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 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

2019

This Form is Open to Public Inspection

Part I Annual Report Identification Information

For calendar plan year 2019 or fiscal plan year beginning 01/01/2019 and ending 12/31/2019

A This return/report is for:
- [ ] a multiemployer plan
- [ ] a multiple-employer plan (Filers checking this box must attach a list of participating employer information in accordance with the form instructions.)
- [X] a single-employer plan
- [ ] a DFE (specify) ____

B This return/report is:
- [ ] the first return/report
- [ ] the final return/report
- [ ] an amended return/report
- [ ] a short plan year return/report (less than 12 months)

C If the plan is a collectively-bargained plan, check here. . . . . ▶ [ ]

D Check box if filing under:
- [X] Form 5558
- [ ] automatic extension
- [ ] the DFVC program
- [ ] special extension (enter description)

Part II Basic Plan Information—enter all requested information

1a Name of plan
LASSENS HEALTH FOODS 401(K) PLAN

1b Three-digit plan number (PN) ▶ 001

1c Effective date of plan 01/01/2007

2a Plan sponsor's name (employer, if for a single-employer plan)
Mailing address (include room, apt., suite no. and street, or P.O. Box)
City or town, state or province, country, and ZIP or foreign postal code (if foreign, see instructions)
LASSENS HEALTH FOODS

4071 EAST MAIN STREET
VENTURA, CA 93003

2b Employer Identification Number (EIN)
46-4394771

2c Plan Sponsor's telephone number
805-625-0669

2d Business code (see instructions)
445299

Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including accompanying schedules, statements and attachments, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN HERE	Filed with authorized/valid electronic signature.	10/16/2020	PETER LASSEN
	Signature of plan administrator	Date	Enter name of individual signing as plan administrator
SIGN HERE			
	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor
SIGN HERE			
	Signature of DFE	Date	Enter name of individual signing as DFE

3a Plan administrator's name and address [X] Same as Plan Sponsor

3b Administrator's EIN

3c Administrator's telephone number

4 If the name and/or EIN of the plan sponsor or the plan name has changed since the last return/report filed for this plan, enter the plan sponsor's name, EIN, the plan name and the plan number from the last return/report:

a Sponsor's name LASSENS HEALTH FOODS

c Plan Name LASSENS HEALTH FOODS 401(K) PLAN

4b EIN 77-0033671

4d PN 001

5 Total number of participants at the beginning of the plan year	**5**	242
6 Number of participants as of the end of the plan year unless otherwise stated (welfare plans complete only lines **6a(1), 6a(2), 6b, 6c,** and **6d**).		
a(1) Total number of active participants at the beginning of the plan year	**6a(1)**	242
a(2) Total number of active participants at the end of the plan year	**6a(2)**	202
b Retired or separated participants receiving benefits	**6b**	0
c Other retired or separated participants entitled to future benefits	**6c**	36
d Subtotal. Add lines **6a(2)**, **6b**, and **6c**	**6d**	238
e Deceased participants whose beneficiaries are receiving or are entitled to receive benefits.	**6e**	0
f Total. Add lines **6d** and **6e**.	**6f**	238
g Number of participants with account balances as of the end of the plan year (only defined contribution plans complete this item)	**6g**	109
h Number of participants who terminated employment during the plan year with accrued benefits that were less than 100% vested	**6h**	0
7 Enter the total number of employers obligated to contribute to the plan (only multiemployer plans complete this item)	**7**	

8a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristics Codes in the instructions:

2E 2F 2G 2J 2K 3D

b If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristics Codes in the instructions:

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 benefit arrangement (check all that apply)

- **(1)** [ ] Insurance
- **(2)** [ ] Code section 412(e)(3) insurance contracts
- **(3)** [X] Trust
- **(4)** [ ] General assets of the sponsor

10 Check all applicable boxes in 10a and 10b to indicate which schedules are attached, and, where indicated, enter the number attached. (See instructions)

a Pension Schedules

- **(1)** [ ] **R** (Retirement Plan Information)
- **(2)** [ ] **MB** (Multiemployer Defined Benefit Plan and Certain Money Purchase Plan Actuarial Information) - signed by the plan actuary
- **(3)** [ ] **SB** (Single-Employer Defined Benefit Plan Actuarial Information) - signed by the plan actuary

b General Schedules

- **(1)** [X] **H** (Financial Information)
- **(2)** [ ] **I** (Financial Information – Small Plan)
- **(3)** [ ] ___ **A** (Insurance Information)
- **(4)** [ ] **C** (Service Provider Information)
- **(5)** [ ] **D** (DFE/Participating Plan Information)
- **(6)** [ ] **G** (Financial Transaction Schedules)

