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Form

990-PF

Department of the Treasury
Internal Revenue Service

Return of Private Foundation

or Section 4947(a)(1) Trust Treated as Private Foundation

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Information about Form 990-PF and its instructions is at www.irs.gov/form990pf.

OMB No 1545-0052

2013

Open to Public Inspection

For calendar year 2013, or tax year beginning 08-01-2013 , and ending 07-31-2014

Name of foundation UNFI FOUNDATION CO LISA N'CHONON		A Employer identification number 45-5023490	
Number and street (or P O box number if mail is not delivered to street address) 313 IRON HORSE WAY		B Telephone number (see instructions) (401) 528-8634	
City or town, state or province, country, and ZIP or foreign postal code PROVIDENCE, RI 02908		C If exemption application is pending, check here ☐	
G Check all that apply ☐ Initial return ☐ Final return ☐ Address change ☐ Initial return of a former public charity ☐ Amended return ☐ Name change		D 1. Foreign organizations, check here ☐ 2. Foreign organizations meeting the 85% test, check here and attach computation ☐	
H Check type of organization ☒ Section 501(c)(3) exempt private foundation ☐ Section 4947(a)(1) nonexempt charitable trust ☐ Other taxable private foundation		E If private foundation status was terminated under section 507(b)(1)(A), check here ☐	
I Fair market value of all assets at end of year (from Part II, col. (c), line 16) ☒ \$ 154,004	J Accounting method ☐ Cash ☒ Accrual ☐ Other (specify) _____ (Part I, column (d) must be on cash basis.)	F If the foundation is in a 60-month termination under section 507(b)(1)(B), check here ☐	

Part I Analysis of Revenue and Expenses (The total of amounts in columns (b), (c), and (d) may not necessarily equal the amounts in column (a) (see instructions))		(a) Revenue and expenses per books	(b) Net investment income	(c) Adjusted net income	(d) Disbursements for charitable purposes (cash basis only)
Revenue	1 Contributions, gifts, grants, etc , received (attach schedule)	537,338			
	2 Check ☐ if the foundation is not required to attach Sch B				
	3 Interest on savings and temporary cash investments				
	4 Dividends and interest from securities.				
	5a Gross rents				
	b Net rental income or (loss) _____				
	6a Net gain or (loss) from sale of assets not on line 10				
	b Gross sales price for all assets on line 6a _____				
	7 Capital gain net income (from Part IV, line 2) . . .		0		
	8 Net short-term capital gain				
	9 Income modifications				
	10a Gross sales less returns and allowances				
	b Less Cost of goods sold				
	c Gross profit or (loss) (attach schedule)				
	11 Other income (attach schedule)				
	12 Total. Add lines 1 through 11	537,338	0		
Operating and Administrative Expenses	13 Compensation of officers, directors, trustees, etc	0	0		0
	14 Other employee salaries and wages				
	15 Pension plans, employee benefits				
	16a Legal fees (attach schedule)	1,877	0		0
	b Accounting fees (attach schedule)	4,364	0		0
	c Other professional fees (attach schedule)				
	17 Interest				
	18 Taxes (attach schedule) (see instructions)				
	19 Depreciation (attach schedule) and depletion . . .	5,833	0		
	20 Occupancy				
	21 Travel, conferences, and meetings				
	22 Printing and publications				
	23 Other expenses (attach schedule)	3,636	0		0
	24 Total operating and administrative expenses.				
	Add lines 13 through 23	15,710	0		0
	25 Contributions, gifts, grants paid	464,980			382,230
	26 Total expenses and disbursements. Add lines 24 and 25	480,690	0		382,230
	27 Subtract line 26 from line 12				
	a Excess of revenue over expenses and disbursements	56,648			
	b Net investment income (if negative, enter -0-)		0		
	c Adjusted net income (if negative, enter -0-)				

