Mustard individual portions	28gr	\$0.26
Burritos (Bean & Cheese)	Each	\$1.39
Cheddar Cheese Med and Old	200gr	\$8.96
Pizza Pops	Each	\$1.27
Canned Meat / Fish	Pack Size	
Tuna (Rip & Ready)	85gr	\$2.50
Hygiene Products	Pack Size	
After Shave Balm	75ml	\$6.19
Alberto Hair Gel	150ml.	\$6.09

Emery Board (ACCW ONLY)	Pkt 12	\$0.85
Deodorant Lady Speed Stick (ACCW only)	45gr	\$5.13
Mennen Speedstick	70gr	\$6.10
Gillette Deodorant (Clear Gel)	85gr	\$5.34
Comb	Each	\$0.28
Crest Toothpaste	100ml Tube	\$2.65
Denture Cleaner	Tablets 40's	\$7.05
Denture Adhesive	50gr	\$8.91
Irish Spring	90gr	\$1.59
Ivory Soap	127gr Bar	\$1.32
Dove Beauty Bar	120gr	\$2.98
Lipstick	Each	\$4.58
Mascara	Each	\$13.61
Foundation	Each	\$16.66
Powder Puff	Each	\$10.71
Dental Picks	Pkg 50's	\$4.51
Hygiene Products (cont)		
Finesse Conditioner	300ml	\$4.95
Finesse Shampoo	300ml	\$4.95
Sensodyne Toothpaste	Tube	\$8.71
Brushless Shave Cream	125ml	\$4.37
Reach Medium Tooth Brush	Each	\$2.97
VCL moisturising lotion	295ml	\$7.02
Q -Tips	Pkg. 30's	\$3.38
Clearasil (Acne Cream)	18gr Tube	\$8.75
Foot Powder (Zeasorb)	50gr	\$8.95
Nail Clippers	Each	\$1.48
Lip Balm	4gr	\$2.00
Vaseline Petroleum Jelly	50gr	\$3.34
Old Spice After Hours Bodywash	355gr	\$6.13
Softsoap Citrus Body Wash	532ml	\$7.28
Coin Vending Laundry Detergent	3 x 51gr	\$2.01
Gillette Mach 3 Razor (NCC / FMCC Only)	Each	\$16.63
Gillette Mach 3 blades (NCC / FMCC Only)	Pack of 5	\$25.10
Gillette Excel Sensor Razor (NCC / FMCC Only)	Each	\$13.59
Gillette Excel Sensor Blades (NCC / FMCC Only)	Pack of 5	\$19.84
Gillette Disposable Razor (ACCW Only)	Each	\$2.84
Paper Goods & Stationery		Pack Size
Pen (2'S)	2'S	\$1.39
Christmas Card	Each	\$1.33
Greetings Cards (Blank)	Each	\$1.11
Large Envelope 9 x 12	Each	\$0.55
Lined Writing Paper	Pad	\$2.50
Pencil	Each	\$0.52
Pencil Crayons	Pkg.	\$9.03
Plain Envelopes	each	\$0.11
Plain Paper	Pad	\$3.27
Stamped Envelopes	Each	\$1.43
Over the Counter Medication		Pack Size
Halls Cherry/Honey Lemon/reg	Each	\$1.51
Fisherman's Friends	Bag	\$3.06
Saline Solution (Contact Lens Cleaner)	240ml. Bottle	\$19.13
Nasal Spray	15ml	\$8.38
Tums Antacid Tablets	Roll	\$0.90
Tylenol (20 per Pack)	Pack	\$2.39
A535 Rub	Tube	\$9.72
Over the Counter Medication (cont)		
Allenbury Soap	100gr bar	\$2.97
Motrin, Ibuprofen (12 per pack)	Pack	\$2.00
Multi Vitamins	Card of 30	\$3.59

Vitamin E Cream	600gr	\$14.10
Vitamin C	Card of 30	\$3.13
Polysporin Ointment	15gr	\$11.82
Metamucil	425gr	\$16.58
Preparation H	25gr	\$12.18
Head and Shoulders Shampoo	420ml	\$8.93
Selsun Blue Shampoo	300ml.	\$14.35
Brochophan Expectorant Cough Syrup	250ml	\$7.28
Healthy Choices	Pack Size	
Salted Peanuts	60gr	\$1.32
BBQ Peanuts	60gr	\$1.32
Stone Wheat Thins	300 gr. Box	\$4.44
Nestle Instant Breakfast (Chocolate)	Sachet	\$1.12
Carnation Instant Breakfast (Strawberry)	Sachet	\$1.12
Granola Bar	Each	\$0.94
Oatmeal Indiv Pkt Various Flavours	38gr Sachet	\$0.51
Ensure Various Flavours	235ml	\$2.48
All Flavours Protein Bar	60gr	\$2.47
Premium Whey Protein Powder	1Lb bag	\$15.24
Whey Protein Drink	35gr	\$2.40
Nutritel Meal Replacement Bar Various Flavours	60gr	\$2.44
Munchy Mix Trail Mix	170gr	\$2.97
Raw Energy mix	170gr	\$3.62
Unsalted Deluxe Nut Mix	170gr	\$3.69
Expo Rainbow Mix	170gr	\$2.82
Texas Ranger Mix	170gr	\$2.82
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Canteen prices are generally the same as the prices in the community, but do contain a percentage that is transferred to the Inmate Benefit Fund.		