



REVERSE ADVENT CALENDAR



Dewch â'ch parcel advent i'r banc bwyd syth ar ôl y Nadolig. Mae'r wythnosau a misoedd wedi'r wyl yn medru bod yn anodd ar deuluoedd ac unigolion sy'n wynebu caledi. Oriau agor y banc bwyd yw dydd Mawrth a dydd Gwener rhwng 10yb a 2yp. Rydym wedi'n lleoli yng Nghanolfan Gwyrfai wrth ymyl Ready Foods yn stâd Cibyn yng Nghaenarfon.

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|--------------------------|-----------------------------|-----------------------------|--------------------------------|---------------------------|------------------------------|
| 1 Tun o gawl | 2 Shampwê | 3 Bocs o siocledi | 4 Tun o domatos | 5 Reis | 6 Potel o sgwas |
| 7 Biscedi | 8 Tun o gŵn poeth | 9 Tun o bysgod | 10 Coffi | 11 Jam | 12 Grawnfwyd |
| 13 Te | 14 Bariau siocled | 15 Sudd ffrwyth | 16 Bag o datws stwns | 17 Tun o lysiau | 18 Sebon |
| 19 Tun o datws | 20 Tin o gig | 21 Papur toiled | 22 Pwddin reis | 23 Llefrith UHT | 24 Tun o ffrwythau |





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Bring your advent parcel to the foodbank directly after Christmas. The weeks and months after the holiday can be hard on families and individuals facing hardship. The foodbank's opening hours are Tuesday and Friday, 10am to 2pm. We're located in Canolfan Gwyrfai next to Ready Foods in the Cibyn estate in Caernarfon.

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| 1 Tinned soup | 2 Shampoo | 3 Box of chocolates | 4 Tinned tomatoes | 5 Rice | 6 Squash |
| 7 Biscuits | 8 Tinned hot dogs | 9 Tinned fish | 10 Coffee | 11 Jam | 12 Cereal |
| 13 Tea | 14 Chocolate bars | 15 Fruit juice | 16 Instant mash | 17 Tinned vegetables | 18 Soap |
| 19 Tinned potatoes | 20 Tinned meat | 21 Toilet roll | 22 Rice pudding | 23 UHT Milk | 24 Tinned fruit |