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.) ..... ☐ Yes ☐ No

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.) ..... ☐ Yes ☐ No

11c Enter the Receipt Confirmation Code for the 2019 Form M-1 annual report. If the plan was not required to file the 2019 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 H (Form 5500)

Department of the Treasury
Internal Revenue Service

Department of Labor
Employee Benefits Security Administration

Pension Benefit Guaranty Corporation

Financial Information

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

2019

This Form is Open to Public Inspection

For calendar plan year 2019 or fiscal plan year beginning 01/01/2019 and ending 12/31/2019

A Name of plan
LASSENS HEALTH FOODS 401(K) PLAN

B Three-digit plan number (PN) ▶ 001

C Plan sponsor's name as shown on line 2a of Form 5500
LASSENS HEALTH FOODS

D Employer Identification Number (EIN)
46-4394771

Part I Asset and Liability Statement

1 Current value of plan assets and liabilities at the beginning and end of the plan year. Combine the value of plan assets held in more than one trust. Report the value of the plan's interest in a commingled fund containing the assets of more than one plan on a line-by-line basis unless the value is reportable on lines 1c(9) through 1c(14). Do not enter the value of that portion of an insurance contract which guarantees, during this plan year, to pay a specific dollar benefit at a future date. **Round off amounts to the nearest dollar.** MTIAs, CCTs, PSAs, and 103-12 IEs do not complete lines 1b(1), 1b(2), 1c(8), 1g, 1h, and 1i. CCTs, PSAs, and 103-12 IEs also do not complete lines 1d and 1e. See instructions.

Assets		(a) Beginning of Year	(b) End of Year
a Total noninterest-bearing cash	1a	0	0
b Receivables (less allowance for doubtful accounts):			
(1) Employer contributions	1b(1)	0	11200
(2) Participant contributions	1b(2)	0	25000
(3) Other	1b(3)	0	0
c General investments:			
(1) Interest-bearing cash (include money market accounts & certificates of deposit)	1c(1)	1035	64
(2) U.S. Government securities	1c(2)	0	0
(3) Corporate debt instruments (other than employer securities):			
(A) Preferred	1c(3)(A)	0	0
(B) All other	1c(3)(B)	0	0
(4) Corporate stocks (other than employer securities):			
(A) Preferred	1c(4)(A)	0	0
(B) Common	1c(4)(B)	0	0
(5) Partnership/joint venture interests	1c(5)	0	0
(6) Real estate (other than employer real property)	1c(6)	0	0
(7) Loans (other than to participants)	1c(7)	0	0
(8) Participant loans	1c(8)	44503	50070
(9) Value of interest in common/collective trusts	1c(9)	0	0
(10) Value of interest in pooled separate accounts	1c(10)	0	0
(11) Value of interest in master trust investment accounts	1c(11)	0	0
(12) Value of interest in 103-12 investment entities	1c(12)	0	0
(13) Value of interest in registered investment companies (e.g., mutual funds)	1c(13)	1488274	2027429
(14) Value of funds held in insurance company general account (unallocated contracts)	1c(14)	0	0
(15) Other	1c(15)	0	0

			(a) Beginning of Year	(b) End of Year
1d	Employer-related investments:			
	(1) Employer securities	1d(1)	0	0
	(2) Employer real property	1d(2)	0	0
e	Buildings and other property used in plan operation	1e	0	0
f	Total assets (add all amounts in lines 1a through 1e)	1f	1533812	2113763
	Liabilities			
g	Benefit claims payable	1g	0	0
h	Operating payables	1h	0	0
i	Acquisition indebtedness	1i	0	0
j	Other liabilities	1j	0	0
k	Total liabilities (add all amounts in lines 1g through1j)	1k	0	0
	Net Assets			
l	Net assets (subtract line 1k from line 1f)	1l	1533812	2113763

Part II Income and Expense Statement

2 Plan income, expenses, and changes in net assets for the year. 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. MTIAs, CCTs, PSAs, and 103-12 IEs do not complete lines 2a, 2b(1)(E), 2e, 2f, and 2g.

