The Big Fair Trade PICNIC Guide

29th June - 1st July

HELP MAKE WALES A FAIR TRADE COUNTRY

HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

The World record for the biggest ever picnic is 8000 people set in Tenerife, Spain on 2nd May 1999.

Our aim is to show our support for Fair Trade by breaking this record and creating the world's LARGEST EVER FAIR TRADE PICNIC.

This means we need about 400 people picnicking in each Local Authority area!

There will be three days dedicated to picnics- from Friday 29th June to Sunday 1st July. For more information including how to organise a picnic, ideas, recipes, a poster and press release please read on...!

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How to organise your BIG Fair Trade picnic

1. **Get together a good group of people** who can help to organise the event; prepare food, arrange games, create posters and contact the media

2. **Plan the event** and create a timeline of what needs to be done and when. Use the example below for guidance. Think of the practicalities:
   - Where will the picnic be held?
   - If it is in a public place, do you require permission from the council?
   - How many people will be there?
   - Does everyone bring their own food and drink, or will you supply it, or sell it?
   - Will you charge to come to the event?

   Assign tasks within your group. And most of all **plan a picnic that will really capture people's imagination!** There will be a prize for the best picnic in Wales!

3. **Post your event on the Fair Trade Wales website** so that everyone knows what's going on and where: www.fairtradewales.com

4. To get the numbers to break the world record we need to get as many groups on board as possible picnicking over the same weekend To do this you need to try and **advertise the Big Fair Trade Picnic**. Contact local schools and community groups, put up posters and try and get as many people as possible involved! Ask them to your event or invite them to start their own.

5. This is a great chance to raise the profile of Fairtrade! **Contact the local newspapers**, radio and TV to tell them what's going on and why. You can use the attached press release to adapt and send out 1 month before the event to attract more picnickers. Remind the media again a week before your picnic. After the event, send follow up statistics to the papers (eg 200 cups of Fair Trade tea drunk), along with a good photo.

6. The day itself- Be prepared for rain with umbrellas, raincoats or a back up plan! Incorporate games into the event. Be sure to have a good time and take a record of how many people turned up. **Get everyone to sign the Fair Trade Wales petition**, and get this signed by someone respectable so it can count towards the record attempt!

7. Make sure there is assigned photographer who can catch it all on camera and send us the evidence! Brief the photographer not to take pictures of children under 16 without prior parental/guardian consent. To help them you could make them a badge.

There will be a prize for the most imaginative picnic!

Environmental Note!

Please don't use throw away cups and plates- thank you!

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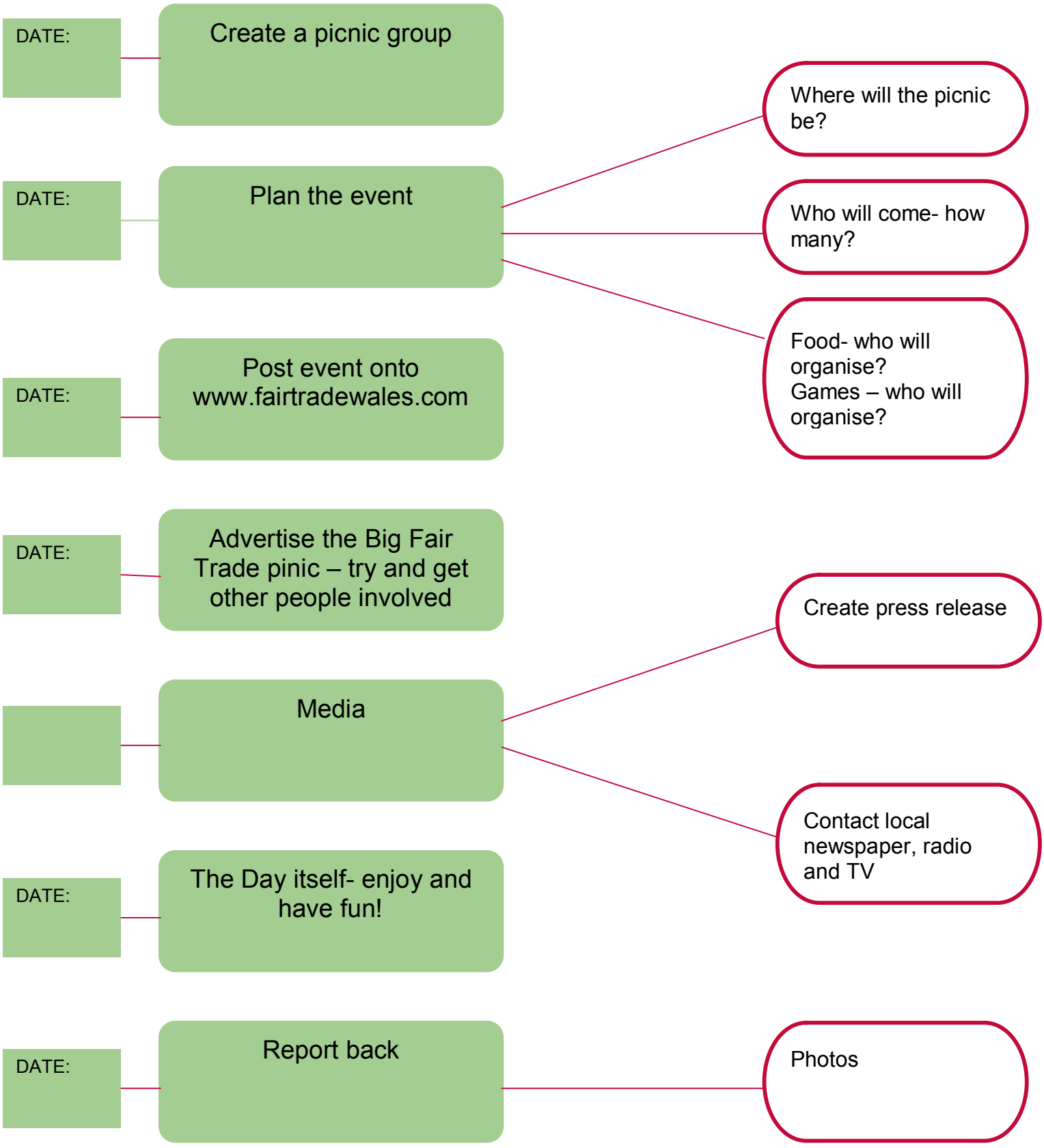
TIMELINE


DATE:
Create a picnic group
DATE:
Plan the event
Where will the picnic be?
Who will come- how many?
Food- who will organise?
Games – who will organise?
DATE:
Post event onto www.fairtradewales.com
DATE:
Advertise the Big Fair Trade pinic – try and get other people involved
Media
Create press release
Contact local newspaper, radio and TV
DATE:
The Day itself- enjoy and have fun!
DATE:
Report back
Photos

IDEAS

The Big Fair Trade picnic is about having a great day out and promoting Fair Trade at the same time, letting everyone know how yummy it is, and helping to make Wales the world's first Fair Trade Country.

The ideas below mght help you to get started…

Where to hold the picnic?

The traditional and still one of the best places to have a picnic is in the local park. A brilliant space with potential for as many people that can squeeze into a big green field. There will also be room for children to play. In a similar vein the beach is a good setting for a pretty, if sandy, picnic.

