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 sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

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

2013

OMB Nos. 1210-0110

1210-0089

This Form is Open to Public Inspection

Part I	Annual Report	Identification Information						
For calendar plan year 2013 or fiscal plan year beginning 01/01/2013 and ending 12/31/2013								
A This ret	turn/report is for:	x a single-employer plan	a multiple-employer p	lan (not multiemployer)		a one-particip	ant plan	
	turn/report is:	the first return/report	the final return/report	, , , ,		ь	•	
D IIIISTE	diffifeport is.	an amended return/report	<u> </u>	n/report (less than 12 m	onthe'	\		
•		H		inteport (less than 12 in	ionins,	<u> </u>		
C Check	box if filing under:	Form 5558	automatic extension			DFVC progra	m	
	_	special extension (enter descr	. /					
Part II	Basic Plan Info	rmation—enter all requested infe	ormation					
1a Name					1b	Three-digit		
CONSOLIDA	ATED FOOD MANAGE	EMENT, INC. 401K RETIREMENT	PLAN			plan number (PN) ▶	001	
					10	Effective date of		
					'	01/01/		
2a Plan s	ponsor's name and ad	dress; include room or suite numbe	er (employer, if for a single-	-employer plan)	2b	ication Number		
	ATED FOOD MANAG		() /	. , . ,		(EIN) 91-11		
					2c	Sponsor's telep	hone number	
7429 S.E. 27	7TH STREET					206-232		
MERCER IS	SLAND, WA 98040				2d	Business code (see instructions)	
						72230	0	
3a Plan a	dministrator's name ar	nd address \overline{X} Same as Plan Spons	or Name Same as Plai	n Sponsor Address	3b	Administrator's E	ΞΙΝ	
					2-	<u> </u>		
					3C	Administrator's t	elephone number	
4 If the r	name and/or EIN of the	e plan sponsor has changed since t	he last return/report filed for	or this plan, enter the	4b	EIN		
		mber from the last return/report.			TO LIN			
a Spons	or's name				4c	PN		
5a Total number of participants at the beginning of the plan year			5a		104			
b Total i	number of participants	at the end of the plan year			5b		98	
C Numb	er of participants with	account balances as of the end of t	he plan year (defined bene	efit plans do not				
compl	lete this item)				5c		34	
6a Were	all of the plan's assets	s during the plan year invested in e	igible assets? (See instruc	ctions.)			X Yes No	
		the annual examination and repor						
		? (See instructions on waiver eligibi	,				X Yes No	
_						. – –	Not determed	
C if the p	Dian is a defined benef	it plan, is it covered under the PBG	C insurance program (see	ERISA section 4021)?		Yes No	Not determined	
Caution: A	penalty for the late	or incomplete filing of this return	/report will be assessed	unless reasonable car	use is	established.		
		her penalties set forth in the instruc						
	edule MB completed a true, correct, and com	nd signed by an enrolled actuary, a	s well as the electronic ver	rsion of this return/repor	t, and	to the best of my	knowledge and	
Deller, it is	· · · · · · · · · · · · · · · · · · ·	olete.		_				
SIGN	Filed with authorized/	valid electronic signature.	06/17/2014	SANDY NEWTON				
HERE	Signature of plan a	dministrator	Date	Enter name of individ	lual signing as plan administrator			
SIGN	, , , , , , , , , , , , , , , , , , ,					<i>y</i>		
HERE	0:	, .	5.					
	Signature of emplo		Date Enter name of individual address; include room or suite number (optional)		dual signing as employer or plan sponsor Preparer's telephone number (optional)			
1 Topalei S	mame (moldaling milli)	idino, ii appiioabio <i>j</i> and addiess, iii	Sidde foom of suite number	or (optional)	1 16	arci s tolephone	mamber (optional)	

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Do	t III Financial Information									
								• > -		
7_	Plan Assets and Liabilities	_	(a) Beginning of Yea	(a) Beginning of Year			(b) End of Year			
	Total plan assets	. 7a . 7b	91330			917989				
	b Total plan liabilities		90891					91534		
	C Net plan assets (subtract line 7b from line 7a)			3					+9	
	Income, Expenses, and Transfers for this Plan Year		(a) Amount				(b) To	tal		
а	Contributions received or receivable from: (1) Employers	8a(1)	1841	3						
	(2) Participants	Total Control of the								
	(3) Others (including rollovers)	8a(3)								
b	Other income (loss)	8b	16185	7						
	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c				254069			_	
	Benefits paid (including direct rollovers and insurance premiums									
	to provide benefits)	. 8d	24512	7						
<u>e</u>	Certain deemed and/or corrective distributions (see instructions)	. 8e	198	6						
f	Administrative service providers (salaries, fees, commissions)	. 8f	52	0						
g	Other expenses	. 8g								
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	. 8h						24763	33	
i_	Net income (loss) (subtract line 8h from line 8c)	. 8i						643	36	
j	Transfers to (from) the plan (see instructions)	8j								
Par	t IV Plan Characteristics									
	If the plan provides pension benefits, enter the applicable pension 2E 2F 2G 2J 2K 2T 3D									
b	If the plan provides welfare benefits, enter the applicable welfare fe	eature coo	les from the list of Plan Charac	cterist	ic Cod	es in t	ne instructio	ns:		
Part V Compliance Questions										
10	During the plan year:				Yes	No	,	mount		
Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)										
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				10000	0
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?			10d		X				
е										
	insurance service, or other organization that provides some or all instructions.)					X				
	,			10e 10f	X				444	_
	f Has the plan failed to provide any benefit when due under the plan?				Χ				111	2
<u>g</u>			,	10g	^				1688	4
	h If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)			10h		X				
I	i If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3			10i						
Part VI Pension Funding Compliance										
11	11 Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB (Form 5500) and line 11a below)									
11a	11a Enter the unpaid minimum required contribution for current year from Schedule SB (Form 5500) line 39									
12	12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?									
	(If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)									
	a 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	you completed line 12a, complete lines 3, 9, and 10 of Schedul	e MB (For	rm 5500), and skip to line 13.				1			
b	Enter the minimum required contribution for this plan year					12b				

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С	Enter the amount contributed by the employer to the plan for this plan year	12c				
d Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)						
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A		
Part	Part VII Plan Terminations and Transfers of Assets					
13a	Has a resolution to terminate the plan been adopted in any plan year?	Y	es X No			
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	13a				
b Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the of the PBGC?				Yes X 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):			V(s)	13c(3) PN(s)		
Part	VIII Trust Information (optional)					
14a Name of trust			14b Trust's EIN			