	Income		(a) Amount	(b) Total
a	**Contributions:**			
	(1) Received or receivable in cash from: **(A)** Employers	2a(1)(A)	114490	
	(B) Participants	2a(1)(B)	148428	
	(C) Others (including rollovers)	2a(1)(C)	0	
	(2) Noncash contributions	2a(2)	0	
	(3) Total contributions. Add lines **2a(1)(A), (B), (C),** and line **2a(2)**	2a(3)		262918
b	**Earnings on investments:**			
	(1) Interest:			
	(A) Interest-bearing cash (including money market accounts and certificates of deposit)	2b(1)(A)	0	
	(B) U.S. Government securities	2b(1)(B)	0	
	(C) Corporate debt instruments	2b(1)(C)	0	
	(D) Loans (other than to participants)	2b(1)(D)	0	
	(E) Participant loans	2b(1)(E)	0	
	(F) Other	2b(1)(F)	0	
	(G) Total interest. Add lines **2b(1)(A)** through **(F)**	2b(1)(G)		0
	(2) Dividends: **(A)** Preferred stock	2b(2)(A)	0	
	(B) Common stock	2b(2)(B)	0	
	(C) Registered investment company shares (e.g. mutual funds)	2b(2)(C)	0	
	(D) Total dividends. Add lines **2b(2)(A)**, **(B)**, and **(C)**	2b(2)(D)		0
	(3) Rents	2b(3)		0
	(4) Net gain (loss) on sale of assets: **(A)** Aggregate proceeds	2b(4)(A)	0	
	(B) Aggregate carrying amount (see instructions)	2b(4)(B)	0	
	(C) Subtract line **2b(4)(B)** from line **2b(4)(A)** and enter result	2b(4)(C)		0
	(5) Unrealized appreciation (depreciation) of assets: **(A)** Real estate	2b(5)(A)	0	
	(B) Other	2b(5)(B)	0	
	(C) Total unrealized appreciation of assets. Add lines **2b(5)(A)** and **(B)**	2b(5)(C)		0

		(a) Amount	(b) Total
(6) Net investment gain (loss) from common/collective trusts	2b(6)		0
(7) Net investment gain (loss) from pooled separate accounts	2b(7)		0
(8) Net investment gain (loss) from master trust investment accounts	2b(8)		0
(9) Net investment gain (loss) from 103-12 investment entities	2b(9)		0
(10) Net investment gain (loss) from registered investment companies (e.g., mutual funds)	2b(10)		354876
c Other income	2c		0
d Total income. Add all **income** amounts in column (b) and enter total	2d		617794
Expenses			
e Benefit payment and payments to provide benefits:			
(1) Directly to participants or beneficiaries, including direct rollovers	2e(1)	37098	
(2) To insurance carriers for the provision of benefits	2e(2)	0	
(3) Other	2e(3)	0	
(4) Total benefit payments. Add lines **2e(1)** through **(3)**	2e(4)		37098
f Corrective distributions (see instructions)	2f		0
g Certain deemed distributions of participant loans (see instructions)	2g		0
h Interest expense	2h		0
i Administrative expenses: **(1)** Professional fees	2i(1)	0	
(2) Contract administrator fees	2i(2)	0	
(3) Investment advisory and management fees	2i(3)	0	
(4) Other	2i(4)	745	
(5) Total administrative expenses. Add lines **2i(1)** through **(4)**	2i(5)		745
j Total expenses. Add all **expense** amounts in column (b) and enter total	2j		37843
Net Income and Reconciliation			
k Net income (loss). Subtract line **2j** from line **2d**	2k		579951
l Transfers of assets:			
(1) To this plan	2l(1)		0
(2) From this plan	2l(2)		0

Part III Accountant's Opinion

3 Complete lines 3a through 3c if the opinion of an independent qualified public accountant is attached to this Form 5500. Complete line 3d if an opinion is not attached.

a The attached opinion of an independent qualified public accountant for this plan is (see instructions):

(1) [ ] Unmodified **(2)** [ ] Qualified **(3)** [X] Disclaimer **(4)** [ ] Adverse

b Did the accountant perform a limited scope audit pursuant to 29 CFR 2520.103-8 and/or 103-12(d)? [X] Yes [ ] No

c Enter the name and EIN of the accountant (or accounting firm) below:

(1) Name: PERRY HAY LLP **(2)** EIN: 46-2290413

d The opinion of an independent qualified public accountant is **not attached** because:

(1) [ ] This form is filed for a CCT, PSA, or MTIA. **(2)** [ ] It will be attached to the next Form 5500 pursuant to 29 CFR 2520.104-50.

Part IV Compliance Questions

4 CCTs and PSAs do not complete Part IV. MTIAs, 103-12 IEs, and GIAs do not complete lines 4a, 4e, 4f, 4g, 4h, 4k, 4m, 4n, or 5. 103-12 IEs also do not complete lines 4j and 4l. MTIAs also do not complete line 4l.