However, to grab media attention is there anywhere more unusual than this? Could you set the picnic up on a roundabout? In the town square? On a cricket pitch (during the lunch or tea interval of a game)? In the woods? Up a mountain? It's up to you!

Picnic with a twist?

Another way of getting a bit more attention is to add a twist to the picnic. You could give the picnic a theme - perhaps it could be a luxury picnic with everyone is evening dresses and suits? Or a World picnic with food and music from some of the different regions that Fair Trade helps. Even a Teddy Bears picnic especially for children.

Organising the food?

A lot of thought will need to go into the food. For an easy solution just get everyone to bring along their own food to share with other people. If you take this option make sure that everyone knows to bring along at least one Fair Trade option. Alternatively you could make the food and have a small charge for people to come along, or sell food from a Fair Trade stall. There is also the option of getting local schools or catering colleges involved and seeing if they could make the food, or using a local catering outlet which uses Fair Trade ingredients. Make sure this is all planned in advance. If you are providing catering, you will need to know how many people are likely to turn up.

Other activities?

If there are children involved it's probably a good idea to have a few games lined up to keep everyone entertained. You could have hula hoop championships, three legged races, pinatas filled with fair trade goodies and tied to trees, a fancy dress competition or for football fans a keepy-uppy competition using Fair Trade footballs!

Depending on the venue it might be possible to have a film to do with fair trade playing such as Black Gold

You could also use the opportunity to let people know what Fair Trade's all about - this could be done with a talk, some pictures or even a bit of theatre!

How to get other people to join in?

Spread the word - tell everyone you know about it. Tap into the networks and local community groups that already exist. Email round the poster included in this pack and ask other people to do the same so that everyone knows what is going on, when and how they can get involved. This event should prove really popular as who doesn't want to spend their weekend sitting in the sun (hopefully!) with a picnic and friends.

The poster could also be put up in local shops and cafes. Try and encourage schools, colleges and youth groups to get involved. Maybe local employers could organise one for their staff's lunch break!

The Big Fairtrade PICNIC

CWMSCWT CASTLE GROUNDS

1ST JULY, 11.30 AM – 3.00PM, Price: £3

The event includes a picnic and drinks, a fancy dress competition and the wacky races

To book a place please contact Mr Fair Trade on:
02920 123456
Fairtrade@cwmscwt.org.uk

Come and help Wales break the world record for the BIGGEST EVER PICNIC!

To arrange your own picnic as part of the world record attempt please go to www.fairtradewales.com to download your free guide and register your event:

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Template Press Release

[Insert date] – for immediate release

The Big Fair Trade picnic in [name of town]

People in [insert town] gather for a Fair Trade picnic and aim to beat a world record

Fair Trade will be on the menu this weekend, as picnickers come out in force in [insert town], in an attempt to break the world record for the biggest picnic ever.

As part of the drive to help make Wales the word's first Fair Trade nation, Fair Trade picnics are being held across the country between the 29th June and the 1st of July.

The world record for the biggest ever picnic is 8000 people set in Tenerife, Spain in 1999.

Schools, local Fair Trade groups and even businesses are taking part holding picnics.

[XXX] people are expected at a picnic in [insert venue and town/village/area] on [insert date] at [insert time], organised by the [insert local name] Fair Trade group.

[Spokesperson] invites people to join in: sample – adapt to tell people what they need to know about your event **"[*We invite everyone to bring their rugs and flasks, fill them with Fair Trade beverages and join us in this fun event to promote awareness of Fair Trade. Bring your families and friends and join in our theme of teddy bears/ fruit/ Africa!*]"**

Wales' Fair Trade Development Officer, Mark Richardson explains the thinking behind the Big Fair Trade Picnic:

"We hope this will be a fun way for people to get together and get Fair Trade into their shopping habits at the same time. There are many Fair Trade products that can be added to recipes. By regularly buying Fair Trade we can help producers make big improvements to their lives."

"For example, cocoa producers in a Fair Trade co-operative in Ghana have installed wells to get access to safe drinking water."

To become a Fair Trade country there need to be active Fair Trade groups in every county in Wales and in most of the towns. Currently there are six counties and X towns.

How can we help?

- **Buy a Fair Trade product every month.**
- Get involved with your local Fair Trade Group
- Register your support at www.fairtradewales.com and get your friends and family to do the same.

If you can't join in on the day you can always hold your own Fairtrade picnic and register on the website. You can also download your free BIG Picnic pack with some get recipe ideas!

For more details or to take part contact [insert contact] on [insert landline and mobile].

- Ends -

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Notes to editors

For more information about the [event] contact [name of event organiser] on [mobile and landline number].

1. **Photo Opportunity**
   ***When**: [insert time and date of event]*
   ***Where**: [insert exact location with postcode and url link to map if possible]*
   ***Who**: [insert type of photo opp, names of people who will appear and act as spokespeople]*
   Photographers - please let us know if you will be attending so we can arrange to meet you.

2. The Wales Fair Trade Country campaign is backed by the Welsh Assembly Government. To find out more about the campaign go to www.fairtradewales.com or contact the Fair Trade Development Officer for Wales, Mark Richardson on
   [07766 015 664].

   Wales already has seven Fair Trade counties (Wrexham, Flintshire, Denbighshire, Conwy, Cardiff Rhondda Cynon Taff and Swansea). Every county in Wales now has a Fair Trade group and there's competition to become the next county to receive the title.

   55 towns need to have active Fair Trade groups, currently there are 32.

3. Fairtrade products.
   - There are now over 2000 Fairtrade certified products available in the UK. Products range from coffee and tea to wine and chocolate, even footballs and jeans!
   - The FAIRTRADE mark guarantees producers have been paid fairly for their labour. Plus extra money goes to their community as a social premium; producers decide democratically to pay for improvement projects such as wells, new schools and health care.
   - Fairtrade retail sales reached £195m last year. This is a growth sector, with the UK being currently the biggest consumer of Fairtrade products.

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Recipe Ideas

For a gift pack of sumptuously illustrated Fair Trade recipes contact Lis Perkins at Just Shopping: lis@fish.co.uk

Sun-Dried Tomato Pesto Dip

Taken from Tropical Wholefoods
www.tropicalwholefoods.co.uk

100g T. Wholefoods Sun Dried Tomatoes **FAIR TRADE**
200ml Olive Oil **FAIR TRADE**
100g Pitted Black Olives
2 handfuls of chopped Fresh Basil 50g Pine Nuts
Salt and crushed garlic to taste

1. Plunge tomatoes into warm water for 3 minutes to soften. Then drain.
2. Blend all the ingredients in a food blender, until they are well mixed.
3. Serve on either pasta, rice or baked potatoes. Also delicious as a dip for crisps, breadsticks and garlic bread.

