

Non-Perishable Food Items Families Want in Commissaries and Quarterly Packages

If possible, these products should come from local Washington businesses or at least local branches of businesses that sell quality healthy food. Please consider partnering with Costco, PCC, Uwajimaya, H-Mart (Korean grocer), Trader Joe's, etc. Please consider providing healthy foods from multiple ethnic groups' cuisines to reflect the diversity of our prison population.

Protein

- Whole sardines IN WATER, not oil
- Good variety of seafood packed in water. The less processed and the lower on the food chain, the better. (Smaller fish have less mercury and other pollutant contamination. Sardines and herring often come whole. Bigger fish like salmon and tuna have more contamination and tend to be more processed.)
- Small dried beans and lentils that can be soaked and cooked using cell block microwaves. (large beans might be too hard to cook this way)
- Raw unsalted nuts (CI has added raw almonds – thank you!), pumpkin seeds, and sunflower seeds
- Low sodium, low fat meat jerky

Whole Grains

- Whole rolled and steel cut oats (NOT instant oats, which have much of the nutritious part of the grain sanded off prior to rolling)
- Multi-grain coarse ground hot cereals
- Single serving oatmeal and dried fruit cups (with whole rolled oats, not instant oats)
- Quinoa (can be soaked and cooked in microwave)
- Bran cereals
- Shredded wheat cereal, no sugar added
- Ak-Mak® brand crackers – affordable, low sodium, healthy
- Ryvita® crackers
- Kashi® crackers
- Back to Nature® crackers
- Wasa® wholegrain flatbread
- 100% whole grain pita chips, pastas, etc.

Fruit & Vegetables

- Roasted seaweed, dried kelp
- Dried kale, spinach, etc.
- CI has added mushrooms and tomatoes to commissary – thank you!
- Dried chilies
- Freeze dried and dried fruit, including raspberries, blueberries, strawberries, cherries, raisins, etc. Should not have sugar or oils added, so things like dried cranberries are not good.

Soups

- Lentil and split pea soup cups
- Quinoa and dried kale, carrot, and other vegetable soup mixes
- Low sodium small cartons of chicken, vegetable, and beef broth for cooking beans, lentils, grains
- Small cartons of black bean soups (available in bulk boxes from CostCo)
- Miso soup packs

Spices & Herbs – provide anti-inflammatory, anticarcinogenic, and other health benefits.

- Cinnamon
- Oregano
- Chili flakes
- Cumin
- Curry powder
- Turmeric
- Garlic (CI just added to commissary– thank you so much!)
- Black sesame seeds
- Etc.

Beverages

- Broader selection of herbal, white, and green teas
- Existing milk powder on commissary is good
- Power greens powder packets? (like health food stores sell...spirulina and other greens)
- Chinese Greenmax mix packets (available on Amazon.com and at local grocers like Ranch Market and other big Chinese grocery stores)
 - These are excellent. They usually contain powder from whole grains, black sesame, dried yam, green tea powder, etc. Tons of nutrient variety in one packet that can be mixed with water. Excellent flavor, too.

Sweets

- Dark chocolate is lower in sugar than other candies. Unadulterated cocoa also has some health benefits.
- There is no reason to have so many candy products on commissary/quarterly package order forms
 - diabetes care should be subtracted from CI profit reporting, and taxpayers should be told what all this candy is costing them in medical care for incarcerated people