During the plan year:

		Yes	No	Amount
a Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until fully corrected. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		X	
b Were any loans by the plan or fixed income obligations due the plan in default as of the close of the plan year or classified during the year as uncollectible? Disregard participant loans secured by participant's account balance. (Attach Schedule G (Form 5500) Part I if "Yes" is checked.)	4b		X	

			Yes	No	Amount
c	Were any leases to which the plan was a party in default or classified during the year as uncollectible? (Attach Schedule G (Form 5500) Part II if "Yes" is checked.)	4c		X	
d	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 4a. Attach Schedule G (Form 5500) Part III if "Yes" is checked.)	4d		X	
e	Was this plan covered by a fidelity bond?	4e	X		210000
f	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	4f		X	
g	Did the plan hold any assets whose current value was neither readily determinable on an established market nor set by an independent third party appraiser?	4g		X	
h	Did the plan receive any noncash contributions whose value was neither readily determinable on an established market nor set by an independent third party appraiser?	4h		X	
i	Did the plan have assets held for investment? (Attach schedule(s) of assets if "Yes" is checked, and see instructions for format requirements.)	4i	X		
j	Were any plan transactions or series of transactions in excess of 5% of the current value of plan assets? (Attach schedule of transactions if "Yes" is checked, and see instructions for format requirements.)	4j		X	
k	Were all the plan assets either distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?	4k		X	
l	Has the plan failed to provide any benefit when due under the plan?	4l		X	
m	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	4m		X	
n	If 4m was answered "Yes," check the "Yes" box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3.	4n			

5a Has a resolution to terminate the plan been adopted during the plan year or any prior plan year? ☐ Yes ☒ No
If "Yes," enter the amount of any plan assets that reverted to the employer this year _____.

5b 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.)

5b(1) Name of plan(s)	**5b(2)** EIN(s)	**5b(3)** PN(s)

5c If the plan is a defined benefit plan, is it covered under the PBGC insurance program (See ERISA section 4021.)? ..... ☐ Yes ☐ No ☐ Not determined
If "Yes" is checked, enter the My PAA confirmation number from the PBGC premium filing for this plan year_____. (See instructions.)

LASSENS HEALTH FOODS
401(K) PLAN

FINANCIAL STATEMENTS
AND
SUPPLEMENTAL SCHEDULES

DECEMBER 31, 2019

with

INDEPENDENT AUDITOR'S REPORT

LASSENS HEALTH FOODS
401(K) PLAN
DECEMBER 31, 2019

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PERRY HAY LLP
CERTIFIED PUBLIC ACCOUNTANTS

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INDEPENDENT AUDITOR'S REPORT

To the Administrative Committee
Lassens Health Foods 401(k) Plan
Ventura, California

Report on the Financial Statements

We were engaged to audit the accompanying financial statements of Lassens Health Foods 401(k) Plan (the "Plan") which comprise of statements of net assets available for benefits as of December 31, 2019 and 2018 and the related statement of changes in net assets available for benefits for the year ended December 31, 2019 and the related notes to the financial statements.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with accounting principles generally accepted in the United States of America; this includes the design, implementation and maintenance of internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on conducting the audit in accordance with auditing standards generally accepted in the United States of America. Because of the matter described in the Basis for Disclaimer of Opinion paragraph, however, we were not able to obtain sufficient appropriate audit evidence to provide a basis for an audit opinion.

Basis for Disclaimer of Opinion

As permitted by 29 CFR 2520.103-8 of the Department of Labor's Rules and Regulations for Reporting and Disclosure under the Employee Retirement Income Security Act of 1974, the plan administrator instructed us not to perform, and we did not perform, any auditing procedures with respect to the information summarized in Note 4, which was certified by Capital Bank and Trust Company, the custodian of the Plan, except for comparing such information with the related information included in the financial statements. We have been informed by the plan administrator that the custodian held the Plan's investment assets and executed investment transactions. The plan administrator has obtained certifications from the custodian as of December 31, 2019 and 2018, and for the year ended December 31, 2019, that the information provided to the plan administrator by the custodian is complete and accurate.

INDEPENDENT AUDITOR'S REPORT
(continued)

Disclaimer of Opinion

Because of the significance of the matter described in the Basis for Disclaimer of Opinion paragraph, we have not been able to obtain sufficient appropriate audit evidence to provide a basis for an audit opinion. Accordingly, we do not express an opinion on these financial statements.

Other Matter

The supplemental schedules, as listed in the table of contents, are required by the Department of Labor's ("DOL") Rules and Regulations for Reporting and Disclosure under the Employee Retirement Income Security Act of 1974 and are presented for the purpose of additional analysis and are not a required part of the financial statements. Because of the significance of the matter described in the Basis for Disclaimer of Opinion paragraph, we do not express an opinion on the supplemental schedules.

Report on Form and Content in Compliance with DOL Rules and Regulations

The form and content of the information included in the financial statements and supplemental schedules, other than that derived from the information certified by the custodian, have been audited by us in accordance with auditing standards generally accepted in the United States of America and, in our opinion, are presented in compliance with the Department of Labor's Rules and Regulations for Reporting and Disclosure under the Employee Retirement Income Security Act of 1974.