Basmati Rice Salad

2 cups basmati rice **FAIR TRADE**
3/4 cup Organic cashew nuts **FAIR TRADE**
1/2 cup dried raisins **FAIR TRADE**
5 tablespoons Zaytoun olive oil **FAIR TRADE**
4 cups water
1 1/3 cups thinly sliced green onions
1 1/2 cups thinly sliced celery
3/4 cup minced fresh parsley
1/2 cup chopped walnuts
5 tablespoons lemon juice
3 tablespoons soy sauce
2 1/2 teaspoons ground cumin

1. Combine 4 cups water and rice in large saucepan. Bring to boil. Cover; reduce heat and simmer until tender, about 35 minutes. Drain if necessary. Transfer rice to large bowl.
2. Mix in green onions, celery, parsley, cashew nuts, raisins and walnuts.
3. Whisk olive oil, lemon juice, soy sauce and cumin in small bowl to blend. Pour over rice salad; toss to coat.
4. Season to taste with salt and pepper and serve.

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Fruity Sausage Roll

From Tropical Wholefoods
www.tropicalwholefoods.co.uk

1 Packet of Puff Pastry
1 Onion
450g Organic Sausage Meat
(or for a vegetarian alternative - sosmix)
1 Tablespoon of Sunflower or Vegetable Oil
1 Egg Beaten
1 Packet of Tropical Wholefoods Mango or Papaya reconstituted in fruit juice **FAIR TRADE**

1. Pre - heat oven to 200c or 180 for fan assisted ovens. Grease a large baking sheet.
2. Chop the onion and gently fry for 5 minutes. Add the sausage meat and continue frying until cooked.
3. Take off the heat and drain through a sieve to remove excess fat. If using sosmix, then reconstitute as usual and leave to stand for 5 mins.
4. Chop fruit and add to the mixture. Allow to cool.
5. Roll out pastry into a large oblong. Put cooled mixture into centre third of pastry. Apply egg mixture to one side and fold to seal. Brush outside with beaten egg
6. Bake in oven for 20-30 mins until pastry is risen and golden.
7. Cut up and serve with salad at the picnic

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Coffee Pecan and Raisin whirls

From the Fairtrade Foundation website
www.fairtrade.org.uk

Finely grated zest and juice of 1 orange **FAIR TRADE**
60g unrefined (golden) sugar **FAIR TRADE**
1 tablespoon warmed runny honey **FAIR TRADE**
250g bought puff pastry
½ teaspoon ground cinnamon
40g pecans
60g raisins **FAIR TRADE**
1 egg, beaten
15g melted butter

For the icing:
75g icing sugar
1 teaspoon instant coffee granules, dissolved in 1 tablespoon boiling water **FAIR TRADE**

1. First put raisins in a bowl with the orange juice and leave to soak for 1 hour.
2. Preheat oven to 220°C/425°F/gas mark 7.
3. Roll out the puff pastry to a square, measuring about 24cm. Brush with melted butter, leaving a 2cm gap down 2 parallel edges.
4. Mix sugar well with the cinnamon and orange zest. Break pecans into pieces about the same size as the raisins and mix into the sugar.
5. Drain the raisins and add to the sugar mixture.
6. Spread onto pastry, avoiding the gap along the 2 edges. Brush the gaps with beaten egg. Starting with one of these edges, roll up tightly like a swiss roll. Seal the edge as tightly as possible, using more beaten egg. With a sharp knife, slice the roll into 2cm wide rounds.
7. Place on a baking tray and brush top and sides with more beaten egg. Bake for 25-30 minutes until golden brown.
8. Brush tops with warmed honey straight from the oven. Transfer to a wire rack to cool.
9. Make up icing by beating the coffee into the icing sugar until smooth. When pastries are cool, drizzle with icing.

FAIR TRADE BANANA LOAF

Taken from the Fair Trade Foundation
www.fairtrade.org.uk

150 g (5 oz) caster sugar **FAIR TRADE**
450 g (1 lb) bananas (the gooier the better) **FAIR TRADE**
175 g (6 oz) mixed dried fruit **FAIR TRADE**
225 g (8 oz) self-raising flour
100 g (4 oz) butter
½ teaspoon salt
2 eggs

Pre-heat the oven to 180°C/350°F/Gas Mark 4. Peel and mash the bananas, and then mix all the ingredients except the dried fruit together. You can do this in a food processor, or by hand in a basin. When they're all thoroughly mixed, add the dried fruit. Spoon the mixture into a 1 kg (2 lb) non-stick loaf tin, spread it out evenly and bake it for 1½ hours. The loaf is done when a skewer pushed into its middle comes out clean. Cool on a wire rack before slicing.

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FAIR TRADE BROWNIES

Adapted from BBC

20g/¾oz cocoa powder **FAIR TRADE**
150g/5oz plain chocolate **FAIR TRADE**
90g/3½oz plain flour
150g/5oz icing sugar
90g/3½oz unsalted butter, melted
2 tbsp golden syrup
2 eggs
1½ tsp vanilla essence
40g/1½oz hazelnuts, roasted, skinned and chopped

1. Preheat the oven to 180C/350F/Gas 4.
2. Grease a 25cm/10in square baking tin.
3. Stir the dry ingredients together in a large bowl.
4. Melt the chocolate carefully in a bain-marie or in a bowl over a an of gently simmering water.
5. Add the butter and the golden syrup and stir until blended. Leave to cool to lukewarm, then stir in the eggs and vanilla essence.
6. Fold in the dry ingredients and stir rather quickly until smooth.
7. Fold in the nuts.
8. Pour the mixture into the tin.
9. Bake in the preheated oven for 30-45 minutes. The top and edges will be crusty. The inside will be slightly gooey but not runny.
10. Remove from the oven and leave to cool in the tin.
11. Cut into individual-size squares and serve while still warm. This brownie keeps for a couple of days if wrapped completely in cling film.

FAIR TRADE PETITION

Please use the petition below to collect signatures of all those who were at your BIG Fairtrade Picnic. Then get someone respectable to sign the document so we can use it as proof of the numbers of people taking part for our world record attempt!

Thank you!

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FAIRTRADE

Guarantees a **better deal** for Third World Producers

I was at the BIG Fairtrade Picnic! I support making Wales a Fair Trade country and pledge to buy at least one Fair Trade product every month:

Mi es i i'r Picnic Mawr Masnach Deg! Rwy'n cefnogi gwneud Cymru'n wlad Masnach Deg ac yn addo prynu o leiaf un nwydd Masnach Deg bob mis.

NAME	SIGNATURE	E-MAIL
Mark Richardson	*M Richardson*	mark@fairtradewales.com

Thank you for your support!

www.fairtradewales.com / www.masnachdegcymru.com

FAIR TRADE PICNIC REPORTING SHEET

Once your event is over please record a short report on this sheet and send it back to us via email info@fairtradewales. com
Or post to Wales Fair Trade Forum
154 High Street
Bangor
LL57 1NU

Date		**Town**	
Venue		**Organisers**	
Email		**Telephone**	
Number of people (at event)			
Please write a short summary of the event… and send us any good photos!			
Signature			
The Wales Fair Trade Forum would like to keep you up to date with details of the campaign to make Wales a Fair Trade country, and Fair Trade events around Wales. If you DO NOT consent to your details being held, please TICK this box ❑			

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Fair Trade Wales

Web: www.fairtradewales.com
E-mail: info@fairtradewales.com
Tel: 07766 015 664
Post: Wales Fair Trade Forum,
154 High Street, Bangor,
LL57 1NU

Wales is trying to become the world's first Fair Trade country!

