

Mae'r ysgol yn ganolfan casglu bwyd ar gyfer Banc Bwyd Pwllheli mewn cydweithrediad ag Eglwys Sant Pedr, Capel y Drindod a Chapel Penlan.

Gallwch ein cynorthwyo drwy gyfrannu rhai o'r eitemau a nodir isod.

Bwyd a chynnyrch brechwast

Tuniau a phacedi cawl

Tuniau Ffa Pob,

Tuniau llysiau e.e.tatws,pys,tomatos,pys
melyn

Tuniau cig,ciw iar mewn saws, cig eidion
mewn grefi

Tuniau Pysgod

Pacedi cymysgedd casserole / pryd pasta

Tuniau ffrwythau

Tuniau pwddin reis

Tuniau Cwstard

Pacedi Pasta / Tuniau Pasta

Reis

Coffi, Siwgr, Te, Sudd oren/afal (hir oes)

Bisgedi

Llefrith hir oes

Saws tomato

Bariau Siocled bach

Yn ogystal..... Papur toiled; Shampŵ; Past dannedd; Sebon; Bagiau plastig

Ni ddylid cyfrannu unrhyw nwyddau ffres sy'n pydru.

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The school will be a donation station for the Pwllheli Food Bank scheme in collaboration with St Peter's Church, Capel y Drindod and Capel Penlan.

We would appreciate receiving any of the items listed below.

Breakfast cereals

Tinned /Packet soups

Baked beans

Tinned vegetables e.g. potatoes,
peas,tomatoes, sweetcorn

Tinned meat -ham,chicken in sauce, beef in
gravy,sausages

Tinned fish

Casserole mix / pasta sauces

Tinned fruit

Rice pudding

Tinned Custard

Dried Pasta / tinned pasta

Rice

Coffee, Sugar, Tea, Longlife fruit juices

Biscuits

Long life milk

Tomato Ketchup

Small Chocolate bars

Also..... Toilet paper; Shampoo; Toothpaste; Soap; Plastic Carrier Bags

Please do not donate fresh food as it will not keep.