

**GOOD WHOLESOME FOOD LTD  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 NOVEMBER 2017**

5 Park Avenue  
Barford  
Norwich  
Norfolk  
NR9 4BA

**Good Wholesome Food Ltd**  
**Unaudited Financial Statements**  
**For The Year Ended 30 November 2017**

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**Good Wholesome Food Ltd**  
**Balance Sheet**  
**As at 30 November 2017**

Registered number: 07433617

		2017	2016
	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible Assets	3	1,090	1,454
		1,090	1,454
<b>Creditors: Amounts Falling Due Within One Year</b>	4	(8,169 )	(10,390 )
<b>NET CURRENT ASSETS (LIABILITIES)</b>		(8,169 )	(10,390 )
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		(7,079 )	(8,936 )
<b>NET ASSETS</b>		(7,079 )	(8,936 )
<b>CAPITAL AND RESERVES</b>			
Called up share capital	5	100	100
Profit and Loss Account		(7,179 )	(9,036 )
<b>SHAREHOLDERS' FUNDS</b>		(7,079 )	(8,936 )

For the year ending 30 November 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Director's responsibilities**

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

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**Mr Lucas Cossey**

**30/08/2018**

The notes on pages 2 to 3 form part of these financial statements.

**Good Wholesome Food Ltd**  
**Notes to the Financial Statements**  
**For The Year Ended 30 November 2017**

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**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Rendering of services**

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

**1.3. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	Reducing balance
Motor Vehicles	Reducing balance
Fixtures & Fittings	Reducing balance

**2. Average Number of Employees**

Average number of employees, including directors, during the year was as follows:

**3. Tangible Assets**

	<b>Plant &amp; Machinery</b>	<b>Motor Vehicles</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 December 2016	4,774	2,200	6,974
As at 30 November 2017	4,774	2,200	6,974
<b>Depreciation</b>			
As at 1 December 2016	3,936	1,584	5,520
Provided during the period	210	154	364
As at 30 November 2017	4,146	1,738	5,884
<b>Net Book Value</b>			
As at 30 November 2017	628	462	1,090
As at 1 December 2016	838	616	1,454

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**Notes to the Financial Statements (continued)**  
**For The Year Ended 30 November 2017**

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**4. Creditors: Amounts Falling Due Within One Year**

	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Other creditors	1,024	1,024
Director's loan account	7,145	9,366
	<u>8,169</u>	<u>10,390</u>

**5. Share Capital**

	<b>2017</b>	<b>2016</b>
Allotted, Called up and fully paid	<u>100</u>	<u>100</u>

**6. General Information**

Good Wholesome Food Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 07433617. The registered office is 5 Park Ave, Barford, Norwich, NR9 4BA.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.