To become a Fair Trade country we need people across the country to use Fair Trade products, promote Fair Trade and explain why it's so important. In order to measure this certain targets have been set. These range from the number of towns and counties in Wales with Fair Trade status, through to commitments from the Welsh Assembly Government. These criteria were accepted by both the Welsh Assembly Government and the Scottish Executive in July 2006.

If you would like to help to make Wales the world's first Fair Trade country there are plenty of opportunities. You can get involved with the Big Fair Trade picnic and keep in contact so we can tell you about other forthcoming events.

You can find out whether your town or county has a Fair Trade initiative to get involved with locally. If not, why not contact us and we'll help you set one up?

You can become a member of the Wales Fair Trade Forum, keep up to date with all the events, activities and news, simply by visiting the website and filling in the online form.

And if you've got other ideas for developing Fair Trade in Wales we'd love to hear from you!

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Arweiniad i PICNIC

Mawr Masnach Deg

29 Mehefin- 1 Gorffennaf

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Record y byd am y picnic mwyaf erioed yw 8000 o bobl yn Tenerife, Sbaen ar 2il Mai 1999.

Ein nod yw dangos ein cefnogaeth i Fasnach Deg drwy dorri'r record hwn a chreu PICNIC MASNACH DEG MWYAF ERIOED y byd.

Mae hyn yn golygu ein bod angen oddeutu 400 o bobl i gynnal picnic ym mhob ardal Awdurdod Lleol!

Penodwyd tri diwrnod ar gyfer y picnic – o ddydd Gwener 29ain Mehefin i ddydd Sul 1af Gorffennaf. Am ragor o wybodaeth ynglyn â threfnu picnic, syniadau, ryseitiau, poster a datganiad i'r wasg darllenwch ymlaen ...

CYNNWYS

Sut i drefnu picnic MAWR Masnach Deg	**3**
Amserlen	**4**
Syniadau	**5-6**
Templad poster	**7**
Templad datganiad i'r wasg	**8**
Ryseitiau	**9-14**
Taflen adrodd yn ôl ar y picnic Masnach Deg	**15**
Masnach Deg Cymru	**16**

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Sut i drefnu eich picnic MAWR Masnach Deg

1. **Casglwch ynghyd grwp o bobl** all helpu i drefnu'r digwyddiad, paratoi bwyd, creu posteri a chysylltu â'r cyfryngau

2. **Cynlluniwch y digwyddiad** a chreu amserlen o'r hyn sydd angen ei wneud a phryd. Defnyddiwch yr enghraifft isod fel canllaw. Meddyliwch am y pethau ymarferol:
   - Ym mhle dylem gynnal y picnic?
   - Os yw mewn man cyhoeddus, ydych chi angen caniatâd y cyngor?
   - Faint o bobl fydd yna?
   - A fydd pawb yn dod â'u bwyd a diod eu hunain, neu fyddwch chi'n eu cyflenwi, neu'n eu gwerthu?
   - Fyddwch chi'n codi tâl ar bobl i fynychu'r digwyddiad?

   Penodwch orchwylion o fewn eich grwp. Yn bennaf oll **cynlluniwch bicnic a fydd yn bachu dychymyg pobl!** Bydd gwobr am bicnic gorau Cymru!

3. **Postiwch eich digwyddiad ar wefan Masnach Deg Cymru** fel bod pawb yn gwybod beth sy'n digwydd ac ym mhle: www.fairtradewales.com

4. I sicrhau'r nifer i dorri record y byd rydym angen cymaint â phosibl o grwpiau i fynd ar bicnic dros yr un penwythnos. I wneud hyn mae angen i chi geisio **hysbysebu Picnic Mawr Masnach Deg.** Cysylltwch ag ysgolion lleol a grwpiau cymunedol, gosodwch bosteri a cheisiwch sicrhau bod cymaint o bobl â phosib yn cymryd rhan! Gofynnwch iddynt ddod i'ch digwyddiad neu gallwch eu gwahodd i drefnu un eu hunain.

5. Dyma gyfle gwych i godi proffil Masnach Deg! **Cysylltwch â'r papurau newydd lleol,** radio a theledu i ddweud wrthynt beth sy'n digwydd a pham. Gallwch addasu'r datganiad i'r wasg amgaeëdig a'i anfon allan fis cyn y digwyddiad i ddenu mwy o bobl i ddod i'r picnic. Atgoffwch y cyfryngau unwaith eto wythnos cyn y picnic. Wedi'r digwyddiad, anfonwch ystadegau dilynol i'r papurau (ee 200 cwpanaid o de Masnach Deg wedi ei hyfed), ynghyd â ffotograff da.

6. Y diwrnod ei hun – Byddwch yn barod am law gydag ymbarelau, cotiau glaw neu gynllun wrth gefn! Trefnwch gemau gwahanol. Cofiwch gael amser da a chofnodwch faint o bobl ddaeth draw. **Gofynnwch i bawb arwyddo deiseb Masnach Deg**, a gofynnwch i rhywun cyfrifol ei harwyddo er mwyn iddi gyfrif tuag at y cynnig ar y record!

7. Cofiwch sicrhau bod ffotograffydd wedi ei benodi i nodi'r digwyddiad ar gamera ac anfonwch y dystiolaeth i ni! Dywedwch wrth y ffotograffydd beidio â thynnu lluniau o blant o dan 16 heb ganiatâd y rhieni/gwarchodwyr ymlaen llaw. I'w helpu, gallwch lunio bathodyn.

Bydd gwobr i'r picnic sy'n dangos dychymyg neilltuol!

Nodyn Amgylcheddol!

Peidiwch â defnyddio cwpanau a phlatiau y gellir eu taflu os gwelwch yn dda – diolch!

