



**J**esus said: "I AM the resurrection and the life.  
The one who believes in me will live, even though they die:" John 11:25

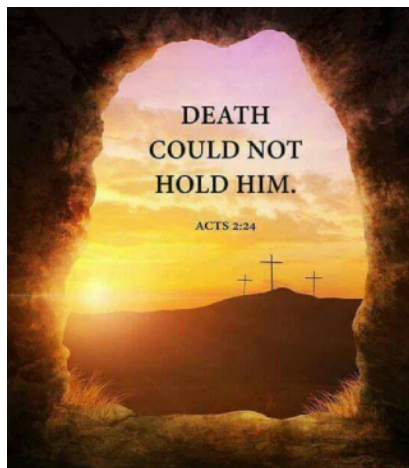
Wishing all our supporters, volunteers and donors a very Happy Easter. Jesus is alive and we can trust in our risen Saviour and Lord.

We are deeply grateful to each one of you who gives your time, food, and financial support. We simply could not feed so many people without your generosity to this ministry.

Our vision is a future where no one needs a food bank, yet sadly more and more people are facing hardship and cannot afford the essentials. Your kindness makes a real difference in the lives of so many in our communities and we rely on your continued support to remain here for those who need us.

A special thank you to all shoppers in Tesco (Merthyr Tydfil & Aberdare) and Asda (Dowlais Top). Your donations are topped up by Tesco and Asda by 20% of everything you buy in store and place in our boxes and trolley. This extra support allows us to purchase vital items we are short of.

Thank you again for your incredible support and may the Lord bless.



### People fed Jan and Feb 2026

	Vouchers	Adults	Children	Total
<b>Jan</b>	260	351	198	549
<b>Feb</b>	240	336	167	503

### Donations in kilos at Supermarket Permanent Collection Points (PCP's)

PCPs	Jan	Feb
Tesco MT	573.25	508.07
Tesco AB	675.95	437.35
Asda MT	156.55	233.70

### Items of need please

Squashed (750 mls)	Biscuits
Rice 1 kilo	
Tinned rice pudding	<b>Toiletries</b>
Jars of jam	Shower gel
Cooking sauce	Shampoo
Tinned fruit	Toothpaste
Cereals	
Pasta	



Merthyr Cynon Foodbank, Gurnos Christian Centre  
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