Perry Hay LLP

Perry Hay LLP
Westlake Village, California
October 14, 2020

LASSENS HEALTH FOODS
401(K) PLAN

STATEMENTS OF NET ASSETS AVAILABLE FOR BENEFITS
DECEMBER 31, 2019 AND 2018

	2019	2018
Cash	$ 64	$ 1,035
Registered investment companies, at fair value:		
Amcap Fund	16,318	10,018
EuroPacific Growth Fund	96,879	76,474
New Perspective Fund	16,296	9,687
The Growth Fund of America	31,481	9,956
Capital World Growth and Income Fund	111,164	88,927
Fundamental Investors Fund	222,824	166,332
The Income Fund of America	23	19
U.S. Government Securities Fund	72,315	68,897
American Funds Targeted Date Funds	1,460,129	1,057,964
Total registered investment companies	2,027,429	1,488,274
Notes receivable from participants	50,070	44,503
Employer contributions receivable	11,200	-
Participant contributions receivable	25,000	-
Total assets	2,113,763	1,533,812
Liabilities - Participant excess deferrals	-	-
Net assets available for benefits	$ 2,113,763	$ 1,533,812

See accompanying Independent Auditor's Report and Notes to Financial Statements.

LASSENS HEALTH FOODS
401(K) PLAN

STATEMENT OF CHANGES IN NET ASSETS
AVAILABLE FOR BENEFITS
YEAR ENDED DECEMBER 31, 2019

Additions:		
Investment income (loss):		
Net appreciation (depreciation) in fair value of investments	$	273,598
Interest, dividends and capital gain distributions		80,235
Other		(975)
Total investment income (loss)		352,858
Interest income on notes receivable from participants		2,018
Contributions:		
Employer matching		114,490
Participant salary deferrals		148,428
Participant rollovers		-
Total contributions		262,918
Total additions		617,794
Deductions:		
Benefits paid to participants		37,098
Deemed distribution of participant loans		-
Administrative fees and other charges		745
Total deductions		37,843
Net increase (decrease)		579,951
Net assets available for benefits - Beginning of year		1,533,812
Net assets available for benefits - End of year	$	2,113,763

See accompanying Independent Auditor's Report and Notes to Financial Statements.

NOTES TO FINANCIAL STATEMENTS
DECEMBER 31, 2019 AND 2018

1. Description of the Plan

General

The following description of the Lassens Health Foods 401(k) Plan (the "Plan") provides only general information. Participants should refer to the Plan document for a more complete description of the Plan provisions. The Plan is a discretionary defined contribution plan which is administered by a committee appointed by senior management of Lassens Health Foods (the "Company"). The Plan covers the employees of the Company who have attained the age of twenty and one year of service. The Plan is subject to the provisions of the Employee Retirement Income Security Act of 1974 ("ERISA"). At December 31, 2019 there were approximately one hundred active participants in the Plan.

Administration of Plan assets

The Company is the Plan administrator. Certain officers or employees of the Company who are involved with plan administration are not compensated by the Plan for such services. This staff determines the appropriateness of the Plan's investment offerings and valuation policies utilizing information provided by investment advisers and the custodian.

Employer contributions

The Company makes Safe Harbor matching contributions equal to 100% of salary deferrals up to the first 3% of eligible participant's compensation plus 50% of salary deferrals up to the next 2% of eligible participant's compensation.

The Company may also make discretionary profit-sharing contributions to the Plan. During the year ended December 31, 2019, the Company did not elect to make any profit-sharing contributions.

Participant contributions

Participants may make elective salary deferrals, Pre-tax and/or Roth, of up to 90% of their eligible earnings, not to exceed the maximum allowed under appropriate provisions of the Internal Revenue Code ("IRC").

Rollover contributions

Company employees may rollover their benefits from other qualified retirement plans into the Plan. During the year ended December 31, 2019, the Plan did not receive any rollover contributions.

Vesting

Participants are 100% vested in their salary deferral and rollover contributions and Company's Safe Harbor matching contributions, and the related allocation of Plan income, gains and losses and expenses. Vesting in the Company's profit-sharing contributions are based on years of continuous service, and participants are 100% vested after attaining six years of service.

1. Description of the Plan (continued)

Participant accounts

Each participant's account is credited with their salary deferral and rollover contributions, if any, and the Company's Safe Harbor matching contribution and an allocation of (a) the Company's profit-sharing contribution, if any, (b) Plan income, gains and losses and expenses, and (c) forfeitures from terminated participants' non-vested accounts. Allocations are based on participant's compensation, account balances, or specific transactions as defined in the Plan document. The benefit to which a participant is entitled is dependent on the balance of the participant's vested account.

