



5/10/26

Annwyl Rieni /Gwarcheidwad,

Rydyn ni fel Ysgol yn dathlu'r Cynhaeaf wythnos yn dechrau 12/10/26.  
Hoffai'r Cyngor Ysgol i ni gasglu ar gyfer y Banc Bwyd eto eleni.

*As a school we are celebrating Harvest the week beginning 12/10/26. The School Council would like us to make a collection for the Food Bank once again this year.*

Dyma'r rhestrï o'r Banc Bwyd:- *Here are the lists from the Food Bank.*

Bydd y casgliad yn cau ar ddydd Llun 19/10/26. *The collection will close on Monday 19/10/26.*

### **Food Items**

Soup – (tins & packets)  
Tomatoes (tinned)  
Baked Beans  
Potatoes (tinned/instant mash)  
Vegetables (tinned)  
Meat (tinned)  
Fish (tinned)  
Pasta (max 1kg packs)  
Rice (max 1kg packs)  
Cooking Sauces (pasta sauce etc.)  
Breakfast Cereals (size 350g – 500g)  
Biscuits  
Tea  
Coffee (instant)  
Fruit (tinned)  
Milk (UHT long/life 1 litre)  
Fruit Juice – long life (1 litre cartons)  
Squash (1 litre bottles)  
Savoury Snacks (Crisps, crackers etc)  
Chocolate/Sweets  
Condiments (Ketchup etc.)

### **Seasonal Items**

Christmas  
Easter

### **Toiletries**

Female Hygiene Products

Individual bars of soap  
Deodorant/antiperspirant  
Shampoo  
Shower gel Shaving foam/gel  
Toothpaste & Toothbrush (adult and child)  
Hairbrush/comb

### **Household Items**

Washing up liquid  
Laundry liquid/gel  
Toilet roll (small packs or individual rolls)  
Cleaning sprays  
Cleaning cloths and wipes  
Hand sanitisers  
Good quality carrier bags

### **MAE ANGEN / MOST NEEDED ITEMS**

- **TINNED CORNED BEEF**
  - **TINNED HAM**
  - **TINNED/PACKET POTATO/MASH**
  - **TINNED FISH TUNA/MACKEREL/ SARDINES**
  - **TINNED/PACKET SOUPS**
  - **TINNED SPAGHETTI**
  - **TINNED TOMATOES**
  - **PASTA SAUCE TOMATO BASED**
  - **TINNED VEGETABLES**
  - **TINNED FRUIT**
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- **CARRIER BAGS**

### **DOES DIM ANGEN / WE DO NOT REQUIRE**

- **CEREAL**
  - **PORRIDGE**
  - **BAKED BEANS**
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- **PASTA**

Diolch

Y Cyngor Ysgol.