

Y Nadolig hwn... This Christmas...

beth am roi i'ch banc bwyd lleol?

how about donating to your local foodbank?



Cewch roi yn ariannol you can give a donation:

<https://southgwynedd.foodbank.org.uk/give-help/donate-money/>

<https://valeofclwyd.foodbank.org.uk/give-help/donate-money/>

<http://conwyfoodbank.co.uk>

Neu cewch roi bwyd or you can donate food at:

Co-op, Bala Tesco, Ruthin Golygfa Gwydyr, Llanrwst

- **PACKETS OF MASH POTATO**
- **TINNED POTATOES**
- **TINNED CARROTS**
- **TINNED SWEETCORN**
- **TINNED RICE PUDDING**

- **TINNED CUSTARD**
- **SHAMPOO & CONDITIONER**
- **LOO ROLLS**
- **SHOWER GEL**
- **TOOTHPASTE**