

APÊL DIOLCHGARWCH

CEFNOGWCH BANC BWYD CAERDYDD

HARVEST APPEAL

HELP SUPPORT CARDIFF FOODBANK



RHOI BWYD

Mae rhoi eitem neu ddwy o'n rhestr siopa yn sicrhau ein bod yn gallu darparu bwyd i helpu pobl mewn angen.

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.

RHESTR SIOPA

Pwdin Sbwng
Sudd Ffrwythau Hir Oes
Siocled/Losin
Pwdin Reis Tun
Reis Grawn Hir
Cwstard Tun
Tomatos Tun
Pysgod Tun
Ffrwythau Tun

SHOPPING LIST

Sponge Pudding
Fruit Juice Long Life
Chocolate/Sweets
Tinned Rice Pudding
Long grain rice
Tinned Custard
Tinned Tomatoes
Tinned Fish
Tinned Fruit

WWW.CARDIFF.FOODBANK.ORG.UK

#CARDIFFFOODBANK

Registered charity number 1139456 | Registered in England and Wales. Part of The Trussell Trust Network of food banks

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