

EIN HEITEMAU MWYAF ANGENRHEIDIOL OUR MOST NEEDED ITEMS

Rydyn ni wedi bod yn gwneud rhestr!

LLAETH UHT (HIR-OES)
LOSIN A SIOCLED
JAM A THAENIADAU
PWDINAU SBWNG A CHACENNI HIR-OES
BISGEDI
SUDD FFRWYTHAU (HIR-OES)
TATWS TUN
PASTA A REIS HAWDD EU COGINIO
TOMATOS TUN
FFRWYTHAU TUN
PWDIN REIS
CWSTARD
CREISION/BYRBRYDAU SAWRUS
CIG TUN

We've been making a list!

UHT MILK (LONG LIFE)
SWEETS AND CHOCOLATE
JAM AND SPREADS
SPONGE PUDDINGS AND LONG LIFE CAKES
BISCUITS
FRUIT JUICE (LONG LIFE)
TINNED POTATOES
EASY COOK PASTA AND RICE
TINNED TOMATOES
TINNED FRUIT
RICE PUDDING
CUSTARD
CRISPS/SAVOURY SNACKS
TINNED MEAT

Am ragor o wybodaeth, ewch i: | For more information please visit:
cardiff.foodbank.org.uk/give-help/donate-food/