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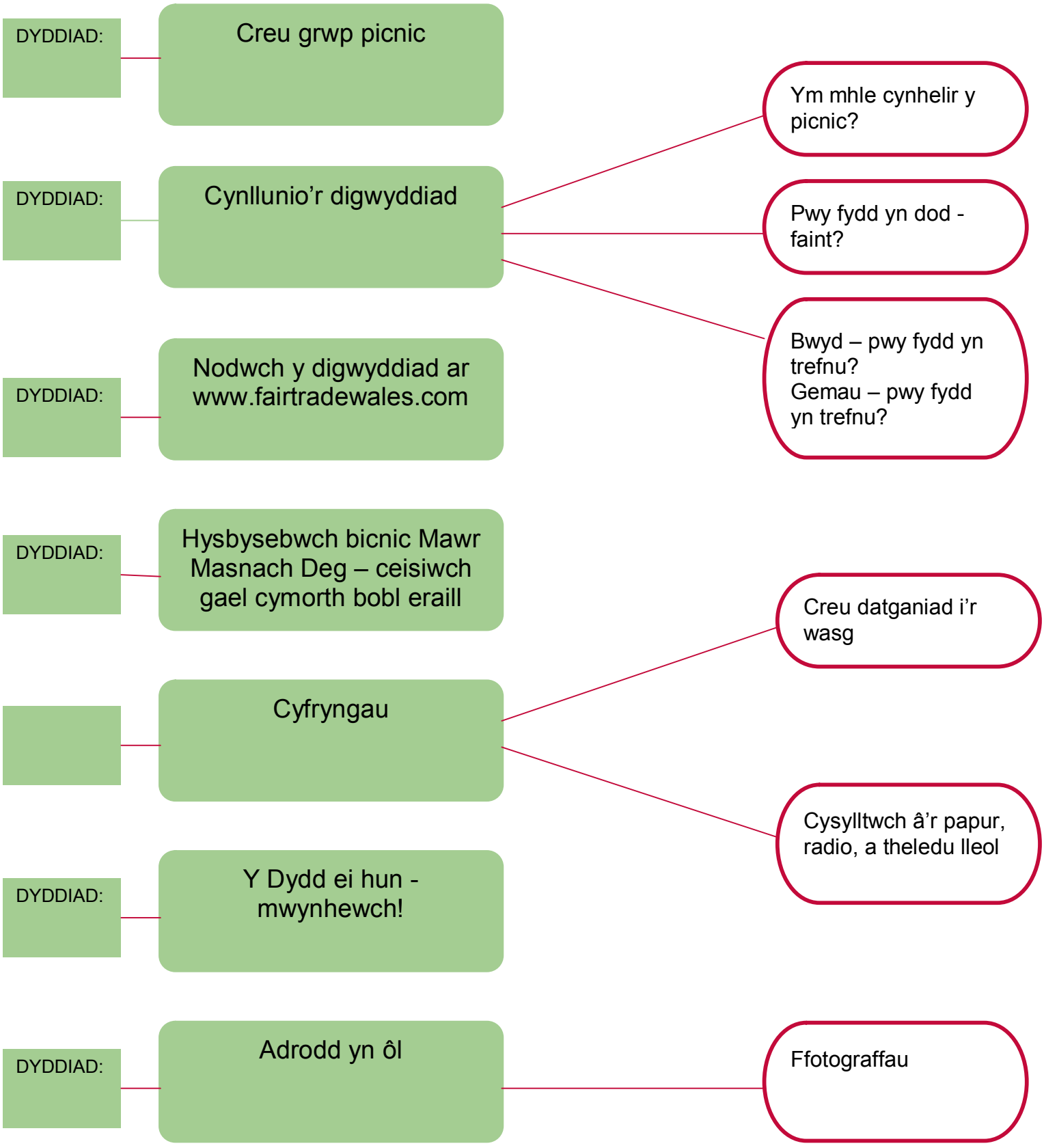
AMSERLEN


DYDDIAD:
Creu grwp picnic
DYDDIAD:
Cynllunio'r digwyddiad
Ym mhle cynhelir y picnic?
Pwy fydd yn dod - faint?
Bwyd – pwy fydd yn trefnu?
Gemau – pwy fydd yn trefnu?
DYDDIAD:
Nodwch y digwyddiad ar www.fairtradewales.com
DYDDIAD:
Hysbysebwch bicnic Mawr Masnach Deg – ceisiwch gael cymorth bobl eraill
Creu datganiad i'r wasg
Cyfryngau
Cysylltwch â'r papur, radio, a theledu lleol
DYDDIAD:
Y Dydd ei hun - mwynhewch!
DYDDIAD:
Adrodd yn ôl
Ffotograffau

SYNIADAU

Y syniad y tu ôl i bicnic Mawr Masnach Deg yw cael diwrnod i'r brenin a hyrwyddo Masnach Deg yr un pryd, gan adael i bawb wybod mor wych ydyw, a helpu i wneud Cymru yn wlad Masnach Deg gyntaf y byd.

Efallai y bydd y syniadau isod yn eich helpu i roi pethau ar waith ...

Lle i gynnal y picnic?

Yn draddodiadol, un o'r mannau gorau i gael picnic yw'r parc lleol. Dyma le bendigedig gyda digon o gyfle i gymaint o bobl â phosib wasgu i gae mawr gwyrdd. Bydd lle hefyd i'r plant chwarae. Lle da arall yw'r traeth ar gyfer picnic mewn man tlws, er yn dywodlyd.

Fodd bynnag, i dynnu sylw'r wasg oes lle mwy anghyffredin na hyn? Allech chi gynnal y picnic ar gylchdro? Ar sgwâr y dref? Ar faes criced (yn ystod yr egwyl ar gyfer cinio neu de yn ystod gêm?) Yn y coed? Ar ben mynydd? Dyma eich dewis chi!

Picnic anghyffredin?

Dull arall o ddenu sylw yw trwy ychwanegu rhywbeth anghyffredin at y picnic. Gallwch gynnal picnic efo thema – efallai picnic moethus gyda phawb yn gwisgo ffrogiau a siwtiau crand? Neu bicnic y Byd gyda bwyd a cherddoriaeth o rai o'r rhanbarthau gwahanol sy'n derbyn cymorth Masnach Deg. Hyd yn oed picnic Tedi Bêrs ar gyfer y plant.

Trefnu'r bwyd?

Bydd angen meddwl o ddifrif am drefnu'r bwyd. Y dull hawsaf yw gofyn i bawb ddod â'u bwyd eu hunain i'w rannu gyda phobl eraill. Os dewiswch yr opsiwn yma cofiwch atgoffa pobl i ddod ag o leiaf un dewis Masnach Deg. Fel arall gallwch wneud y bwyd a chodi tâl bychan ar y bobl sy'n dod draw, neu werthu bwyd o stondin Masnach Deg. Mae gennych ddewis hefyd i wahodd ysgolion lleol neu golegau arlywo i gymryd rhan gan ddefnyddio cynnyrch Masnach Deg. Cofiwch drefnu hyn i gyd ymlaen llaw. Os ydych yn darparu arlwyaeth, byddwch angen gwybod faint o bobl sy'n debygol o ddod draw.

HELP MAKE WALES A FAIR TRADE COUNTRY

HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

Gweithgareddau eraill?

Os oes plant yn cymryd rhan mae'n debyg ei bod yn syniad da trefnu adloniant ar gyfer pawb. Gallwch drefnu cystadlaethau, rasus tri-choes, pinatas yn llawn o nwyddau Masnach Deg wedi eu clymu ar goed, cystadleuaeth gwisg ffansi neu, i ddilynwyr pêl-droed, cystadleuaeth sy'n defnyddio peli pêl-droed Masnach Deg!

Yn dibynnu ar y lleoliad efallai y byddai'n bosibl trefnu i chwarae ffilm sy'n ymwneud â Masnach Deg megis Black Gold.

Gallwch ddefnyddio'r cyfle hwn hefyd i adael i bobl wybod beth yw Masnach Deg – gallwch wneud hyn gyda sgwrs, lluniau neu hyd yn oed rhywfaint o theatr!

Sut i sicrhau bod pobl eraill yn cymryd rhan?

Siaradwch efo pobl – cofiwch ddweud wrth bawb amdano. Ymunwch â'r rhwydweithiau a'r grwpiau cymunedol lleol sy'n bodoli eisoes. Ebostiwch y poster sy'n gynwysiedig yn y pecyn hwn a gofynnwch i bobl eraill wneud yr un fath fel bod pawb yn gwybod beth sy'n digwydd, pa bryd a sut mae cymryd rhan. Dylai'r digwyddiad hwn fod yn hynod o boblogaidd oherwydd bydd pawb yn hoff o dreulio eu penwythnos yn eistedd yn yr haul (gobeithio!) gyda phicnic a ffrindiau.

