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).

2016

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 calenda	ar plan year 2016 or fi	scal plan year beginning 01/01/2	016	and ending 12	2/31/2016				
A This ret	urn/report is for:	a single-employer plan) (Filers checking this box must attach a accordance with the form instructions.)				
		a one-participant plan	a foreign plan						
B This retu	urn/report is	the first return/report	the final return/report						
_		an amended return/report	a short plan year return	n/report (less than 12 m	_				
C Check b	oox if filing under:	Form 5558 special extension (enter descr	automatic extension		DFVC program	ı			
Part II	Basic Plan Info	rmation—enter all requested inf	. ,						
1a Name		The chief an requested in	omaton		1b Three-digit				
	FOODS INC 401(K)				plan numbe	er 001			
					1c Effective date of plan				
		yer, if for a single-employer plan) m, apt., suite no. and street, or P.C). Box)		2b Employer Identification Number (EIN) 26-1482306				
	town, state or province FOODS INC.	e, country, and ZIP or foreign post	al code (if foreign, see instr	uctions)	2c Sponsor's telephone number				
1750 440 T U	AVE NE CUITE COSC				2d Business code (see instructions)				
BELLEVUE,	AVE NE SUITE C236 WA 98004				2	124990			
3a Plan administrator's name and address ⊠ Same as Plan Sponsor.					3b Administrator's EIN				
					3c Administrator's telephone number				
					· ·				
A If the m	anno and/or FINI of the		the least restorm /remove filed for	or this plan system the	4b EIN	_			
If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name, EIN, and the plan number from the last return/report.									
a Sponso					4c PN				
5a Total number of participants at the beginning of the plan year			5a	5					
b Total number of participants at the end of the plan year				5b	5				
	er of participants with ete this item)	account balances as of the end of	the plan year (only defined	contribution plans	5c	1			
d(1) Total number of active participants at the beginning of the plan year				5d(1)	5				
d(2) Total number of active participants at the end of the plan year				5d(2)	5				
Number of participants that terminated employment during the plan year with accrued benefits that were less than 100% vested					5e	C			
		or incomplete filing of this return							
SB or Sche		her penalties set forth in the instruction and signed by an enrolled actuary, a plete.							
SIGN	Filed with authorized/	valid electronic signature.	10/13/2017	LISA LU					
HERE	Signature of plan a	dministrator	Date	Enter name of individ	dividual signing as plan administrator				
SIGN						_			
					vidual signing as employer or plan sponsor				
Preparer's	name (including firm r	name, if applicable) and address (ir	iclude room or suite numbe	er)	Preparer's teleph	ione number			
					<u> </u>				

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	Ware all of the plan's assets during the plan year invested in eligib	de accete?	(See instructions)						XY	es No	
	Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.) b Are you claiming a waiver of the annual examination and report of an independent qualified public accounts as a second of the control of the cont					PA)				es ∏ No	
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)								Δ'	es 140	
С	If the plan is a defined benefit plan, is it covered under the PBGC in					_	_	_	Not d	etermined	
	rt III Financial Information		· · · · · · · · · · · · · · · · · · ·		•				<u> </u>		
7	Plan Assets and Liabilities		(a) Beginning	of Year				(b) End	of Year		
a	Total plan assets	7a	(2) 209					(10) = 1101	118	308	
	Total plan liabilities	7b									
	Net plan assets (subtract line 7b from line 7a)	7c		C)			11808			
	Income, Expenses, and Transfers for this Plan Year		(a) Amour	nt		(b) Total					
	Contributions received or receivable from: (1) Employers	8a(1)		3227							
	(2) Participants	8a(2)		8067							
	(3) Others (including rollovers)	8a(3)									
	Other income (loss)	8b		514							
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c				11808					
	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d									
е	Certain deemed and/or corrective distributions (see instructions).	8e									
f	Administrative service providers (salaries, fees, commissions)	8f									
g	Other expenses	8g									
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h				0					
<u>i</u>	Net income (loss) (subtract line 8h from line 8c)	8i							118	308	
j	j Transfers to (from) the plan (see instructions)										
Par	t IV Plan Characteristics										
9a	If the plan provides pension benefits, enter the applicable pension 2E 2F 2G 2J 2K 2T 3D	feature co	odes from the List of Pl	an Cha	racteri	stic Co	odes in	the inst	ructions:		
b	If the plan provides welfare benefits, enter the applicable welfare for	eature cod	les from the List of Pla	n Chara	acteris	tic Cod	des in t	he instru	uctions:		
Par	t V Compliance Questions										
10	During the plan year:				Yes	No	N/A		Amoui	nt	
а	Was there a failure to transmit to the plan any participant contribudescribed in 29 CFR 2510.3-102? (See instructions and DOL's V	oluntary F	iduciary Correction			X					
	Program)			10a							
D	b Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)			10b		Х					
С	Was the plan covered by a fidelity bond?			10c	X					1000	
d	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	e 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.)			10e		X					
f	f Has the plan failed to provide any benefit when due under the plan?			10f		X					
g	g Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)					Χ					
h	h If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)			10g 10h		X					
i	If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.10	he require	d notice or one of the	10ii							
				•	-	-	•				

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Part	VI	Pension Funding Compliance						
11		s this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB Form 5500) and line 11a below)						es No
11a	Ente	er the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a			
12	ERIS	nis a defined contribution plan subject to the minimum funding requirements of section 412 of the Co				f 		es X No
		Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.) vaiver of the minimum funding standard for a prior year is being amortized in this plan year, see inst	ruotior	20.000	d ontor t	ho data	of the letter	ruling
	gran	ting the waiver	onth _	15, and	_ Day		Year _	
		ompleted line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 1			406			
<u> </u>	Enter	the minimum required contribution for this plan year			12b			
С	Enter	the amount contributed by the employer to the plan for this plan year			12c			
d		ract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the leastive amount)			12d			_
<u>e</u>	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	a resolution to terminate the plan been adopted in any plan year?				Yes	s X No)
	If "Y	es," enter the amount of any plan assets that reverted to the employer this year			13a			
b		e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brouging of the PBGC?					Yes X	No
С		uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identifich assets or liabilities were transferred. (See instructions.)	y the p	plan(s)) to			
1	3c(1)	Name of plan(s):		13c(2)	EIN(s)		13c(3)	PN(s)
Part	VIII	Trust Information						
14a	Name	of trust			14b ⁻	Trust's E	EIN	
14c Name of trustee or custodian					14d Trustee's or custodian's telephone number			
Part	: IX	IRS Compliance Questions						
15a	Is the	plan a 401(k) plan? If "No," skip b		Yes		[No	
130 How did the plan esticty the pendicerimination requirements for employee deterrals under section 111			·	ign-based "Prior year" AE harbor test			ar" ADP	
		,,,,, p ,		"Curre	ent year test	,,	N/A	
				entage	atage Average N/A benefit test N/A			
16b Did the plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) for the plan year by combining this plan with any other plan under the permissive aggregation rules?					No			
17a If the plan is a master and prototype plan (M&P) or volume submitter plan that received a favorable IRS opinion letter or advisory letter, enter the date of the letter/ and the serial number								
17b If the plan is an individually-designed plan that received a favorable determination letter from the IRS, enter the date of the most recent determination letter/								
	Were	ed Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and had not sepace?		from	Ye	s [No	
19	Was	any plan participant a 5% owner who had attained at least age 70 $^{1\!\!/}_{2}$ during the prior plan year?			Ye	s [No	