## Form 5500-SF

Department of the Treasury
Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation Short Form Annual Return/Report of Small Employee Benefit Plan

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and section 6058(a) of the Internal Revenue Code (the Code).

2009

This Form is Open to Public Inspection

OMB Nos. 1210-0110 1210-0089

▶ Complete all entries in accordance with the instructions to the Form 5500-SF.

Part I Annual Report Identification Information									
For	For calendar plan year 2009 or fiscal plan year beginning 01/01/2009 and ending 12/31/2009								
Α	This return/report is for:	multiple-e	employer plan (not multiemployer)	one-participant plan					
В	This return/report is for:	final retur	final return/report						
	an amended return/report short plan year return/report (less than 12 m								
С	Check box if filing under: Form 5558 automatic extension				DFVC program				
	special extension (enter description	on)							
Pa	art II Basic Plan Information—enter all requested inform	ation							
	1a Name of plan				Three-digit				
PUG	ET CONSUMERS CO-OP NONUNION EMPLOYEES 401K RETIRE	EMENT PL	AN		plan number (PN) 003				
				1c	Effective date of plan				
					01/01/1992				
	Plan sponsor's name and address (employer, if for single-employer	plan)		<b>2b</b> Employer Identification Number					
	ET CONSUMERS CO-OP PCC NATURAL MARKETS			(EIN) 91-6031913 <b>2c</b> Plan sponsor's telephone number					
4201	ROOSEVELT WAY NE			20	206-547-1222				
SEA	TTLE, WA 98105-6092			2d	Business code (see instructions)				
32	Plan administrator's name and address (if same as Plan sponsor, e	ntor "Como	\n\ \n\	3h	445110 Administrator's EIN				
PUG	ET CONSUMERS CO-OP 4201 ROOS	EVELT WA	ÝNE	35	91-6031913				
DBA	PCC NATURAL MARKETS SEATTLE, W	VA 98105-6	6092	3с	Administrator's telephone number				
4	f the name and/or EIN of the plan sponsor has changed since the la	st return/re	port filed for this plan, enter the	4h	206-547-1222 EIN				
	name, EIN, and the plan number from the last return/report. Sponso		port mod for this plan, enter the						
				4c	PN				
_	Total number of participants at the beginning of the plan year			5a	114				
b	Total number of participants at the end of the plan year			5b	128				
С	Total number of participants with account balances as of the end o complete this item)			5c	128				
6a	Were all of the plan's assets during the plan year invested in eligib				X Yes No				
b	Are you claiming a waiver of the annual examination and report of	an indeper	dent qualified public accountant (IQ						
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility If you answered "No" to either 6a or 6b, the plan cannot use F		•		X Yes   No				
Pa	rt III Financial Information	OHH 5500-	or and must instead use Form 55	ω.					
7	Plan Assets and Liabilities		(a) Beginning of Year		(b) End of Year				
а	Total plan assets	. 7a	596358	9	8584970				
b	Total plan liabilities	. 7b		0					
С	Net plan assets (subtract line 7b from line 7a)	. 7с	596358	9	8584970				
8	Income, Expenses, and Transfers for this Plan Year		(a) Amount		(b) Total				
а	Contributions received or receivable from:	0-(4)	3005.4	,					
	(1) Employers	. 8a(1)	39054	-					
	(2) Participants	. 8a(2)	47386						
b	(3) Others (including rollovers) Other income (loss)	. 8a(3) . 8b	453 171813						
C	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c	171013	1	2587074				
d	Benefits paid (including direct rollovers and insurance premiums				200707.1				
	to provide benefits)	. 8d	2333	3					
е	Certain deemed and/or corrective distributions (see instructions) $\ldots$	. 8e		_					
f	Administrative service providers (salaries, fees, commissions)	. 8f							
g	Other expenses	. 8g	2093	4					
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	. 8h			44267				
į	Net income (loss) (subtract line 8h from line 8c)				2542807				
	Transfers to (from) the plan (see instructions)	· 8j	7857	4					

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Part IV	Plan	Charac	teristics

SIGN HERE

Signature of employer/plan sponsor

If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2F 2G 2J 2K 3D

D I	II th	e plan provides welfare benefits, enter the applicable welfare featur	re codes from the L	list of Pian Charac	cterisi	iic Co	ies in	tne instructi	ons:			
Part	٧	Compliance Questions										
10	Du	g the plan year:				Yes	No		Amount			
а		Was there a failure to transmit to the plan any participant contributions within the time period described 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)			10a		Х					
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)			· ·	10b		X					
С	Was the plan covered by a fidelity bond?				10c	X				450000		
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?						X					
	ins	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)					X					
f	Ha	s the plan failed to provide any benefit when due under the plan?	provide any benefit when due under the plan?				X					
g	Did	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)			10g	Χ				75523		
		this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 520.101-3.)					X					
i		10h was answered "Yes," check the box if you either provided the required notice or one of the ceptions to providing the notice applied under 29 CFR 2520.101-3										
Part \	VI	Pension Funding Compliance										
		nis a defined benefit plan subject to minimum funding requirements?							Yes	П No		
12		his a defined contribution plan subject to the minimum funding requ							Yes			
		Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.		0 0 0 0 0	0. 00	0						
а	If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver									-		
If y	ou	completed line 12a, complete lines 3, 9, and 10 of Schedule MB	3 (Form 5500), and	I skip to line 13.		_		1				
b	Enter the minimum required contribution for this plan year						12b					
	, , , , , , , , , , , , , , , , , , , ,						12c					
	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left negative amount)						12d		<del></del>			
	Will the minimum funding amount reported on line 12d be met by the funding deadline?							Yes	No	N/A		
Part \	VII	Plan Terminations and Transfers of Assets										
13a	Has	s a resolution to terminate the plan been adopted during the plan year	ear or any prior yea	r?		<u>-</u>		1	Yes	× No		
	If "Yes," enter the amount of any plan assets that reverted to the employer this year						13a					
	of t	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?							× No			
	C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)											
13c(1) Name of plan(s):					<b>13c(2)</b> EIN(s) <b>13c(3)</b> PN(				<b>)</b> PN(s)			
Cautio	on:	A penalty for the late or incomplete filing of this return/report v	will be assessed u	ınless reasonabl	e cau	se is	establ	ished.				
SB or	Sch	nalties of perjury and other penalties set forth in the instructions, I de nedule MB completed and signed by an enrolled actuary, as well as true, correct, and complete.										
SIGN	F	led with authorized/valid electronic signature. 10/15/2010 RANDY LEE										
HERE		Signature of plan administrator Date Enter name				individual signing as plan administrator						

Date

Enter name of individual signing as employer or plan sponsor