Gallwch hefyd osod poster mewn siopau a cholegau lleol. Ceisiwch annog ysgolion, colegau a grwpiau ieuenctid i gymryd rhan. Efallai y bydd cyflogwyr lleol yn fodlon trefnu un ar gyfer amser cinio eu staff!

HELP MAKE WALES A FAIR TRADE COUNTRY

HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

MAWR Masnach Deg

GERDDI CASTELL CWMSCWT

1AF GORFFENNAF, 11. 30 AM – 3. 00 PM, Pris: £3

Mae'r digwyddiad yn cynnwys picnic a diodydd, cystadleuaeth gwisg ffansi a rasus gwyllt

I archebu lle cysylltwch â Masnach Deg ar:
02920 123456
Fairtrade@cwmscwt.org.uk

Dewch i helpu Cymru dorri record y byd am y PICNIC MWYAF ERIOED!

I drefnu eich picnic eich hun fel rhan o'r ymgais i dorri record y byd ewch i www.fairtradewales.com am gopi o'ch arweiniad am ddim ac i gofrestru eich digwyddiad:

Templad Datganiad i'r Wasg

[Nodwch y dyddiad] – i'w gyhoeddi ar unwaith

Picnic MAWR Masnach Deg yn [enw'r dref]

Pobl yn [enw'r dref] yn ymgasglu ar gyfer picnic Masnach Deg gyda'r nod o dorri record y byd

Bydd Masnach Deg ar y fwydlen y penwythns hwn, wrth i bobl ddod at ei gilydd am bicnic yn [enw'r dref], mewn ymgais i dorri record y byd am y picnic mwyaf erioed.

Fel rhan o'r ymgyrch i helpu i wneud Cymru yn wlad Masnach Deg gyntaf y byd, mae picnic Masnach Deg yn cael ei gynnal ar hyd a lled y wlad rhwng 29ain Mehefin a 1af Gorffennaf.

Record y byd ar gyfer y picnic mwyaf erioed yw 8000 o bobl yn Tenerife, Sbaen ym 1999.

Mae ysgolion, grwpiau Masnach Deg lleol a hyd yn oed busnesau yn cymryd rhan drwy gynnal picnic.

Digwylir [XXX] o bobl mewn picnic yn [enw'r lleoliad a thref/pentref/ardal] ar [dyddiad] am [amser], wedi ei drefnu gan y grwp Masnach Deg [enw'r grwp].

Mae [siadarwr ar ran MD] yn gwahodd pobl i ymuno: sampl – ei addasu i ddweud wrth bobl beth sydd angen iddynt wybod am eich digwyddiad **"[*Rydym yn gwahodd pawb i ddod â'u carthenni a'u fflasgiau, eu llenwi gyda diodydd Masnach Deg ac ymuno â ni yn y digwyddiad hwyl hwn i hybu ymwybyddiaeth o Fasnach Deg. Dewch â'ch teuluoedd a'ch ffrindiau i ymuno yn ein thema o bicnic tedi bêrs/ffrwythau/Affrica!]"***

Mae Swyddog Datblygu Masnach Deg Cymru, Mark Richardson, yn egluro'r syniad y tu ôl i Bicnic Mawr Masnach Deg:

"Gobeithio y bydd hwn yn ddiwrnod llawn hwyl i bobl ddod ynghyd a dechrau prynu cynnyrch Masnach Deg i'w hychwanegu at ryseitiau. Drwy brynu Masnach Deg yn rheolaidd gallwn helpu cynhyrchwyr sicrhau gwelliannau mawr i'w bywydau."

"Er enghraifft, mae cynhyrchwyr coco yn Ghana wedi tyllu ffynhonnau er mwyn sicrhau dwr yfed glân a diogel."

I ddod yn wlad Masnach Deg mae angen grwpiau Masnach Deg gweithgar ym mhob sir yng Nghymru ac yn y rhan fwyaf o'r trefi. Ar hyn o bryd mae chwech sir a [X] tref.

Sut allwn ni helpu?

- **Drwy brynu cynnyrch Masnach Deg bob mis.**
- Drwy gymryd rhan yn eich Grwp Masnach Deg lleol
- Cofrestrwch eich cefnogaeth yn www.fairtradewales.com a gofynnwch i'ch ffrindiau wneud yr un fath.

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HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

Os na allwch chi ymuno ar y diwrnod gallwch bob amser gynnal eich picnic Masnach Deg eich hun a chofrestru ar y wefan. Gallwch hefyd lwytho i lawr eich pecyn Picnic MAWR; mae'n cynnwys syniadau gwych am ryseitiau!

Am ragor o fanylion neu i gymryd rhan cysylltwch â [enw'r cyswllt] ar [rhif ffôn cartref a symudol].

- Diwedd -

Nodiadau i olygyddion

Am ragor o wybodaeth am y [digwyddiad] cysylltwch â [enw trefnydd y digwyddiad] ar [rhif ffôn cartref a symudol].

4. **Cyfle am Ffotograffau**
   ***Pryd**: [nodwch amser a dyddiad y digwyddiad]*
   ***Lle**: [nodwch union leoliad gyda chôd post a chyswllt url i fap os yn bosibl]*
   ***Pwy**: [nodwch y math o gyfle i dynnu lluniau, enwau pobl a fydd yn ymddangos ac yn siarad ar ran MD]*
   Ffotograffwyr – gadewch i ni wybod os byddwch yn dod draw er mwyn i ni drefnu i'ch cyfarfod.

5. Cefnogir ymgyrch Gwlad Masnach Deg Cymru gan Lywodraeth Cynullliad Cymru. Am ragor o wybodaeth am yr ymgyrch ewch i www.fairtradewales.com neu cysylltwch â Swyddog Datblygu Masnach Deg Cymru, Mark Richardson ar
   [07766 015 664].

   Mae gan Gymru saith sir Masnach Deg erbyn hyn (Wrecsam, Sir Y Fflint, Sir Ddinbych, Conwy, Caerdydd, Rhondda Cynon Taf ac Abertawe). Erbyn hyn mae grwp Masnach Deg ym mhob sir yng Nghymru ac mae cystadleuaeth i weld pwy fydd y nesaf i dderbyn y teitl.

   Mae angen i 55 tref sefydlu grwp Masnach Deg gweithgar; ar hyn o bryd mae 32.

6. Cynnyrch Masnach Deg.
   - Bellach mae dros 2000 o gynhyrchion ardystiedig Masnach Deg ar gael yn y DU. Mae'r cynnyrch yn amrywio o goffi a the i win a siocled, hyd yn oed peli pêl-droed a jîns!
   - Mae'r nod MASNACH DEG yn gwarantu bod cynhyrchwyr wedi eu talu'n deg am eu llafur. Hefyd, mae arian ychwanegol yn mynd i'w cymuned fel premiwm cymdeithasol; mae'r cynhyrchwyr yn penderfynu'n ddemocrataidd i dalu am brojectau gwella megis ffynhonnau, ysgolion newydd a gofal iechyd.
   - Y llynedd cyrhaeddodd gwerthiannau o gynnyrch Masnach Deg £195m. Mae hwn yn sector tyfiant, ac ar hyn o bryd y DU yw'r defnyddiwr mwyaf o gynnyrch Masnach Deg.

