

**RUDE HEALTH FOODS LIMITED**

**ANNUAL REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2022**

# **RUDE HEALTH FOODS LIMITED**

## **COMPANY INFORMATION**

### **Directors**

C J L Barnard  
N Barnard  
J R Bouldin  
T C D Smith (appointed 22 November 2021)

### **Company secretary**

Jonathan Bouldin

### **Registered number**

05602067

### **Registered office**

212 New Kings Road  
London  
SW6 4NZ

### **Independent auditors**

James Cowper Kreston  
Chartered Accountants and Statutory Auditor  
Reading Bridge House  
George Street  
Reading  
Berkshire  
RG1 8LS

# **RUDE HEALTH FOODS LIMITED**

## **CONTENTS**

	Page
<b>Group strategic report</b>	<b>1</b>
<b>Directors' report</b>	<b>2 - 3</b>
<b>Independent auditors' report</b>	<b>4 - 7</b>
<b>Consolidated statement of comprehensive income</b>	<b>8</b>
<b>Consolidated balance sheet</b>	<b>9</b>
<b>Company balance sheet</b>	<b>10</b>
<b>Consolidated statement of changes in equity</b>	<b>11 - 12</b>
<b>Company statement of changes in equity</b>	<b>13</b>
<b>Consolidated Statement of cash flows</b>	<b>14</b>
<b>Consolidated analysis of net debt</b>	<b>15</b>
<b>Notes to the financial statements</b>	<b>16 - 33</b>

# **RUDE HEALTH FOODS LIMITED**

## **GROUP STRATEGIC REPORT FOR THE YEAR ENDED 31 MARCH 2022**

### **Business review**

The group achieved sales of £21,040,259 (2021: £19,519,739), an increase of 8% from the prior year. The global pandemic resulted in a challenging environment in some key international markets. Successful growth in traditional retail and online in the UK was offset in part by an exceptionally challenging year for the food service sector.

The group made a loss of £1,369,784 compared with a profit of £243,322 in the prior year.

### **Principal risks and uncertainties**

The group takes a proactive approach to the management of the various risks that it faces. A principal risk that the company faces is fluctuations in currency. Foreign exchange risk in relation to export revenues and import costs is continuously monitored.

The group continues to manage and mitigate the impacts of Brexit and Covid – risks with regards to cost inflation, additional import and export costs/red tape remain. The group's management are constantly reviewing mitigations like pricing strategy and stock levels to minimise any negative effects.

### **Key performance indicators**

The directors consider that the key performance indicators for understanding the development and performance of the business are revenue, gross profit and net profit.

This report was approved by the board and signed on its behalf.

**J R Bouldin**

Director

Date: 29 November 2022

# **RUDE HEALTH FOODS LIMITED**

## **DIRECTORS' REPORT FOR THE YEAR ENDED 31 MARCH 2022**

The directors present their report and the financial statements for the year ended 31 March 2022.

### **Directors**

The directors who served during the year were:

C J L Barnard  
N Barnard  
J R Bouldin  
T C D Smith (appointed 22 November 2021)

### **Results and dividends**

The loss for the year, after taxation, amounted to £1,369,784 (2021 - profit £243,322).

No dividend is to be paid in this financial year. The management plans to continue to invest in building sales and brand awareness.

### **Principal activity**

The principal activity of the group in the year under review was that of the manufacture and sale of healthy foods and drinks.

### **Directors' responsibilities statement**

The directors are responsible for preparing the Group strategic report, the Directors' report and the consolidated financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and the Group and of the profit or loss of the Group for that period.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the Group's financial statements and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and the Group and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and the Group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**RUDE HEALTH FOODS LIMITED**

**DIRECTORS' REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2022**

**Disclosure of information to auditors**

Each of the persons who are directors at the time when this Directors' report is approved has confirmed that:

- so far as the director is aware, there is no relevant audit information of which the Company and the Group's auditors are unaware, and
- the director has taken all the steps that ought to have been taken as a director in order to be aware of any relevant audit information and to establish that the Company and the Group's auditors are aware of that information.

**Post balance sheet events**

There have been no significant events affecting the Group since the year end.

**Auditors**

The auditors, James Cowper Kreston, will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

This report was approved by the board and signed on its behalf.

**J R Bouldin**

Director

Date: 29 November 2022

## **RUDE HEALTH FOODS LIMITED**

### **INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF RUDE HEALTH FOODS LIMITED**

#### **Opinion**

We have audited the financial statements of Rude Health Foods Limited (the 'parent Company') and its subsidiaries (the 'Group') for the year ended 31 March 2022, which comprise the Group Statement of comprehensive income, the Group and Company Balance sheets, the Group Statement of cash flows, the Group and Company Statement of changes in equity and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the Group's and of the parent Company's affairs as at 31 March 2022 and of the Group's loss for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the Group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Group's or the parent Company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF RUDE HEALTH FOODS LIMITED (CONTINUED)**

**Other information**

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' report thereon. The directors are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**Opinion on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Group strategic report and the Directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Group strategic report and the Directors' report have been prepared in accordance with applicable legal requirements.

**Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the Group and the parent Company and its environment obtained in the course of the audit, we have not identified material misstatements in the Group strategic report or the Directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent Company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent Company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

**Responsibilities of directors**

As explained more fully in the Directors' responsibilities statement set out on page 2, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Group's and the parent Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Group or the parent Company or to cease operations, or have no realistic alternative but to do so.



**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF RUDE HEALTH FOODS LIMITED (CONTINUED)**

**Auditors' responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

The specific procedures for this engagement that we designed and performed to detect material misstatements in respect of irregularities, including fraud, were as follows:

- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of management and those charged with governance to identify any material instances of non-compliance with laws and regulations;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work to address the risk of irregularities due to management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for evidence of bias.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Auditor's report.

## RUDE HEALTH FOODS LIMITED

### INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF RUDE HEALTH FOODS LIMITED (CONTINUED)

#### Use of our report

This report is made solely to the Company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

Darren O'Connor BSc (Hons) FCCA ACA (Senior Statutory Auditor)

for and on behalf of

**James Cowper Kreston**

Chartered Accountants and Statutory Auditor

Reading Bridge House

George Street

Reading

Berkshire

RG1 8LS

5 December 2022

RUDE HEALTH FOODS LIMITED

CONSOLIDATED STATEMENT OF COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Turnover	4	21,040,259	19,519,739
Cost of sales		(15,985,945)	(14,375,091)
<b>Gross profit</b>		<b>5,054,314</b>	<b>5,144,648</b>
Administrative expenses		(6,660,006)	(4,893,039)
Other operating income	5	17,677	53,896
<b>Operating (loss)/profit</b>		<b>(1,588,015)</b>	<b>305,505</b>
Interest receivable and similar income		38	3,276
Interest payable and similar expenses		(7,884)	(69)
<b>(Loss)/profit before taxation</b>		<b>(1,595,861)</b>	<b>308,712</b>
Tax on (loss)/profit	10	226,077	(65,390)
<b>(Loss)/profit for the financial year</b>		<b>(1,369,784)</b>	<b>243,322</b>

The notes on pages 16 to 33 form part of these financial statements.

**RUDE HEALTH FOODS LIMITED**  
**REGISTERED NUMBER: 05602067**

**CONSOLIDATED BALANCE SHEET**  
**AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Intangible assets	11	63,090	97,607
Tangible assets	12	117,216	137,192
		<u>180,306</u>	<u>234,799</u>
<b>Current assets</b>			
Stocks	14	1,754,579	2,178,198
Debtors: amounts falling due within one year	15	3,690,724	3,069,066
Cash at bank and in hand	16	233,719	644,772
		<u>5,679,022</u>	<u>5,892,036</u>
Creditors: amounts falling due within one year	17	(4,974,734)	(3,858,073)
		<u>704,288</u>	<u>2,033,963</u>
<b>Net current assets</b>			
		<u>884,594</u>	<u>2,268,762</u>
<b>Total assets less current liabilities</b>			
<b>Provisions for liabilities</b>			
Deferred taxation	18	-	(14,384)
		<u>-</u>	<u>(14,384)</u>
<b>Net assets excluding pension asset</b>		<u>884,594</u>	<u>2,254,378</u>
<b>Net assets</b>		<u><u>884,594</u></u>	<u><u>2,254,378</u></u>
<b>Capital and reserves</b>			
Called up share capital	19	400,010	400,010
Share premium account	20	146,000	146,000
Capital redemption reserve	20	11,990	11,990
Profit and loss account	20	326,594	1,696,378
<b>Equity attributable to owners of the parent Company</b>		<u><u>884,594</u></u>	<u><u>2,254,378</u></u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:

**J R Bouldin**  
Director

Date: 29 November 2022

The notes on pages 16 to 33 form part of these financial statements.

**RUDE HEALTH FOODS LIMITED**  
**REGISTERED NUMBER: 05602067**

**COMPANY BALANCE SHEET**  
**AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Intangible assets	11	63,090	97,607
Tangible assets	12	117,216	137,192
Investments	13	1	1
		<hr/>	<hr/>
		180,307	234,800
<b>Current assets</b>			
Stocks	14	1,278,064	1,692,814
Debtors: amounts falling due within one year	15	3,931,807	3,018,758
Cash at bank and in hand	16	60,997	505,092
		<hr/>	<hr/>
		5,270,868	5,216,664
Creditors: amounts falling due within one year	17	(4,289,239)	(3,180,968)
		<hr/>	<hr/>
<b>Net current assets</b>		981,629	2,035,696
		<hr/>	<hr/>
<b>Total assets less current liabilities</b>		1,161,936	2,270,496
<b>Provisions for liabilities</b>			
Deferred taxation	18	-	(14,384)
		<hr/>	<hr/>
		-	(14,384)
		<hr/>	<hr/>
<b>Net assets</b>		<u>1,161,936</u>	<u>2,256,112</u>
<b>Capital and reserves</b>			
Called up share capital	19	400,010	400,010
Share premium account	20	146,000	146,000
Capital redemption reserve	20	11,990	11,990
Profit and loss account	20	603,936	1,698,112
		<hr/>	<hr/>
		<u>1,161,936</u>	<u>2,256,112</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:

**J R Bouldin**

Director

Date: 29 November 2022

The notes on pages 16 to 33 form part of these financial statements.

**RUDE HEALTH FOODS LIMITED**

**CONSOLIDATED STATEMENT OF CHANGES IN EQUITY  
FOR THE YEAR ENDED 31 MARCH 2022**

	<b>Called up share capital</b>	<b>Share premium account</b>	<b>Capital redemption reserve</b>	<b>Profit and loss account</b>	<b>Equity attributable to owners of parent Company</b>	<b>Total equity</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
At 1 April 2021	400,010	146,000	11,990	1,696,378	2,254,378	2,254,378
Loss for the year	-	-	-	(1,369,784)	(1,369,784)	(1,369,784)
<b>At 31 March 2022</b>	<b>400,010</b>	<b>146,000</b>	<b>11,990</b>	<b>326,594</b>	<b>884,594</b>	<b>884,594</b>

The notes on pages 16 to 33 form part of these financial statements.

**RUDE HEALTH FOODS LIMITED**

**CONSOLIDATED STATEMENT OF CHANGES IN EQUITY  
FOR THE YEAR ENDED 31 MARCH 2021**

	<b>Called up share capital</b>	<b>Share premium account</b>	<b>Capital redemption reserve</b>	<b>Profit and loss account</b>	<b>Equity attributable to owners of parent Company</b>	<b>Total equity</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
At 1 April 2020	400,010	146,000	11,990	1,453,056	2,011,056	2,011,056
Profit for the year	-	-	-	243,322	243,322	243,322
<b>At 31 March 2021</b>	<b>400,010</b>	<b>146,000</b>	<b>11,990</b>	<b>1,696,378</b>	<b>2,254,378</b>	<b>2,254,378</b>

The notes on pages 16 to 33 form part of these financial statements.

**RUDE HEALTH FOODS LIMITED**

**COMPANY STATEMENT OF CHANGES IN EQUITY  
FOR THE YEAR ENDED 31 MARCH 2022**

	<b>Called up share capital</b>	<b>Share premium account</b>	<b>Capital redemption reserve</b>	<b>Profit and loss account</b>	<b>Total equity</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>At 1 April 2020</b>	<b>400,010</b>	<b>146,000</b>	<b>11,990</b>	<b>1,453,056</b>	<b>2,011,056</b>
Profit for the year	-	-	-	245,056	245,056
<b>At 1 April 2021</b>	<b>400,010</b>	<b>146,000</b>	<b>11,990</b>	<b>1,698,112</b>	<b>2,256,112</b>
Loss for the year	-	-	-	(1,094,176)	(1,094,176)
<b>At 31 March 2022</b>	<b>400,010</b>	<b>146,000</b>	<b>11,990</b>	<b>603,936</b>	<b>1,161,936</b>

The notes on pages 16 to 33 form part of these financial statements.



RUDE HEALTH FOODS LIMITED

CONSOLIDATED STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
<b>Cash flows from operating activities</b>		
(Loss)/profit for the financial year	(1,369,784)	243,322
<b>Adjustments for:</b>		
Amortisation of intangible assets	63,516	94,204
Depreciation of tangible assets	103,581	142,562
Loss on disposal of tangible assets	-	(8,521)
Interest paid	7,884	69
Interest received	(38)	(3,276)
Taxation charge	(226,077)	65,390
Decrease/(increase) in stocks	423,619	(456,526)
(Increase)/decrease in debtors	(1,229,451)	199,704
Increase/(decrease) in creditors	955,015	(298,912)
Corporation tax (paid)/received	(20,493)	5,912
<b>Net cash generated from operating activities</b>	<b>(1,292,228)</b>	<b>(16,072)</b>
<b>Cash flows from investing activities</b>		
Purchase of intangible fixed assets	(28,999)	(82,484)
Purchase of tangible fixed assets	(83,605)	(118,699)
Sale of tangible fixed assets	-	8,801
Interest received	38	3,276
<b>Net cash from investing activities</b>	<b>(112,566)</b>	<b>(189,106)</b>
<b>Cash flows from financing activities</b>		
Loans due from/(repaid to) directors	150,000	-
Interest paid	(7,884)	(69)
<b>Net cash used in financing activities</b>	<b>142,116</b>	<b>(69)</b>
<b>Net (decrease) in cash and cash equivalents</b>	<b>(1,262,678)</b>	<b>(205,247)</b>
Cash and cash equivalents at beginning of year	644,772	850,019
<b>Cash and cash equivalents at the end of year</b>	<b>(617,906)</b>	<b>644,772</b>
<b>Cash and cash equivalents at the end of year comprise:</b>		
Cash at bank and in hand	233,719	644,772
Bank overdrafts	(851,625)	-
	<b>(617,906)</b>	<b>644,772</b>

RUDE HEALTH FOODS LIMITED

CONSOLIDATED ANALYSIS OF NET DEBT  
FOR THE YEAR ENDED 31 MARCH 2022

	At 1 April 2021	Cash flows	At 31 March
	£	£	2022 £
Cash at bank and in hand	644,772	(411,053)	233,719
Bank overdrafts	-	(851,625)	(851,625)
Debt due within 1 year	-	(150,000)	(150,000)
	<u>644,772</u>	<u>(1,412,678)</u>	<u>(767,906)</u>

The notes on pages 16 to 33 form part of these financial statements.

# RUDE HEALTH FOODS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 1. General information

Rude Health Foods Limited is a company limited by share capital and incorporated in England and Wales. The address of the registered office is 212 New King's Road, New King's Road, London, England, SW6 4NZ.

### 2. Accounting policies

#### 2.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention unless otherwise specified within these accounting policies and in accordance with Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and the Companies Act 2006.

The preparation of financial statements in compliance with FRS 102 requires the use of certain critical accounting estimates. It also requires Group management to exercise judgment in applying the Group's accounting policies (see note 3).

The Company has taken advantage of the exemption allowed under section 408 of the Companies Act 2006 and has not presented its own Statement of comprehensive income in these financial statements.

The following principal accounting policies have been applied:

#### 2.2 Basis of consolidation

The consolidated financial statements present the results of the Company and its own subsidiaries ("the Group") as if they form a single entity. Intercompany transactions and balances between group companies are therefore eliminated in full.

The consolidated financial statements incorporate the results of business combinations using the purchase method. In the Balance sheet, the acquiree's identifiable assets, liabilities and contingent liabilities are initially recognised at their fair values at the acquisition date. The results of acquired operations are included in the Consolidated statement of comprehensive income from the date on which control is obtained. They are deconsolidated from the date control ceases.

#### 2.3 Revenue

Revenue is recognised to the extent that it is probable that the economic benefits will flow to the Group and the revenue can be reliably measured. Revenue is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes. The following criteria must also be met before revenue is recognised:

##### Sale of goods

Revenue from the sale of goods is recognised when all of the following conditions are satisfied:

- the Group has transferred the significant risks and rewards of ownership to the buyer;
- the Group retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
- the amount of revenue can be measured reliably;
- it is probable that the Group will receive the consideration due under the transaction; and
- the costs incurred or to be incurred in respect of the transaction can be measured reliably.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

**2. Accounting policies (continued)**

**2.4 Intangible assets**

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

All intangible assets are considered to have a finite useful life. If a reliable estimate of the useful life cannot be made, the useful life shall not exceed ten years.

**2.5 Tangible fixed assets**

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Depreciation is charged so as to allocate the cost of assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Plant and machinery	-	20%	straight line
Motor vehicles	-	20%	straight line
Fixtures and fittings	-	33%	straight line
Computer equipment	-	33%	straight line
Brand assets	-	50%	straight line

The assets' residual values, useful lives and depreciation methods are reviewed, and adjusted prospectively if appropriate, or if there is an indication of a significant change since the last reporting date.

Gains and losses on disposals are determined by comparing the proceeds with the carrying amount and are recognised in profit or loss.

**2.6 Valuation of investments**

Investments in subsidiaries are measured at cost less accumulated impairment.

**2.7 Stocks**

Stocks are stated at the lower of cost and net realisable value, being the estimated selling price less costs to complete and sell. Cost is based on the cost of purchase on a first in, first out basis. Work in progress and finished goods include labour and attributable overheads.

At each balance sheet date, stocks are assessed for impairment. If stock is impaired, the carrying amount is reduced to its selling price less costs to complete and sell. The impairment loss is recognised immediately in profit or loss.

**2.8 Debtors**

Short-term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

**2. Accounting policies (continued)**

**2.9 Cash and cash equivalents**

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

In the Consolidated statement of cash flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the Group's cash management.

**2.10 Financial instruments**

The Group only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors, loans from banks and other third parties, loans to related parties and investments in ordinary shares.

Derivatives, including interest rate swaps and forward foreign exchange contracts, are not basic financial instruments. Derivatives are initially recognised at fair value on the date a derivative contract is entered into and are subsequently re-measured at their fair value. Changes in the fair value of derivatives are recognised in profit or loss in finance costs or income as appropriate. The company does not currently apply hedge accounting for interest rate and foreign exchange derivatives.

**2.11 Creditors**

Short-term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

**2.12 Government grants**

Grants are accounted under the accruals model as permitted by FRS 102. Grants relating to expenditure on tangible fixed assets are credited to profit or loss at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditors as deferred income.

Grants of a revenue nature are recognised in the Consolidated statement of comprehensive income in the same period as the related expenditure.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.13 Foreign currency translation

**Functional and presentation currency**

The Company's functional and presentational currency is GBP.

**Transactions and balances**

Foreign currency transactions are translated into the functional currency using the spot exchange rates at the dates of the transactions.

At each period end foreign currency monetary items are translated using the closing rate. Non-monetary items measured at historical cost are translated using the exchange rate at the date of the transaction and non-monetary items measured at fair value are measured using the exchange rate when fair value was determined.

Foreign exchange gains and losses resulting from the settlement of transactions and from the translation at period-end exchange rates of monetary assets and liabilities denominated in foreign currencies are recognised in profit or loss except when deferred in other comprehensive income as qualifying cash flow hedges.

On consolidation, the results of overseas operations are translated into Sterling at rates approximating to those ruling when the transactions took place. All assets and liabilities of overseas operations are translated at the rate ruling at the reporting date. Exchange differences arising on translating the opening net assets at opening rate and the results of overseas operations at actual rate are recognised in other comprehensive income.

2.14 Share based payments

Where share options are awarded to employees, the fair value of the options at the date of grant is charged to profit or loss over the vesting period. Non-market vesting conditions are taken into account by adjusting the number of equity instruments expected to vest at each balance sheet date so that, ultimately, the cumulative amount recognised over the vesting period is based on the number of options that eventually vest. Market vesting conditions are factored into the fair value of the options granted. The cumulative expense is not adjusted for failure to achieve a market vesting condition.

The fair value of the award also takes into account non-vesting conditions. These are either factors beyond the control of either party (such as a target based on an index) or factors which are within the control of one or other of the parties (such as the Group keeping the scheme open or the employee maintaining any contributions required by the scheme).

Where the terms and conditions of options are modified before they vest, the increase in the fair value of the options, measured immediately before and after the modification, is also charged to profit or loss over the remaining vesting period.

Where equity instruments are granted to persons other than employees, profit or loss is charged with fair value of goods and services received.

2.15 Operating leases: the Group as lessee

Rentals paid under operating leases are charged to profit or loss on a straight-line basis over the lease term.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight-line basis over the lease term, unless another systematic basis is representative of the time pattern of the lessee's benefit from the use of the leased asset.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.16 Pensions

**Defined contribution pension plan**

The Group operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Group pays fixed contributions into a separate entity. Once the contributions have been paid the Group has no further payment obligations.

The contributions are recognised as an expense in profit or loss when they fall due. Amounts not paid are shown in accruals as a liability in the Balance sheet. The assets of the plan are held separately from the Group in independently administered funds.

2.17 Current and deferred taxation

The tax expense for the year comprises current and deferred tax. Tax is recognised in profit or loss except that a charge attributable to an item of income and expense recognised as other comprehensive income or to an item recognised directly in equity is also recognised in other comprehensive income or directly in equity respectively.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the balance sheet date in the countries where the Company and the Group operate and generate income.

Deferred tax balances are recognised in respect of all timing differences that have originated but not reversed by the balance sheet date, except that:

- The recognition of deferred tax assets is limited to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits;
- Any deferred tax balances are reversed if and when all conditions for retaining associated tax allowances have been met; and
- Where they relate to timing differences in respect of interests in subsidiaries, associates, branches and joint ventures and the Group can control the reversal of the timing differences and such reversal is not considered probable in the foreseeable future.

Deferred tax balances are not recognised in respect of permanent differences except in respect of business combinations, when deferred tax is recognised on the differences between the fair values of assets acquired and the future tax deductions available for them and the differences between the fair values of liabilities acquired and the amount that will be assessed for tax. Deferred tax is determined using tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

3. Judgments in applying accounting policies and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgments, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for revenues and expenses during the year. However, the nature of estimation means that actual outcomes could differ from those estimates.

The following judgments (apart from those involving estimates) have had the most significant effect on amounts recognised in the financial statements.

**Revenue recognition**

The key judgment made by management in respect of revenue is the point at which that revenue should be recognised. Management consider that revenue is to be recognised when delivery is made to customer as this is when the risks and rewards of ownership are transferred.

**Tangible fixed assets**

Tangible fixed assets are depreciated over their useful lives taking into account residual values, where appropriate. The actual lives of the assets and residual values are assessed annually and may vary depending on a number of factors. Residual value assessments consider issues such as the remaining life of the asset and projected disposal values.

**Taxation**

The company establishes provisions based on reasonable estimates, for possible consequences of audits by the tax authorities. The amount of such provisions is based on various factors, such as experience with previous tax submissions.

Management estimation is required to determine the amount of deferred tax assets that can be recognised, based upon likely timing and level of future taxable profits together with an assessment of the effect of future tax planning strategies.

4. Turnover

An analysis of turnover by class of business is as follows:

	2022 £	2021 £
Food sales	20,852,358	19,350,588
Cafe sales	187,901	169,151
	<u>21,040,259</u>	<u>19,519,739</u>

Analysis of turnover by country of destination:

	2022 £	2021 £
United Kingdom	16,535,628	16,381,318
Rest of Europe	2,847,032	2,156,651
Rest of the World	1,657,599	981,770
	<u>21,040,259</u>	<u>19,519,739</u>



**RUDE HEALTH FOODS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**5. Other operating income**

	<b>2022</b>	2021
	<b>£</b>	£
Government grants	17,677	53,896
	<u>17,677</u>	<u>53,896</u>

**6. Operating (loss)/profit**

The operating (loss)/profit is stated after charging:

	<b>2022</b>	2021
	<b>£</b>	£
Depreciation	103,581	142,562
Amortisation	<u>63,516</u>	<u>94,204</u>

**7. Auditors' remuneration**

	<b>2022</b>	2021
	<b>£</b>	£
Fees payable to the Group's auditor and its associates for the audit of the Group's annual financial statements	<u>13,500</u>	<u>12,000</u>

**Fees payable to the Group's auditor and its associates in respect of:**

All other services	3,400	3,000
	<u>3,400</u>	<u>3,000</u>

**RUDE HEALTH FOODS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**8. Employees**

Staff costs, including directors' remuneration, were as follows:

	<b>Group 2022 £</b>	Group 2021 £	<b>Company 2022 £</b>	Company 2021 £
Wages and salaries	<b>2,306,392</b>	1,940,481	<b>2,078,570</b>	1,727,242
Social security costs	<b>250,984</b>	188,018	<b>225,677</b>	188,018
Cost of defined contribution scheme	<b>60,588</b>	47,584	<b>54,772</b>	47,584
	<u><b>2,617,964</b></u>	<u>2,176,083</u>	<u><b>2,359,019</b></u>	<u>1,962,844</u>

The average monthly number of employees, including the directors, during the year was as follows:

	<b>2022 No.</b>	2021 No.
Average number of employees	<u><b>45</b></u>	<u>44</u>

**9. Directors' remuneration**

	<b>2022 £</b>	2021 £
Directors' emoluments	<b>555,861</b>	448,412
Group contributions to defined contribution pension schemes	<b>16,564</b>	13,452
	<u><b>572,425</b></u>	<u>461,864</u>

The highest paid director received remuneration of £154,500 (2021 - £156,000).

The value of the Group's contributions paid to a defined contribution pension scheme in respect of the highest paid director amounted to £4,635 (2021 - £4,680).

Key management personnel consists of the directors. The total employment benefits including employer pension and national insurance contributions in respect of these individuals is £639,875 (2021- £520,106).

RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

10. Taxation

	2022 £	2021 £
<b>Corporation tax</b>		
Current tax on profits for the year	(67,658)	61,041
Adjustments in respect of previous periods	-	1,307
	<u>(67,658)</u>	<u>62,348</u>
<b>Foreign tax</b>		
Foreign tax on income for the year	(1,894)	1,157
	<u>(1,894)</u>	<u>1,157</u>
<b>Total current tax</b>	<u>(69,552)</u>	<u>63,505</u>
<b>Deferred tax</b>		
Origination and reversal of timing differences	(156,525)	1,885
	<u>(156,525)</u>	<u>1,885</u>
<b>Total deferred tax</b>		
	<u>(226,077)</u>	<u>65,390</u>
<b>Taxation on (loss)/profit on ordinary activities</b>		

**Factors affecting tax charge for the year**

The tax assessed for the year is lower than (2021 - higher than) the standard rate of corporation tax in the UK of 19% (2021 - 19%). The differences are explained below:

	2022 £	2021 £
(Loss)/profit on ordinary activities before tax	<u>(1,326,258)</u>	<u>308,712</u>
(Loss)/profit on ordinary activities multiplied by standard rate of corporation tax in the UK of 19% (2021 - 19%)	(251,989)	58,655
<b>Effects of:</b>		
Fixed asset differences	(3,632)	-
Expenses not deductible for tax purposes	78	2,866
Income not taxable for tax purposes	(2,850)	-
Adjustments to tax charge in respect of prior periods	-	1,307
Other timing differences leading to an increase (decrease) in taxation	32,316	1,405
Foreign tax	-	1,157
<b>Total tax charge for the year</b>	<u>(226,077)</u>	<u>65,390</u>

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

10. Taxation (continued)

Factors that may affect future tax charges

In the Spring Budget 2021, the Government announced that from 1 April 2023 the main corporation tax rate will increase to 25%. As the proposal to increase the rate to 25% had not been substantively enacted at the balance sheet date, its effects are not included in these financial statements. However, it is likely that the overall effect of the change, had it been substantively enacted by the balance sheet date, would be to increase the tax expense for the period and to increase the deferred tax liability. The impact of these changes is not expected to be material.

11. Intangible assets

Group

	Trademarks £
<b>Cost</b>	
At 1 April 2021	250,284
Additions	28,999
Disposals	(92,632)
At 31 March 2022	186,651
<b>Amortisation</b>	
At 1 April 2021	152,677
Charge for the year	63,516
On disposals	(92,632)
At 31 March 2022	123,561
<b>Net book value</b>	
At 31 March 2022	63,090
At 31 March 2021	97,607

RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

11. Intangible assets (continued)

Company

	Trademarks £
<b>Cost</b>	
At 1 April 2021	250,284
Additions	28,999
Disposals	(92,632)
	<hr/>
At 31 March 2022	186,651
	<hr/>
<b>Amortisation</b>	
At 1 April 2021	152,677
Charge for the year	63,516
On disposals	(92,632)
	<hr/>
At 31 March 2022	123,561
	<hr/>
<b>Net book value</b>	
At 31 March 2022	<hr/> <hr/> 63,090
At 31 March 2021	<hr/> <hr/> 97,607

RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

12. Tangible fixed assets

Group

	Plant and machinery £	Motor vehicles £	Cafe assets £	Computer equipment £	Brand assets £	Total £
<b>Cost or valuation</b>						
At 1 April 2021	63,623	36,500	2,999	61,672	223,957	388,751
Additions	1,255	20,024	5,255	57,071	-	83,605
Disposals	-	-	-	(29,466)	(103,033)	(132,499)
At 31 March 2022	64,878	56,524	8,254	89,277	120,924	339,857
<b>Depreciation</b>						
At 1 April 2021	49,181	1,217	1,301	34,096	165,764	251,559
Charge for the year	8,038	11,470	1,817	24,063	58,193	103,581
Disposals	-	-	-	(29,466)	(103,033)	(132,499)
At 31 March 2022	57,219	12,687	3,118	28,693	120,924	222,641
<b>Net book value</b>						
At 31 March 2022	7,659	43,837	5,136	60,584	-	117,216
At 31 March 2021	14,442	35,283	1,698	27,576	58,193	137,192

RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

12. Tangible fixed assets (continued)

Company

	Plant and machinery £	Motor vehicles £	Cafe assets £	Computer equipment £	Brand assets £	Total £
<b>Cost or valuation</b>						
At 1 April 2021	63,623	36,500	2,999	61,672	223,957	388,751
Additions	1,255	20,024	5,255	57,071	-	83,605
Disposals	-	-	-	(29,466)	(103,033)	(132,499)
At 31 March 2022	64,878	56,524	8,254	89,277	120,924	339,857
<b>Depreciation</b>						
At 1 April 2021	49,181	1,217	1,301	34,096	165,764	251,559
Charge for the year	8,038	11,470	1,817	24,063	58,193	103,581
Disposals	-	-	-	(29,466)	(103,033)	(132,499)
At 31 March 2022	57,219	12,687	3,118	28,693	120,924	222,641
<b>Net book value</b>						
At 31 March 2022	7,659	43,837	5,136	60,584	-	117,216
At 31 March 2021	14,442	35,283	1,698	27,576	58,193	137,192

**RUDE HEALTH FOODS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**13. Fixed asset investments**

**Company**

	<b>Investments in subsidiary companies £</b>
<b>Cost or valuation</b>	
At 1 April 2021	1
	<hr/>
At 31 March 2022	<u>1</u>

**Subsidiary undertaking**

The following was a subsidiary undertaking of the Company:

<b>Name</b>	<b>Registered office</b>	<b>Class of shares</b>	<b>Holding</b>
Rude Health Foods B.V.	Zwarteweg 10, 1412GD Naarden	Ordinary	100 %

The aggregate of the share capital and reserves as at 31 March 2022 and the profit or loss for the year ended on that date for the subsidiary undertaking were as follows:

<b>Name</b>	<b>Aggregate of share capital and reserves</b>	<b>Profit/(Loss)</b>
Rude Health Foods B.V.	<b>270,579</b>	<b>268,845</b>

**14. Stocks**

	<b>Group 2022 £</b>	<b>Group 2021 £</b>	<b>Company 2022 £</b>	<b>Company 2021 £</b>
Finished goods and goods for resale	<b>1,754,579</b>	2,178,198	<b>1,278,064</b>	1,692,814
	<hr/> <b>1,754,579</b> <hr/>	<hr/> 2,178,198 <hr/>	<hr/> <b>1,278,064</b> <hr/>	<hr/> 1,692,814 <hr/>



RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

15. Debtors

	Group 2022 £	Group 2021 £	Company 2022 £	Company 2021 £
Trade debtors	3,269,753	2,914,138	2,760,438	2,865,105
Amounts owed by group undertakings	-	-	777,326	-
Other debtors	130,197	69,718	113,248	69,679
Prepayments and accrued income	121,241	85,210	111,262	83,974
Tax recoverable	27,392	-	27,392	-
Deferred taxation	142,141	-	142,141	-
	<u>3,690,724</u>	<u>3,069,066</u>	<u>3,931,807</u>	<u>3,018,758</u>

16. Cash and cash equivalents

	Group 2022 £	Group 2021 £	Company 2022 £	Company 2021 £
Cash at bank and in hand	233,719	644,772	60,997	505,092
Less: bank overdrafts	(851,625)	-	(851,625)	-
	<u>(617,906)</u>	<u>644,772</u>	<u>(790,628)</u>	<u>505,092</u>

17. Creditors: Amounts falling due within one year

	Group 2022 £	Group 2021 £	Company 2022 £	Company 2021 £
Bank overdrafts	851,625	-	851,625	-
Trade creditors	3,366,549	2,766,417	2,804,116	2,224,099
Amounts owed to group undertakings	-	-	-	1
Corporation tax	-	62,198	-	61,041
Other taxation and social security	84,740	68,148	73,897	57,624
Directors' loan account	150,000	-	150,000	-
Accruals and deferred income	521,820	961,310	409,601	838,203
	<u>4,974,734</u>	<u>3,858,073</u>	<u>4,289,239</u>	<u>3,180,968</u>

RUDE HEALTH FOODS LIMITED

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022

18. Deferred taxation

Group

	2022 £
At beginning of year	(14,384)
Charged to profit or loss	156,525
<b>At end of year</b>	<b><u>142,141</u></b>

Company

	2022 £
At beginning of year	(14,384)
Charged to profit or loss	156,525
<b>At end of year</b>	<b><u>142,141</u></b>

	Group 2022 £	Group 2021 £	Company 2022 £	Company 2021 £
Accelerated capital allowances	-	(14,435)	-	(14,435)
Tax losses carried forward	142,141	-	142,141	-
Other timing differences	-	51	-	51
	<b><u>142,141</u></b>	<b><u>(14,384)</u></b>	<b><u>142,141</u></b>	<b><u>(14,384)</u></b>

**RUDE HEALTH FOODS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**19. Share capital**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Allotted, called up and fully paid</b>		
400,010 (2021 - 400,010) Ordinary shares of £1.00 each	<u><b>400,010</b></u>	<u><b>400,010</b></u>

**20. Reserves**

**Share premium account**

The share premium account represents the value of shares issued at more than par value.

**Capital redemption reserve**

The capital redemption reserve represents ordinary share capital repurchased and cancelled by the company.

**Profit and loss account**

The profit and loss account represents the cumulative profit available for distribution to shareholders.

**21. Pension commitments**

The Company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £54,772 (2021 - £47,584). Contributions totalling £Nil (2021 - £723) were payable to the fund at the balance sheet date and are included in creditors.

**22. Commitments under operating leases**

At 31 March 2022 the Group and the Company had future minimum lease payments due under non-cancellable operating leases for each of the following periods:

	<b>Group</b>	<b>Group</b>	<b>Company</b>	<b>Company</b>
	<b>2022</b>	<b>2021</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Not later than 1 year	<b>168,169</b>	159,084	<b>168,169</b>	159,084
Later than 1 year and not later than 5 years	<b>275,088</b>	412,632	<b>275,088</b>	412,632
	<u><b>443,257</b></u>	<u>571,716</u>	<u><b>443,257</b></u>	<u>571,716</u>

**23. Related party transactions**

During the year there were no related party transactions.

The group has taken advantage of the exemption permitted by FRS 102 section 33.1A not to disclose transactions entered into with wholly owned members of the Group.

**RUDE HEALTH FOODS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**24. Controlling party**

There was no one controlling party during the financial year.

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.