Investment options

All investments are held in trust and were invested in registered investment companies as of December 31, 2019 and 2018. Each participant chooses how their contributions and respective account balances are to be allocated amongst the various investments through a participant-directed investment program. Investment income, gains and losses and expenses are allocated to each participant's account each business day.

Notes receivable from participants

Participants may borrow up to 50% of their vested account balances with a minimum loan of $1,000 and maximum of $50,000. The loans are secured by the balance in the participants' accounts and bear interest at the prevailing rates at the date of the loan. Loan terms are to be no longer than 5 years except for the purchase of the participant's principal residence which may be up to 30 years. Principal and interest are paid ratably through bi-weekly payroll deductions.

Payment of benefits

Upon termination of service due to death, permanent disability, retirement or early retirement, as defined by the Plan document, a participant may elect to receive a distribution of his or her vested account balances as either a lump-sum amount or as installments. The Plan allows for hardship distributions, as defined in the Plan document. Withdrawals made by terminating participants are based upon the vested balance in their individual accounts at the time of termination and are recorded in the year of distribution. At December 31, 2019 there were no amounts allocated to participants who have elected to withdraw from the Plan, but have not yet been paid.

Forfeitures

Amounts forfeited from terminating participants' non-vested portion of their Company profit-sharing contributions and earnings thereon can be used to reduce future employer matching contributions, pay administrative expenses, or may be allocated to participant accounts. During the year ended December 31, 2019, there were no forfeitures from non-vested accounts used to reduce employer matching contributions, pay for administrative expenses, or allocated to participant accounts.

2. Significant accounting policies

Basis of accounting

The Plan financial statements are prepared under the accrual method of accounting.

Use of estimates

The preparation of these financial statements in conformity with accounting principles generally accepted in the United States of America requires Plan management to make estimates and assumptions that affect the reported amounts of Plan assets, liabilities and disclosures at the date of the financial statements. Actual results could differ from those estimates.

Investment valuation and income recognition

The Plan's investments are stated at fair value. Fair value is the price that would be received to sell an asset or paid to transfer a liability in an orderly transaction between market participants at the measurement date. See Note 3 for additional details.

Purchases and sales of securities are recorded on a trade-date basis. Interest income is recorded on the accrual basis. Dividends are recorded on the ex-dividend date. Net appreciation (depreciation) includes the Plan's gains and losses on investments bought and sold as well as held during the year.

Notes receivable from participants

Notes receivable from participants are measured at their unpaid principal balance plus any accrued but unpaid interest. Related fees are recorded as administrative expenses and are expensed when they are incurred. No allowance for credit losses was necessary as of December 31, 2019 and 2018.

Participant excess deferrals

Amounts payable to participants for contributions in excess of amounts allowed under the IRC are recorded as a liability with an offset to corrective distributions. At December 31, 2019 there were no excess deferrals.

Payment of benefits

Benefits are recorded when paid.

Plan expenses

Plan administrative expenses, including accounting, trustee, administration, auditing and legal fees, are paid by the Company, and are not charged to the Plan. Investment related expenses are partially included in net appreciation (depreciation) in fair value of investments and administrative fees.

2. Significant accounting policies (continued)

Risks and uncertainties

The Plan, at the participant's direction, invests in various investment securities. Investment securities are exposed to various risks such as interest rate, market and credit risks. Due to the level of risk associated with certain investment securities, it is at least reasonably possible that changes in the values of investment securities will occur in the near term. And because the Coronavirus Pandemic has become a major disruption to the entire world and the Plan is not immune to a significant downturn when the economy slows or worse goes into a recession because of a national emergency like this, significant changes may or have occurred. Accordingly, such changes could and have materially affected participants' account balances and the amounts reported in the statements of net assets available for benefits as of December 31, 2019.

Plan termination

Although it has not expressed any intent to do so, the Company has the right to terminate the Plan subject to the provisions of ERISA. In the event the Plan terminates, the participants' profit-sharing accounts will become 100% vested and the net assets of the Plan will be distributed as prescribed by ERISA.

Subsequent events

The Plan has evaluated subsequent events through October 14, 2020, the date the financial statements were available to be issued.

3. Fair value measurements

The Plan's investments are reported at fair value in the accompanying statements of net assets available for benefits. The methods used to measure fair value may produce an amount that may not be indicative of net realizable value or reflective of future fair values. Furthermore, although the Plan believes its valuation methods are appropriate and consistent with other market participants, the use of different methodologies or assumptions to determine the fair value of certain financial instruments could result in a different fair value measurement at the reporting date.

