

- Llefrith (UHT neu bowdr)
- Siwgr (500g)
- Sudd Ffrwythau (carton)
- Saws Pasta
- Pwdin Sbwng (tun)
- Grawnfwyd
- Pwdin Reis/cwstard
- Coffi
- Powdwr Tatws Stwnsh
- Reis/Pasta (nid lasagne)
- Cig/Pysgod Tun
- Ffrwythau Tun
- Tatws/moron/pys/corn melys Tun
- Spaghetti Tun
- Bisgedi neu snack bars
- Sebon/showel gel/shampw/past dannedd
- Bagiau "am oes"

Rhowch gymorth i bobl leol mewn argyfwng trwy brynu eitemau o'r rhestr yma a'u cyflwyno i'r man casglu bancbwyd Caernarfon tu allan i'r archfarchnad. Diolch yn fawr!



- Milk (UHT or powdered)
- Sugar (500g)
- Fruit Juice (carton)
- Pasta Sauces
- Sponge Pudding (Tinned)
- Cereals
- Rice pudding/custard
- Coffee
- Instant Mash Potato
- Rice/pasta (not lasagne)
- Tinned Meat/Fish
- Tinned Fruit
- Tinned potatoes/ carrots/peas/sweetcorn
- Tinned spaghetti
- Biscuits or snack bars
- Soap/shower gel/shampoo/toothpaste
- "For life" carrier bags

Please help local people in crisis by buying some of the items on this list and handing them in at the Caernarfon Foodbank drop off point outside the supermarket. Thank you very much!

