

REGISTERED NUMBER: 05602067 (England and Wales)

ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2009
FOR
RUDE HEALTH FOODS LTD

THURSDAY



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14/01/2010

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COMPANIES HOUSE

RUDE HEALTH FOODS LTD

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FOR THE YEAR ENDED 31 MARCH 2009**

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RUDE HEALTH FOODS LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2009

DIRECTORS:

N Barnard
Mrs C J L Barnard
C R Pearson
A Tross
R Holland

SECRETARY:

J Bouldin

REGISTERED OFFICE:

1 Glenville Mews
London
SW18 4NJ

REGISTERED NUMBER:

05602067 (England and Wales)

AUDITORS:

James Cowper LLP
Registered Auditor and
Chartered Accountants
3 Wesley Gate
Queens Road
Reading
Berkshire
RG1 4AP

**REPORT OF THE INDEPENDENT AUDITORS TO
RUDE HEALTH FOODS LTD
UNDER SECTION 247B OF THE COMPANIES ACT 1985**

We have examined the abbreviated accounts set out on pages three to five, together with the financial statements of Rude Health Foods Ltd for the year ended 31 March 2009 prepared under Section 226 of the Companies Act 1985.

This report is made solely to the company, in accordance with Section 247B of the Companies Act 1985. Our work has been undertaken so that we might state to the company those matters we are required to state to it in a special 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, for our work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

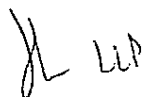
The directors are responsible for preparing the abbreviated accounts in accordance with Section 246 of the Companies Act 1985. It is our responsibility to form an independent opinion as to whether the company is entitled to deliver abbreviated accounts prepared in accordance with Sections 246(5) and (6) of the Act to the Registrar of Companies and whether the abbreviated accounts have been properly prepared in accordance with those provisions and to report our opinion to you.

Basis of opinion

We conducted our work in accordance with Bulletin 2006/3 "The Special Auditor's Report on Abbreviated Accounts in the United Kingdom" issued by the Auditing Practices Board. In accordance with that Bulletin we have carried out the procedures we consider necessary to confirm, by reference to the financial statements, that the company is entitled to deliver abbreviated accounts and that the abbreviated accounts are properly prepared.

Opinion

In our opinion the company is entitled to deliver abbreviated accounts prepared in accordance with Sections 246(5) and (6) of the Companies Act 1985, and the abbreviated accounts have been properly prepared in accordance with those provisions.



James Cowper LLP
Registered Auditor and
Chartered Accountants
3 Wesley Gate
Queens Road
Reading
Berkshire
RG1 4AP

Date: 7 September 2009

RUDE HEALTH FOODS LTD
ABBREVIATED BALANCE SHEET
31 MARCH 2009

	Notes	2009 £	£	2008 £	£
FIXED ASSETS					
Intangible assets	2		16,516		1,700
Tangible assets	3		86,269		11,090
			<u>102,785</u>		<u>12,790</u>
CURRENT ASSETS					
Stocks		86,472		26,711	
Debtors		159,645		180,910	
Cash at bank and in hand		19,846		169,555	
		<u>265,963</u>		<u>377,176</u>	
CREDITORS					
Amounts falling due within one year		<u>256,554</u>		<u>211,137</u>	
NET CURRENT ASSETS			<u>9,409</u>		<u>166,039</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>112,194</u>		<u>178,829</u>
CREDITORS					
Amounts falling due after more than one year			<u>50,000</u>		<u>-</u>
NET ASSETS			<u><u>62,194</u></u>		<u><u>178,829</u></u>
CAPITAL AND RESERVES					
Called up share capital	4		282,500		249,500
Share premium			132,000		-
Profit and loss account			<u>(352,306)</u>		<u>(70,671)</u>
SHAREHOLDERS' FUNDS			<u><u>62,194</u></u>		<u><u>178,829</u></u>

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the Board of Directors on 7 September 2009 and were signed on its behalf by:


 N Barnard - Director

The notes form part of these abbreviated accounts

RUDE HEALTH FOODS LTD
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2009

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% & 33% straight line
 Computer equipment - 33% straight line

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

2. INTANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2008	1,700
Additions	14,816
	<hr/>
At 31 March 2009	16,516
	<hr/>
NET BOOK VALUE	
At 31 March 2009	16,516
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At 31 March 2008	1,700
	<hr/>

RUDE HEALTH FOODS LTD

**NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE YEAR ENDED 31 MARCH 2009**

3. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2008	15,713
Additions	93,496
	<hr/>
At 31 March 2009	109,209
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DEPRECIATION	
At 1 April 2008	4,623
Charge for year	18,317
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At 31 March 2009	22,940
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NET BOOK VALUE	
At 31 March 2009	86,269
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At 31 March 2008	11,090
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4. CALLED UP SHARE CAPITAL

Authorised:				
Number:	Class:	Nominal value:	2009 £	2008 £
1,000,000	Ordinary	£1	1,000,000	1,000,000
			<hr/>	<hr/>
Allotted and issued:				
Number:	Class:	Nominal value:	2009 £	2008 £
282,500	Ordinary Share capital	£1	282,500	249,500
(2008 - 249,500)			<hr/>	<hr/>

33,000 Ordinary shares of £1 each were allotted at a premium of £4 per share during the year.