The fair value measurement accounting literature establishes a fair value hierarchy that prioritizes the inputs to valuation techniques used to measure fair value. This hierarchy consists of three broad levels: Level 1 inputs consist of unadjusted quoted prices in active markets for identical assets and have the highest priority, Level 2 inputs consist of observable inputs other than quoted prices for identical assets and Level 3 inputs are unobservable and have the lowest priority. The Plan uses appropriate valuation techniques based on the available inputs to measure fair value of its investments. When available, the Plan measures fair value using Level 1 inputs because they generally provide the most reliable evidence of fair value.

3. Fair value measurements (continued)

The following is a description of the valuation methodologies used for assets measured at fair value. There have been no changes in the methodologies and no Level 2 or 3 inputs were used as of December 31, 2019 and 2018.

Level 1 fair value measurements

The fair values of the registered investments companies are based on quoted net asset values of the shares held by the Plan at year-end.

The following table sets forth, by level within the fair value hierarchy, the Plan's investments at fair value as of December 31, 2019:

	Fair value	(Level 1)	(Level 2)
Registered investment companies	$ 2,027,429	$ 2,027,429	$ -
	$ 2,027,429	$ 2,027,429	$ -

The following table sets forth, by level within the fair value hierarchy, the Plan's investments at fair value as of December 31, 2018:

	Fair value	(Level 1)	(Level 2)
Registered investment companies	$ 1,488,274	$ 1,488,274	$ -
	$ 1,488,274	$ 1,488,274	$ -

4. Certification

The following is a summary of the unaudited information included in the Plan's financial statements and supplemental schedule that was provided by the custodian and furnished to the Plan administrator. The Plan administrator has obtained certifications from the custodian that the following information is complete and accurate:

(a) The fair value and cost of investments as of December 31, 2019 and 2018.

(b) Net appreciation (depreciation) in fair value of investments, interest, dividends and capital gain distributions for the year ended December 31, 2019.

(c) Supplemental schedule of assets (held at end of year) as of December 31, 2019.

5. Tax status

The Plan was a volume submitter defined contribution plan that received a favorable determination letter from the Internal Revenue Service (IRS) on March 31, 2014, which stated that the Plan, as then designed, was in compliance with the applicable requirements of the IRC. Although the Plan may have been amended since receiving this determination letter, the Plan administrator and tax counsel believe that the Plan is designed and is currently being operated in compliance with the applicable requirements of the IRC and, therefore, believe that the Plan is qualified and the related trust is tax-exempt.

Accounting principles generally accepted in the United States of America require plan administrators to evaluate tax positions taken by the Plan and recognize a tax liability for any uncertain position that more likely than not would not be sustained upon examination by the IRS. The Plan is subject to routine audits by taxing jurisdictions; however, there are currently no audits for any periods in progress. The Plan years that remain open for examination include 2017 through 2019.

6. Related party and party-in-interest transactions

Certain Plan investments are managed by American Funds. American Funds and Capital Bank and Trust Company are related parties. Capital Bank is the custodian as defined by the Plan and, therefore, these transactions qualify as party-in-interest transactions for which a statutory exemption exists. The Company, which qualifies as a party-in-interest, absorbs certain administrative expenses of the Plan. Such transactions qualify for a statutory exemption.

7. Prohibited transactions

During the year ended December 31, 2019, the Company failed to remit to the Plan certain participant contributions totaling $16,696 within the timely period prescribed by Department of Labor regulations. During the years ended December 31, 2018 and 2017, the Company also failed to timely remit participant contributions and loan repayments totaling $70,000 and $118,851, respectively. The Company is in the process of rectifying these late remittances by paying lost earnings.

8. Reconciliation to Form 5500

The financial statements for the years ended December 31, 2019 and 2018, agree to IRS Form 5500, Annual Return of Employee Benefit Plan, without exception.

SUPPLEMENTAL SCHEDULES

LASSENS HEALTH FOODS
401(K) PLAN
E.I.N. 46-4394771 – PLAN NUMBER 001
SCHEDULE H, LINE 4i – SCHEDULE OF ASSETS (HELD AT END OF YEAR)
DECEMBER 31, 2019

(a)	(b) Identity of Issue, Borrower, Lessor or Similar Party	(c) Description of Investment including Maturity Date, Rate of Interest, Collateral, Par or Maturity Value	(d) Cost	(e) Current Value
	Cash		$ 64	$ 64
	Registered investment companies:			
*	Amcap Fund	503.789 shares	14,092	16,318
*	EuroPacific Growth Fund	1,779.561 shares	78,948	96,879
*	New Perspective Fund	353.257 shares	13,567	16,296
*	The Growth Fund of America	628.746 shares	29,170	31,481
*	Capital World Growth and Income Fund	2,141.892 shares	91,355	111,164
*	Fundamental Investors Fund	3,603.241 shares	191,151	222,824
*	The Income Fund of America	0.996 shares	21	23
*	U.S. Government Securities Fund	5,240.237 shares	70,839	72,315