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Syniadau am Ryseitiau

Am becyn rhoddion o ryseitiau Masnach Deg gyda lluniau trawiadol cysylltwch â Lis Perkins yn Just Shopping: lis@fish.co.uk

Dip Pesto gyda Thomatos wedi eu Sychu yn yr Haul

Cymerwyd o Tropical Wholefoods
www.tropicalwholefoods.co.uk

100g o domatos wedi eu sychu yn yr haul Tr Wh **MASNACH DEG**
200ml olew olewydd **MASNACH DEG**
100g olewydd duon heb y cerrig
2 lond llaw o basil ffres
50g hadau pinwydd
Halen a garlleg wedi ei falu'n fân i ychwanegu blas

1. Rhowch y tomatos mewn dwr cynnes am 3 munud i'w meddalu. Yna eu draenio.
2. Cymysgwch yr holl gynhwysion mewn cymysgwr bwyd, nes eu bod wedi eu cymysgu'n dda.
3. Gallwch ei weini ar basta, ar reis neu ar datws pob. Hefyd mae'n flasus dros ben fel dip ar gyfer creision, priciau bara a bara garlleg.

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HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

Salad Reis Basmati

2 gwpaned o reis basmati **MASNACH DEG**
3/4 cwpan o gnau cashew organig **MASNACH DEG**
1/2 cwpan rhesins sych **MASNACH DEG**
5 llwy fwrdd o olew olewydd Zaytoun **MASNACH DEG**
4 cwpaned o ddwr
1 1/3 cwpaned o nionod gwyrdd wedi eu sleisio'n denau
1 1/2 cwpaned o seleri wedi ei sleisio'n denau
3/4 cwpan o bersli ffres wedi ei falu
1/2 cwpan o gnau Ffrengig wedi eu malu
5 llwy fwrdd o sudd lemwn
3 llwy fwrdd o saws soi
2 1/2 llwy de o gwmin wedi ei falu'n fân

1. Cyfunwch 4 cwpaned o ddwr a'r reis mewn sosbsn fawr, a'u berwi. Gorchuddiwch; lleihau'r gwres a'u mudferwi nes eu bod wedi coginio, oddeutu 35 munud. Draeniwch os bydd angen. Rhowch y reis mewn powlen fawr.
2. Cymysgwch i mewn y nionod gwyrdd, y seleri, y persli, y cnau cashew, y rhesins a'r cnau Ffrengig.
3. Curwch yr olew olewydd, y sudd lemwn, y saws soi a'r cwmin mewn powlen fechan i'w cymysgu. Tywalltwch y gymysgedd dros y salad reis, a chymysgu'r cyfan.
4. Ychwanegwch bupur a halen os bydd angen cyn ei weini.

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HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

Rholen Selsig Ffrwythog

O Tropical Wholefoods
www.tropicalwholefoods.co.uk

1 pecyn o does pwff
1 nionyn
450g o gig selsig organig
(neu i lysieuwyr - sosmix)
1 llwy fwrdd o olew blodau'r haul neu lysiau
1 wy wedi ei guro
1 pecyn o fango neu bapaia wedi ei ailansoddi mewn sudd ffrwythau gan Tropical Wholefoods **MASNACH DEG**

1. Cynheswch y popty i 200c neu 180 i boptai gyda chynorthwy ffan. Irwch dun pobi mawr.
2. Torrwch y nionyn a'i ffrio'n ysgafn am 5 munud. Ychwanegwch y cig selsig a pharhau i'w ffrio nes bydd wedi coginio.
3. Diffoddwch y gwres a draenio'r gymysgedd drwy ogor i gael gwared â gormod o saim. Os yn defnyddio sosmix, yna dylech ei ailansoddi fel arfer a'i adael i sefyll am 5 munud.
4. Torrwch y ffrwythau a'u hychwanegu at y gymysgedd. Gadewch iddi oeri.
5. Rholiwch y toes yn sgwaryn mawr. Gosodwch y gymysgedd wedi oeri ar draean canolog y toes. Peintiwch y gymysgedd wy ar un ochr a'i blygu i'w selio. Peintiwch y tu allan gyda'r wy wedi ei guro.
6. Pobwch yn y popty am 20-30 munud nes bydd y toes wedi codi ac yn lliw aur.
7. Torrwch a'i weini gyda salad yn y picnic.

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Teisenni Coffi Pecan a Rheisins

O wefan Sefydliad Masnach Deg
www.fairtrade.org.uk

Croen (wedi ei gratio'n fân) a sudd 1 oren **MASNACH DEG**
60g o siwgr **MASNACH DEG** heb ei buro (aur)
1 llwy fwrdd o fêl rhedegog **MASNACH DEG** wedi ei gynhesu
250g o does pwff wedi ei brynu
½ llwy de sinamon wedi ei falu
40g o gnau pecan
60g rhesins **MASNACH DEG**
1 wy wedi ei guro
15g o ymenyn tawdd

I'r eisin:
75g siwgr eisin
1 llwy de o ronynnau coffi **MASNACH DEG**, wedi eu toddi mewn llwy fwrdd o ddwr berwedig

10. Rhowch y rhesins yn y bowlen gyda'r sudd oren a'u gadael i fwydo am awr.
11. Cynheswch y popty i 220°C/425°F/nod nwy 7.
12. Rholiwch y toes pwff i sgwâr, yn mesur oddeutu 24cm. Peintiwch gyda'r ymenyn wedi toddi, gan adael bwlch o oddeutu 2cm i lawr 2 ochr cyfochrog.
13. Cymysgwch i siwgr yn dda gyda'r sinamon a chroen yr oren. Torrwch y cnau pecan yn ddarnau tua'r un maint â'r rhesins a'u cymysgu gyda'r siwgr.
14. Draeniwch y rhesins a'u hychwanegu at y gymysgedd siwgr.
15. Taenwch y gymysgedd ar y toes, gan osgoi'r bwlch ar hyd y ddwy ochr. Peintiwch yr wy wedi ei dorri ar y bylchau. Gan gychwyn gydag un o'r ochrau, rholiwch ef yn dynn fel rholen y Swistir. Seliwch yr ochr mor dynn â phosibl, gan ddefnyddio mwy o wy wedi ei guro. Gyda chyllell finiog, sleisiwch y rholen yn gylchoedd 2cm o led.
16. Gosodwch y rhain ar gynhwysydd pobi a pheintiwch y top a'r ochrau gyda mwy o wy wedi ei guro. Pobwch am 25-30 munud nes eu bod yn aur frown.
17. Peintiwch fêl cynnes ar y top cyn gynted â'i bod allan o'r popty. Yna gallwch eu gosod ar resel wifren i'w hoeri.
18. Gwnewch yr eisin drwy guro'r coffi i mewn i'r siwgr eisin nes bydd yn llyfn. Wedi i'r tesiennau oeri, tywalltwch yr eisin yn araf drostynt.

