REGISTERED NUMBER: 10429708 (England and Wales)

Financial Statements for the Period 14 October 2016 to 31 October 2017

for

FRESH AND NOURISHING INTERNATIONAL LTD

Contents of the Financial Statements
for the Period 14 October 2016 to 31 October 2017

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

FRESH AND NOURISHING INTERNATIONAL LTD

Company Information
for the Period 14 October 2016 to 31 October 2017

DIRECTORS:	O D Ajileye Y M Adetoyi A Kuboye
REGISTERED OFFICE:	33 Queens Terrace Southampton Hampshire SO14 3BQ
REGISTERED NUMBER:	10429708 (England and Wales)
ACCOUNTANTS:	Samuelsons & Co Chartered Certified Accountants The Brentano Suite Solar House 915 High Road North Finchley London N12 8QJ

Balance Sheet
31 October 2017

	Notes	£
CURRENT ASSETS		
Cash in hand		**6**
CREDITORS		
Amounts falling due within one year	4	**144**
NET CURRENT LIABILITIES		**(138)**
TOTAL ASSETS LESS CURRENT LIABILITIES		**(138)**
CAPITAL AND RESERVES		
Called up share capital	5	**6**
Retained earnings	6	**(144)**
SHAREHOLDERS' FUNDS		**(138)**

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 October 2017.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 October 2017 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 20 July 2018 and were signed on its behalf by:

O D Ajileye - Director

Y M Adetoyi - Director

A Kuboye - Director

The notes form part of these financial statements

Notes to the Financial Statements
for the Period 14 October 2016 to 31 October 2017

1. STATUTORY INFORMATION

Fresh and Nourishing International Ltd is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Taxation
Taxation for the period comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the period end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the period was 3 .

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Accrued expenses	144

5. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
3	Ordinary	£2	6

continued...

6. **RESERVES**

	Retained earnings £
Deficit for the period	(144)
At 31 October 2017	(144)

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.