LASSENS HEALTH FOODS
401(K) PLAN
E.I.N. 46-4394771 – PLAN NUMBER 001
SCHEDULE H, LINE 4i – SCHEDULE OF ASSETS (HELD AT END OF YEAR)
DECEMBER 31, 2019
(Continued)

(a)	(b) Identity of Issue, Borrower, Lessor or Similar Party	(c) Description of Investment including Maturity Date, Rate of Interest, Collateral, Par or Maturity Value	(d) Cost	(e) Current Value
	Registered investment companies (continued):			
*	American Funds Targeted Date Fund - 2010	392.888 shares	$ 4,298	$ 4,373
*	American Funds Targeted Date Fund - 2020	4,861.792 shares	57,178	62,523
*	American Funds Targeted Date Fund - 2025	1,034.610 shares	7,525	14,412
*	American Funds Targeted Date Fund - 2030	17,675.986 shares	232,478	265,317
*	American Funds Targeted Date Fund - 2035	11,534.531 shares	161,713	180,054
*	American Funds Targeted Date Fund - 2040	23,733.421 shares	328,137	380,684
*	American Funds Targeted Date Fund - 2045	11,569.584 shares	162,466	188,700
*	American Funds Targeted Date Fund - 2050	13,140.808 shares	182,420	210,647
*	American Funds Targeted Date Fund - 2055	6,731.184 shares	112,704	135,229
*	American Funds Targeted Date Fund - 2060	1,348.373 shares	15,771	18,190
	Total registered investment companies		1,753,833	2,027,429
*	Notes receivable from participants	**	50,070	50,070
	Total assets held at end of year		$ 1,803,967	$ 2,077,563

* Party-in-interest

** Interest rates range from 4.5% to 6.5% with maturities thru September 2024.

LASSENS HEALTH FOODS
401(K) PLAN
E.I.N. 46-4394771 – PLAN NUMBER 001
SCHEDULE H, LINE 4a – SCHEDULE OF DELINQUENT PARTICIPANT CONTRIBUTIONS
YEARS ENDED DECEMBER 31, 2019, 2018 AND 2017

	Total that Constitutes Non-exempt Prohibited Transactions			Total Fully Corrected Under VFCP and PTE 2002-51
	Contributions Not Corrected	Contributions Corrected Outside VFCP	Contributions Pending Correction in VFCP	
Participant contributions transferred late to Plan During the year ended December 31, 2019	$ 16,696	$	$	$
Participant contributions transferred late to Plan During the year ended December 31, 2018	$ 69,500	$	$	$
Loan payments transferred late to Plan During the year ended December 31, 2018	$ 500	$	$	$
Participant contributions transferred late to Plan During the year ended December 31, 2017	$	$	$ 118,851	$

LASSENS HEALTH FOODS
401(K) PLAN
E.I.N. 46-4394771 – PLAN NUMBER 001
SCHEDULE H, LINE 4i – SCHEDULE OF ASSETS (HELD AT END OF YEAR)
DECEMBER 31, 2019

(a)	(b) Identity of Issue, Borrower, Lessor or Similar Party	(c) Description of Investment including Maturity Date, Rate of Interest, Collateral, Par or Maturity Value	(d) Cost	(e) Current Value
	Cash		$ 64	$ 64
	Registered investment companies:			
*	Amcap Fund	503.789 shares	14,092	16,318
*	EuroPacific Growth Fund	1,779.561 shares	78,948	96,879
*	New Perspective Fund	353.257 shares	13,567	16,296
*	The Growth Fund of America	628.746 shares	29,170	31,481
*	Capital World Growth and Income Fund	2,141.892 shares	91,355	111,164
*	Fundamental Investors Fund	3,603.241 shares	191,151	222,824
*	The Income Fund of America	0.996 shares	21	23
*	U.S. Government Securities Fund	5,240.237 shares	70,839	72,315

LASSENS HEALTH FOODS
401(K) PLAN
E.I.N. 46-4394771 – PLAN NUMBER 001
SCHEDULE H, LINE 4i – SCHEDULE OF ASSETS (HELD AT END OF YEAR)
DECEMBER 31, 2019
(Continued)

(a)	(b) Identity of Issue, Borrower, Lessor or Similar Party	(c) Description of Investment including Maturity Date, Rate of Interest, Collateral, Par or Maturity Value	(d) Cost	(e) Current Value
	Registered investment companies (continued):			
*	American Funds Targeted Date Fund - 2010	392.888 shares	$ 4,298	$ 4,373
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	Total registered investment companies		1,753,833	2,027,429
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	Total assets held at end of year		$ 1,803,967	$ 2,077,563

* Party-in-interest

** Interest rates range from 4.5% to 6.5% with maturities thru September 2024.