

**RHODDION AR GYFER BANC BWYD**  
**POSSIBLE ITEMS THAT YOU COULD DONATE TO THE FOOD**  
**BANK**

Diolchgarwch Gwenffrwd: gallwch anfon rhywbeth oddi ar y rhestr isod i'r ysgol gyda'ch plentyn Ddydd Llun 17eg neu Ddydd Mawrth 18fed, neu ddod â hwy eich hun i'r Neuadd Fawr os ydych am ddod draw fore Mawrth am 9.15yb.

Thanksgiving donations: supporting our local community - you may choose to donate any item listed below and send into school with your child on Monday 17th or Tuesday 18<sup>th</sup> - or you may drop them off yourself if you intend to come to the Main Hall at 9.15am next Tuesday morning to share in a few hymns and a prayer.

<b>Itemau BWYD -</b>	<b>FOOD items -</b>
Llysiâu mewn TUNIAU e.e.corn	TINNED vegetables - e.g. sweetcorn
Ffrwythau mewn TUNIAU	TINNED fruits
Cwstard mewn TUN	TINNED custard
Tiwna neu Eog mewn TUN	TINNED tuna or salmon
Reis i'w gynhesu mewn microdon	Ready cooked rice
Soup	Cawl
<b>Hylendid Personol -</b>	<b>Personal Hygiene-</b>
Sebon	Soap
Past dannedd	Tooth paste
Hylendid gwrth-chwys	Deodrant- for men/ unisex
Brws dannedd	Tooth brushes
Shampwê	Shampoo