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TORTH FANANA MASNACH DEG

Cymerwyd o Sefydliad Masnach Deg
www.fairtrade.org.uk

150 g (5 owns) siwgr mân **MASNACH DEG**
450 g (1 pwys) bananas (meddal yw'r gorau) **MASNACH DEG**
175 g (6 owns) ffrwythau sych cymysg **MASNACH DEG**
225 g (8 owns) blawd hunan-godi
100 g (4 owns) ymenyn
½ llwy de o halen
2 wy

Cynheswch y popty i 180°C/350°F/Nod Nwy 4. Pliciwch a malwch y bananas, ac yna cymysgwch yr holl gynhwysion efo'i gilydd heblaw'r ffrwythau sych. Gallwch wneud hyn mewn prosesydd bwyd, neu gyda llaw mewn basn. Wedi eu cymysgu'n drwyadl, ychwanegwch y ffrwythau sych. Gyda llwy, taenwch y gymysgedd mewn tun torth anlynol 1 kg (2 bwys), a phobi am 1½ awr. Mae'r dorth yn barod pan fydd sgiwer sydd wedi ei wthio i ganol y dorth yn dod allan yn lân. Oerwch ar resel wifren cyn ei sleisio.

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HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

‘BROWNIES’ MASNACH DEG
Addaswyd o’r BBC

20g/¾ owns pwdr coco **MASNACH DEG**
150g/5 owns siocled tywyll **MASNACH DEG**
90g/3½ owns blawd plaen
150g/5 owns siwgr eisin
90g/3½ owns ymenyn heb ei halltu, tawdd
2 llwy fwrdd o syrop aur
2 wy
1½ llwy de o rin (hylif) fanila
40g/1½ owns cnau cyll, wedi eu rhostio, eu plicio a’u malu

1. Cynheswch y popty i 180C/350F/Nod Nwy 4.
2. Irwch dun pobi sgwâr 25cm/10 modfedd.
3. Cymysgwch y cynhwysion sych gyda’i gilydd mewn powlen fawr.
4. Toddwch y siocled yn ofalus mewn powlen uwchben sosbenaid o ddwr sy’n mudferwi.
5. Ychwanegwch yr ymenyn a’r syrop aur a’u troi nes bydd y cyfan wedi cymysgu. Gadewch y gymysgedd i oeri cyn cymysgu’r wyau a’r rhin fanila i mewn.
6. Ychwanegwch y cynhwysion sych a’i droi nes bydd yn llyfn.
7. Ychwanegwch y cnau.
8. Tywalltwch y gymysgedd i’r tun.
9. Pobwch yn y popty am 30-45 munud. Bydd y top a’r ochrau yn grwstiog. Bydd y tu mewn ychydig yn llaith ond nid yn rhedegog.
10. Tynnwch o’r popty a’i adael i oeri yn y tun.
11. Torrwch yn deisennau unigol a’u gweini tra’n dal yn gynnes. Dylai’r teisennau gadw am ychydig ddyddiau os wnewch chi eu lapio’n llwyr mewn haen ludo.

HELP MAKE WALES A FAIR TRADE COUNTRY
HELPWCH I WNEUD CYMRU’N WLAD MASNACH DEG

DEISEB MASNACH DEG

Defnyddiwch y ddeiseb isod i gasglu llofnodion pawb oedd yn eich Picnic MAWR Masnach Deg os gwelwch yn dda. Yna gofynnwch i rhywun parchus arwyddo'r ddogfen fel bod modd i ni ei defnyddio fel prawf o'r nifer o bobl fu'n cymryd rhan ar gyfer ein hymgais am record y byd!

Diolch yn fawr!

HELP MAKE WALES A FAIR TRADE COUNTRY

HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

HELPWCH I WNEUD CYMRU'N WLAD MASNACH DEG

HELP MAKE WALES A FAIR TRADE COUNTRY

FAIRTRADE
Guarantees a **better deal** for Third World Producers

Mi es i i Bicnic MAWR Masnach Deg! Rydw i'n cefnogi gwneud Cymru'n wlad Masnach Deg ac yn addo prynu o leiaf un nwydd Masnach Deg bob mis:

ENW	LLOFNOD	E-BOST
Mark Richardson	*M Richardson*	mark@fairtradewales.com

Diolch i chi am eich cefnogaeth!

TUDALEN ADRODD YN ÔL PICNIC MASNACH DEG

Wedi i'ch digwyddiad ddod i ben lluniwch adroddiad byr ar y dudalen hon a'i ddychwelyd i ni ar yr e-bost at info@fairtradewales.com
Neu gallwch ei bostio at Fforwm Masnach Deg Cymru
154 Stryd Fawr
Bangor
LL57 1NU

Dydd-iad		**Tref**	
Lle-oliad		**Trefnwyr**	
Ebost		**Ffôn**	
Nifer o bobl (yn y digwyddiad)			
Ysgrifennwch grynodeb byr o'r digwyddiad ... a chofiwch anfon unrhyw luniau da atom!			
Llofnod			

Hoffai Fforwm Masnach Deg Cymru anfon y manylion diweddaraf i chi am yr ymgyrch i wneud Cymru yn wlad Masnach Deg, a digwyddiadau Masnach Deg o amgylch Cymru. Os NAD YDYCH yn caniatáu i ni gadw eich manylion, TICIWCH y blwch hwn os gwelwch yn dda. ❑

Masnach Deg Cymru

Gwefan: www.fairtradewales.com
E-bost: info@fairtradewales.com
Ffôn: 07766 015 664
Post: Fforwm Masnach Deg Cymru,
154 Stryd Fawr, Bangor,
LL57 1NU

Mae Cymru yn ceisio dod yn wlad Masnach Deg gyntaf y byd!

I ddod yn wlad Masnach Deg rydym angen pobl ar hyd a lled y wlad i ddefnyddio cynnyrch Masnach Deg, i hyrwyddo Masnach Deg ac i egluro pam ei fod mor bwysig. Er mwyn mesur hyn gosodwyd targedau penodol. Mae'r rhain yn amrywio o'r nifer o drefi a siroedd yng Nghymru gyda statws Masnach Deg, i ymrwymiadau gan Lywodraeth Cynulliad Cymru. Derbyniwyd y meini prawf hyn gan Lywodraeth Cynulliad Cymru a Phwyllgor Gwaith yr Alban ym mis Gorffennaf 2006.

Os hoffech helpu i wneud Cymru yn wlad Masnach Deg gyntaf y byd mae digon o gyfleoedd. Gallwch gymryd rhan ym Mhicnic MAWR Masnach Deg a chadw mewn cysylltiad fel ein bod yn gallu gadael i chi wybod am ddigwyddiadau eraill sydd ar y gweill.

Cewch wybod a oes menter Masnach Deg y gallwch gymryd rhan ynddo yn eich tref neu sir. Os nad oes, pam na wnewch chi gysylltu â ni a gallwn eich helpu i sefydlu un?

Gallwch ddod yn aelod o Fforwm Masnach Deg Cymru, cael gwybod y diweddaraf am yr holl ddigwyddiadau, gweithgareddau a newyddion, drwy ymweld â'r wefan a llenwi'r ffurflen ar-lein.

Ac os oes gennych chi syniadau eraill ar gyfer datblygu Masnach Deg yng Nghymru byddem yn falch iawn o glywed oddi wrthych!