#### Form 5500

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration

Pension Benefit Guaranty Corporation

## Annual Return/Report of Employee Benefit Plan

This form is required to be filed for employee benefit plans under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA) and sections 6047(e), 6057(b), and 6058(a) of the Internal Revenue Code (the Code).

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

OMB Nos. 1210-0110 1210-0089

2014

This Form is Open to Public Inspection

Part I	Annual Report Ide	entification Information							
For cale	For calendar plan year 2014 or fiscal plan year beginning 01/01/2014 and ending 12/31/2014								
A This	eturn/report is for:	a multiemployer plan;		nployer plan (Filers checking the	this box must attach a list of ordance with the form instructions); or				
		X a single-employer plan;	a DFE (spec	• •	,,				
B This return/report is: the first return/report; the final return/report;			· · · <del></del>						
ו אוווא	eturn/report is.	an amended return/report;	=	year return/report (less than 1.	2 months	e)			
<b>C</b> 16.11			_			<i>3).</i> . □			
		ined plan, check here	_		_	<b>'</b> []			
<b>D</b> Chec	k box if filing under:	X Form 5558;	automatic ex	tension;	_ the DF	VC program;			
		special extension (enter description	on)						
Part	I Basic Plan Info	rmation—enter all requested inform	ation				1		
	ie of plan E GOURMET FOODS, INC	C. 401(K) RETIREMENT PLAN				Three-digit plan number (PN) ▶	001		
					1c	Effective date of plants of the original of th	an		
	•	ess; include room or suite number (em	ployer, if for a single	-employer plan)	2b	Employer Identifica	ation		
SEATTL	E GOURMET FOODS, INC	D.				Number (EIN) 91-1576990			
					2c	Plan Sponsor's tele	ephone		
10016 7	2ND AVE S	10016 73	ND AVE S			number			
	VA 98032	KENT, W			24	425-656-9076			
					Zu	2d Business code (see instructions) 311300			
Caution	A penalty for the late or	incomplete filing of this return/repo	ort will be assessed	unless reasonable cause is	establis	shed.			
		er penalties set forth in the instructions, ell as the electronic version of this retur							
SIGN HERE	Filed with authorized/valid	electronic signature.	09/28/2015	DAVID TAYLOR					
	Signature of plan admir	nistrator	Date	Enter name of individual sig	plan administrator				
OLON									
SIGN HERE									
	Signature of employer/	olan sponsor	Date	Enter name of individual sign	gning as	employer or plan sp	onsor		
OLON									
SIGN HERE									
Signature of DFE Date Enter name of individual signing									
Preparer					eparer's t otional)	telephone number			
				(-1	,				

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3a	Plan administrator's name and address Same as Plan Sponsor	name and address Same as Plan Sponsor  3b Administrator's EIN				
				3c Administra number	ator's telephone	
4	If the name and/or EIN of the plan sponsor has changed since the last return EIN and the plan number from the last return/report:	n/report filed for t	his plan, enter the name,	4b EIN		
а	Sponsor's name			4c PN		
5	Total number of participants at the beginning of the plan year			5	99	
6	Number of participants as of the end of the plan year unless otherwise stated 6a(2), 6b, 6c, and 6d).	d (welfare plans	complete only lines 6a(1),			
a(1	1) Total number of active participants at the beginning of the plan year			6a(1)	79	
a(2	2) Total number of active participants at the end of the plan year			6a(2)	92	
b	Retired or separated participants receiving benefits			6b	0	
С	Other retired or separated participants entitled to future benefits			6c	20	
d	Subtotal. Add lines 6a(2), 6b, and 6c.			6d	112	
е	Deceased participants whose beneficiaries are receiving or are entitled to re-	ceive benefits		6e	0	
f	Total. Add lines <b>6d</b> and <b>6e</b> .			6f	112	
g	Number of participants with account balances as of the end of the plan year (only defined contribution plans complete this item)				60	
	Number of participants that terminated employment during the plan year with less than 100% vested			6h	3	
7	Enter the total number of employers obligated to contribute to the plan (only	multiemployer p	lans complete this item)	7		
	If the plan provides pension benefits, enter the applicable pension feature con 2F 2G 2J 2K 2T 3D  If the plan provides welfare benefits, enter the applicable welfare feature code.					
9a	Plan funding arrangement (check all that apply)  (1) Insurance  (2) Code section 412(e)(3) insurance contracts  (3) X Trust  (4) General assets of the sponsor	9b Plan bene (1) (2) (3) (4)	efit arrangement (check all that Insurance Code section 412(e)(3)  X Trust General assets of the sp	insurance contr	acts	
10	Check all applicable boxes in 10a and 10b to indicate which schedules are a	attached, and, wh	nere indicated, enter the numb	per attached. (S	See instructions)	
а	Pension Schedules	b General	Schedules			
	(1) R (Retirement Plan Information)	(1)	H (Financial Inform	nation)		
	(2) MB (Multiemployer Defined Benefit Plan and Certain Money Purchase Plan Actuarial Information) - signed by the plan actuary	(2) (3) (4)	I (Financial Inform  A (Insurance Inform  C (Service Provide	mation) er Information)	,	
	(3) SB (Single-Employer Defined Benefit Plan Actuarial Information) - signed by the plan actuary	(5) (6)	D (DFE/Participati G (Financial Trans	-		

