



Y Ganolfan Adeiladu Gweithredu
Cymdeithasol
Centre for Building Social Action

Food Forward North Carmarthenshire

Join Y Fased Siopa's Food Forward Club

Are you finding your diet lacks healthy, nutritious food?

We are not a foodbank – we offer a membership scheme, where for just £1 a year your household can join and get access to affordable, fresh & nutritious food.

Collaborating with the Young Farmers Club Federation, Fareshare & Incredible Edibles Carmarthenshire, as well as working with local communities, councils and businesses, Y Fased Siopa is a Lottery funded project which will support residents in North East Carmarthenshire.



Members can then select a weekly basic or family sized food box:

- For £3.50 per week we will provide a basic box with a variety of foods, with a retail value around £15-£20.
- For £5.00 per week we will provide a family box with a variety of foods, with a retail value around £20-£25.

We can't guarantee what will be in each box, but the emphasis will be on fresh produce every time.

You don't need a referral – we can help if you are finding it hard to afford fresh, low cost food.

Call Heleb on 07958 649722, or email hevans@cbsa.org.uk

Working with:



Funded by:





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Cegin Cymwynas Llanymddyfri

Ymunwch â Chlwb Cegin Cymwynas y Fased Siopa

Ydych chi'n gweld bod eich deiet yn brin o fwyd iach, maethlon?

Nid banc bwyd ydym ni – ry'n ni'n cynnig cynllun aelodaeth y gall eich cartref ymuno ag e am ddim ond £1 y flwyddyn a chael gafael ar fwyd fforddiadwy, ffres a maethlon.

Gan gydweithio â Chlybiau Ffermwyr Ifanc Cymru, Fareshare & Incredible Edibles Sir Gâr, yn ogystal â chymunedau, cynghorau a busnesau lleol, mae'r Fased Siopa yn brosiect a ariennir gan y Loteri a fydd yn cefnogi preswylwyr yng Ngogledd Ddwyrain Sir Gâr.



Gall aelodau ddewis bocs bwyd sylfaenol neu faint teulu yn wythnosol:

- Am £3.50 yr wythnos byddwn yn darparu bocs sylfaenol gydag amrywiaeth o fwydydd, sy'n werth tua £15-£20 o ran prisiau manwerthu.
- Am £5.00 yr wythnos byddwn yn darparu bocs canolig gydag amrywiaeth o fwydydd, sy'n werth tua £20-£25 o ran prisiau manwerthu.

Ni allwn warantu beth fydd ymhob bocs, ond bydd y pwyslais ar gynnyrch ffres.

Nid oes angen atgyfeiriad arnoch – gallwn ni helpu os ydych chi'n ei chael hi'n anodd fforddio bwyd ffres, cost isel.

Ffoniwch Helen ar 07958 649722, neu e-bostiwch hevans@cbsa.org.uk

Yn gweithio gyda:



Ariennir gan:

