



**O**pen your hand to the poor and needy in your land.  
*Deuteronomy 15:11 b*

A heartfelt thank you to our wonderful team of volunteers, whose compassion and respect for everyone who comes through our doors is at the core of everything we do. Your kindness brings dignity and hope to people facing real hardship.

We also extend our deepest gratitude to all our donors, individuals, churches, shoppers at Merthyr and Aberdare Tesco and Merthyr Asda, as well as the charities and organisations who stand with us. Without your generosity, we simply wouldn't be able to feed anyone!

Your support makes a real and lasting difference in our community, and we are truly grateful and your generous food and monetary donations play a vital role in sustaining our work. We count on you.

May the Lord bless you all.

In addition to your generous food and monetary donations, we are currently in urgent need of spare carrier bags please!

Many thanks for your kind donations.



Merthyr Cynon Foodbank, Gurnos Christian Centre  
26 Spruce Tree Grove, Merthyr Tydfil CF47 9AU



07427 537437



### People fed May and June 2026

	Vouchers	Adults	Children	Total
<b>May</b>	201	278	106	384
<b>June</b>	206	275	145	420

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

PCPs	May	June
Tesco MT	512.10	590.75
Tesco AB	463.32	523.50
Asda MT	180.95	249.45

### In urgent need please

Tinned rice pudding	Coffee (no frills) & tea
Tinned fruit	Tinned carrots
Long life milk	Tinned peas
Tinned soup	Jars of jam
Tinned tomatoes	<b>Toiletries</b>
Squashes	Shower gel
Cereals	Shampoo
Pasta	Toothpaste
Cooking sauce	Toilet rolls