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Part III	Form M-1 Compliance Information (to be completed by welfare benefit plans)					
11a If the plan provides welfare benefits, was the plan subject to the Form M-1 filing requirements during the plan year? (See instructions and 29 CFR 2520.101-2.)						
If "Yes" is checked, complete lines 11b and 11c.						
11b Is the plan currently in compliance with the Form M-1 filing requirements? (See instructions and 29 CFR 2520.101-2.)						
11c Enter the Receipt Confirmation Code for the 2014 Form M-1 annual report. If the plan was not required to file the 2014 Form M-1 annual report, enter the Receipt Confirmation Code for the most recent Form M-1 that was required to be filed under the Form M-1 filing requirements. (Failure to enter a valid Receipt Confirmation Code will subject the Form 5500 filing to rejection as incomplete.)						
Receipt Confirmation Code						

# SCHEDULE I (Form 5500)

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration

Pension Benefit Guaranty Corporation

#### Financial Information—Small Plan

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

File as an attachment to Form 5500.

OMB No. 1210-0110

2014

This Form is Open to Public Inspection

rension benefit duaranty dorporation				
For calendar plan year 2014 or fiscal plan year beginning 01/01/2014		and ending 12/	31/2014	
A Name of plan SEATTLE GOURMET FOODS, INC. 401(K) RETIREMENT PLAN	В	Three-digit plan number (PN)	<b>)</b>	001
C Plan sponsor's name as shown on line 2a of Form 5500	D	Employer Identification	on Numbe	er (EIN)
SEATTLE GOURMET FOODS, INC.		91-1576990		

Complete Schedule I if the plan covered fewer than 100 participants as of the beginning of the plan year. You may also complete Schedule I if you are filing as a small plan under the 80-120 participant rule (see instructions). Complete Schedule H if reporting as a large plan or DFE.

#### Part I Small Plan Financial Information

Report below the current value of assets and liabilities, income, expenses, transfers and changes in net assets during the plan year. Combine the value of plan assets held in more than one trust. Do not enter the value of the portion of an insurance contract that guarantees during this plan year to pay a specific dollar benefit at a future date. Include all income and expenses of the plan including any trust(s) or separately maintained fund(s) and any payments/receipts to/from insurance carriers. Round off amounts to the nearest dollar.

1	Plan Assets and Liabilities:		(a) Beginning of Year	(b) End of Year
а	Total plan assets	. 1a	604012	729923
b	Total plan liabilities	. 1b	0	0
С	Net plan assets (subtract line 1b from line 1a)	1c	604012	729923
2	Income, Expenses, and Transfers for this Plan Year:		(a) Amount	<b>(b)</b> Total
а	Contributions received or receivable:			
	(1) Employers	2a(1)	23476	
	(2) Participants	2a(2)	62832	
	(3) Others (including rollovers)	2a(3)		
b	Noncash contributions	. 2b		
С	Other income	. 2c	42411	
d	Total income (add lines 2a(1), 2a(2), 2a(3), 2b, and 2c)	. 2d		128719
е	Benefits paid (including direct rollovers)	. 2e	259	
f	Corrective distributions (see instructions)	. 2f	883	
g	Certain deemed distributions of participant loans (see instructions)	. 2g		
h	Administrative service providers (salaries, fees, and commissions)	. 2h	1666	
i	Other expenses	. 2i		
j	Total expenses (add lines 2e, 2f, 2g, 2h, and 2i)	. 2j		2808
k	Net income (loss) (subtract line 2j from line 2d)	2k		125911
	Transfers to (from) the plan (see instructions)	. 2I		

3 Specific Assets: If the plan held assets at anytime during the plan year in any of the following categories, check "Yes" and enter the current value of any assets remaining in the plan as of the end of the plan year. Allocate the value of the plan's interest in a commingled trust containing the assets of more than one plan on a line-by-line basis unless the trust meets one of the specific exceptions described in the instructions.

