

APÊL DIOLCHGARWCH

CEFNOGWCH EICH BANC BWYD CAERDYDD

HARVEST APPEAL

HELP SUPPORT CARDIFF FOODBANK



Cardiff
Foodbank
Banc Bwyd Caerdydd
Together with Trussell

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
Pwddin Reis Tun
Byrbrydau Sawrus
Cwstard Tun
Tomatos Tun
Pysgod Tun
Ffrwythau Tun



Shopping List

Sponge Pudding
Fruit Juice Long Life
Chocolate/Sweets
Tinned Rice Pudding
Savory Snacks
Tinned Custard
Tinned Tomatoes
Tinned Fish
Tinned Fruit

www.cardiff.foodbank.org.uk

#CARDIFFFOODBANK