

Registered Number 05973610

ABUNDANT LIFE FOODS LIMITED

Abbreviated Accounts

31 March 2009

ABUNDANT LIFE FOODS LIMITED

Registered Number 05973610

Balance Sheet as at 31 March 2009

	Notes	2009 £	£	2008 £	£
Fixed assets					
Tangible	2		<u>2,452</u>		<u>1,525</u>
Total fixed assets			<u>2,452</u>		<u>1,525</u>
Current assets					
Stocks		6,811		25,852	
Debtors		8,973		3,298	
Cash at bank and in hand		10,516		3,047	
Total current assets		<u>26,300</u>		<u>32,197</u>	
Creditors: amounts falling due within one year		(447)		(7,819)	
Net current assets			25,853		24,378
Total assets less current liabilities			<u>28,305</u>		<u>25,903</u>
Creditors: amounts falling due after one year			(30,209)		(32,182)
Total net Assets (liabilities)			(1,904)		(6,279)
Capital and reserves					
Called up share capital			100		100
Profit and loss account			<u>(2,004)</u>		<u>(6,379)</u>
Shareholders funds			<u>(1,904)</u>		<u>(6,279)</u>

- a. For the year ending 31 March 2009 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. The members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 221; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 26 May 2009

And signed on their behalf by:

Maryam Osman, Director

John Thompson, Director

This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.

Notes to the abbreviated accounts

For the year ending 31 March 2009

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective 2007)

Turnover

31,060.97

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery 15.00% Straight Line

2 Tangible fixed assets

Cost	£
At 31 March 2008	1,753
additions	2,820
disposals	
revaluations	
transfers	
At 31 March 2009	<u>4,573</u>
Depreciation	
At 31 March 2008	228
Charge for year	1,893
on disposals	
At 31 March 2009	<u>2,121</u>
Net Book Value	
At 31 March 2008	1,525
At 31 March 2009	<u>2,452</u>