					Amount
а	Partnership/joint venture interests	3a		X	
b	Employer real property	3b		X	
С	Real estate (other than employer real property)	3с		Χ	
d	Employer securities	3d		X	
е	Participant loans	3e		X	

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Schedule I (Form 5500) 2014

			ı			1			
				Yes	No			Amoun	t
3f	Loans	(other than to participants)	3f		X				
g	Tangib	le personal property	3g		Χ				
Pa	rt II	Compliance Questions							
4	Durir	ng the plan year:		Yes	No			Amour	nt
а	Was th	here a failure to transmit to the plan any participant contributions within the time period oped in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until fully sted. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		X				
b	Were a	any loans by the plan or fixed income obligations due the plan in default as of the close of plan or classified during the year as uncollectible? Disregard participant loans secured by the poant's account balance.	4b		X				
С	Were a	any leases to which the plan was a party in default or classified during the year as	4c		X				
d		here any nonexempt transactions with any party-in-interest? (Do not include transactions and on line 4a.)	4d		X				
е	Was th	ne plan covered by a fidelity bond?	4e	X					50000
f		e plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by or dishonesty?	4f		X				
g		e plan hold any assets whose current value was neither readily determinable on an established a nor set by an independent third party appraiser?	4g		X				
h		e plan receive any noncash contributions whose value was neither readily determinable on an shed market nor set by an independent third party appraiser?	4h		X				
i		e plan at any time hold 20% or more of its assets in any single security, debt, mortgage, parcel estate, or partnership/joint venture interest?	4i		X				
j		all the plan assets either distributed to participants or beneficiaries, transferred to another plan, ught under the control of the PBGC?	4j		X				
k	accour	u claiming a waiver of the annual examination and report of an independent qualified public tant (IQPA) under 29 CFR 2520.104-46? If "No," attach an IQPA's report or 2520.104-50 ent. (See instructions on waiver eligibility and conditions.)	4k	X					
ı	Has th	e plan failed to provide any benefit when due under the plan?	41		X				
m		s an individual account plan, was there a blackout period? (See instructions and 29 CFR 01-3.)	4m		X				
n		vas answered "Yes," check the "Yes" box if you either provided the required notice or one of ceptions to providing the notice applied under 29 CFR 2520.101-3	4n		X				
5a 5b	Has a resolution to terminate the plan been adopted during the plan year or any prior plan year?  If "Yes," enter the amount of any plan assets that reverted to the employer this year							ies were	
	5b(1)	Name of plan(s)			5b(2	e) EIN(	s)		<b>5b(3)</b> PN(s)
			+						
50	If the	plan is a defined benefit plan, is it covered under the PBGC insurance program (see ERISA se	action	4021\2		Yes	По	□ Not	determined
		Trust Information (optional)	JOHOH	TUZ 1)!	🗀	169	Пио	☐ INOU	usterrilliteu
6a Name of trust  6b Trust's EIN									

## **SCHEDULE R** (Form 5500)

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration

### **Retirement Plan Information**

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

File as an attachment to Form 5500.

OMB No. 1210-0110

2014

This Form is Open to Public Inspection.

	Pension Benefit Guaranty Corporation							
For	calendar plan year 2014 or fiscal plan year beginning 01/01/2014 and 6	ending	12/3	1/2014				
	lame of plan TTLE GOURMET FOODS, INC. 401(K) RETIREMENT PLAN	В	Three-dig plan num (PN)		001	1		
C P	Plan sponsor's name as shown on line 2a of Form 5500 TTLE GOURMET FOODS, INC.	D	Employer 91-15769		ition Num	ber (EIN	N)	
Da	rt I Distributions							
	references to distributions relate only to payments of benefits during the plan year.							
1	Total value of distributions paid in property other than in cash or the forms of property specified in the instructions		1					
2	Enter the EIN(s) of payor(s) who paid benefits on behalf of the plan to participants or beneficiaries durpayors who paid the greatest dollar amounts of benefits):	ring th	e year (if m	nore than	two, ente	r EINs o	of the t	:wo
	EIN(s): 04-6568107							
	Profit-sharing plans, ESOPs, and stock bonus plans, skip line 3.							
3	Number of participants (living or deceased) whose benefits were distributed in a single sum, during th year	•						
Pa	Funding Information (If the plan is not subject to the minimum funding requirements ERISA section 302, skip this Part)	of sec	tion of 412	of the Int	ernal Rev	/enue C	ode o	ſ
4	Is the plan administrator making an election under Code section 412(d)(2) or ERISA section 302(d)(2)?			Yes		No		N/A
	If the plan is a defined benefit plan, go to line 8.							
5	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 ruling letter granting the waiver.  Date: Mor If you completed line 5, complete lines 3, 9, and 10 of Schedule MB and do not complete the re			Day schedule		Year		
6	<b>a</b> Enter the minimum required contribution for this plan year (include any prior year accumulated fur deficiency not waived)	_	6a	1				
	<b>b</b> Enter the amount contributed by the employer to the plan for this plan year		6b	,				
	C Subtract the amount in line 6b from the amount in line 6a. Enter the result (enter a minus sign to the left of a negative amount)		6c	:				
	If you completed line 6c, skip lines 8 and 9.							
7	Will the minimum funding amount reported on line 6c be met by the funding deadline?		[	Yes		No		N/A
8	If a change in actuarial cost method was made for this plan year pursuant to a revenue procedure or authority providing automatic approval for the change or a class ruling letter, does the plan sponsor or administrator agree with the change?	r plan		Yes		No		N/A
Pa	art III Amendments							
9	If this is a defined benefit pension plan, were any amendments adopted during this plan year that increased or decreased the value of benefits? If yes, check the appropriate box. If no, check the "No" box	ease	De	crease	Во	th	N	lo
Pai	rt IV ESOPs (see instructions). If this is not a plan described under Section 409(a) or 4975 skip this Part.	(e)(7)	of the Inter	nal Reve	nue Code	),		
10	Were unallocated employer securities or proceeds from the sale of unallocated securities used to repo	ay any	exempt lo	an?		Yes		No
11	a Does the ESOP hold any preferred stock?					Yes		No
	<b>b</b> If the ESOP has an outstanding exempt loan with the employer as lender, is such loan part of a (See instructions for definition of "back-to-back" loan.)				[	Yes		No
12	Does the ESOP hold any stock that is not readily tradable on an established securities market?					Yes		No

Pa	rt V	Additional Information for Multiemployer Defined Benefit Pension Plans				
13		er the following information for each employer that contributed more than 5% of total contributions to the plan during the plan year (measured in ars). See instructions. Complete as many entries as needed to report all applicable employers.				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)  (1) Contribution rate (in dollars and cents)  (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)  (1) Contribution rate (in dollars and cents)  (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)  (1) Contribution rate (in dollars and cents)  (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)  (1) Contribution rate (in dollars and cents)  (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).) (1) Contribution rate (in dollars and cents) (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				
	а	Name of contributing employer				
	b	EIN C Dollar amount contributed by employer				
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year				
	е	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)  (1) Contribution rate (in dollars and cents)  (2) Base unit measure: Hourly Weekly Unit of production Other (specify):				

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14	4 Enter the number of participants on whose behalf no contributions were made by an employer as an employer of the participant for:						
	a The current year	14a					
	<b>b</b> The plan year immediately preceding the current plan year	14b					
	C The second preceding plan year	14c					
15	Enter the ratio of the number of participants under the plan on whose behalf no employer had an obligation to makemployer contribution during the current plan year to:	ke an					
	a The corresponding number for the plan year immediately preceding the current plan year	15a					
	<b>b</b> The corresponding number for the second preceding plan year	15b					
16	Information with respect to any employers who withdrew from the plan during the preceding plan year:						
	a Enter the number of employers who withdrew during the preceding plan year	16a					
	<b>b</b> If line 16a is greater than 0, enter the aggregate amount of withdrawal liability assessed or estimated to be assessed against such withdrawn employers	16b					
17	If assets and liabilities from another plan have been transferred to or merged with this plan during the plan year, ch supplemental information to be included as an attachment.						
P	art VI Additional Information for Single-Employer and Multiemployer Defined Benefit	t Pens	ion Plans				
18	If any liabilities to participants or their beneficiaries under the plan as of the end of the plan year consist (in whole cand beneficiaries under two or more pension plans as of immediately before such plan year, check box and see instinformation to be included as an attachment						
19	Enter the percentage of plan assets held as:  Stock:% Investment-Grade Debt:% High-Yield Debt:% Real Estate:% Other:%  Provide the average duration of the combined investment-grade and high-yield debt:  0-3 years						
	Effective duration Macaulay duration Modified duration Other (specify):						