Part II Balance Sheets		Attached schedules and amounts in the description column should be for end-of-year amounts only (See instructions)	Beginning of year	End of year	
			(a) Book Value	(b) Book Value	(c) Fair Market Value
Assets	1	Cash—non-interest-bearing	939	147,503	147,503
	2	Savings and temporary cash investments			
	3	Accounts receivable ▶ _____ Less allowance for doubtful accounts ▶ _____			
	4	Pledges receivable ▶ _____ Less allowance for doubtful accounts ▶ _____			
	5	Grants receivable			
	6	Receivables due from officers, directors, trustees, and other disqualified persons (attach schedule) (see instructions)			
	7	Other notes and loans receivable (attach schedule) ▶ _____ Less allowance for doubtful accounts ▶ _____			
	8	Inventories for sale or use			
	9	Prepaid expenses and deferred charges			
	10a	Investments—U S and state government obligations (attach schedule)			
	b	Investments—corporate stock (attach schedule)			
	c	Investments—corporate bonds (attach schedule).			
	11	Investments—land, buildings, and equipment basis ▶ _____ Less accumulated depreciation (attach schedule) ▶ _____			
	12	Investments—mortgage loans			
	13	Investments—other (attach schedule)			
	14	Land, buildings, and equipment basis ▶ _____ 13,000 Less accumulated depreciation (attach schedule) ▶ 7,166	11,667	5,834	5,834
15	Other assets (describe ▶ _____)	2,000	667	667	
16	Total assets (to be completed by all filers—see the instructions Also, see page 1, item I)	14,606	154,004	154,004	
Liabilities	17	Accounts payable and accrued expenses			
	18	Grants payable		82,750	
	19	Deferred revenue			
	20	Loans from officers, directors, trustees, and other disqualified persons			
	21	Mortgages and other notes payable (attach schedule)			
	22	Other liabilities (describe ▶ _____)			
	23	Total liabilities (add lines 17 through 22)	0	82,750	
Net Assets or Fund Balances	Foundations that follow SFAS 117, check here ▶ ☐ and complete lines 24 through 26 and lines 30 and 31.				
	24	Unrestricted			
	25	Temporarily restricted			
	26	Permanently restricted			
	Foundations that do not follow SFAS 117, check here ▶ ☒ and complete lines 27 through 31.				
	27	Capital stock, trust principal, or current funds	0	0	
	28	Paid-in or capital surplus, or land, bldg , and equipment fund	0	0	
	29	Retained earnings, accumulated income, endowment, or other funds	14,606	71,254	
	30	Total net assets or fund balances (see page 17 of the instructions)	14,606	71,254	
31	Total liabilities and net assets/fund balances (see page 17 of the instructions)	14,606	154,004		

Part III Analysis of Changes in Net Assets or Fund Balances

1	Total net assets or fund balances at beginning of year—Part II, column (a), line 30 (must agree with end-of-year figure reported on prior year’s return)	1	14,606
2	Enter amount from Part I, line 27a	2	56,648
3	Other increases not included in line 2 (itemize) ▶ _____	3	0
4	Add lines 1, 2, and 3	4	71,254
5	Decreases not included in line 2 (itemize) ▶ _____	5	0
6	Total net assets or fund balances at end of year (line 4 minus line 5)—Part II, column (b), line 30	6	71,254

Part IV Capital Gains and Losses for Tax on Investment Income

(a) List and describe the kind(s) of property sold (e g , real estate, 2-story brick warehouse, or common stock, 200 shs MLC Co)		(b) How acquired P—Purchase D—Donation	(c) Date acquired (mo , day, yr)	(d) Date sold (mo , day, yr)
1a				
(e) Gross sales price	(f) Depreciation allowed (or allowable)	(g) Cost or other basis plus expense of sale	(h) Gain or (loss) (e) plus (f) minus (g)	
a				
b				
c				
d				
e				
Complete only for assets showing gain in column (h) and owned by the foundation on 12/31/69			(i) Gains (Col (h) gain minus col (k), but not less than -0-) or Losses (from col (h))	
(i) F M V as of 12/31/69	(j) Adjusted basis as of 12/31/69	(k) Excess of col (i) over col (j), if any		
a				
b				
c				
d				
e				
2	Capital gain net income or (net capital loss) { If gain, also enter in Part I, line 7 If (loss), enter -0- in Part I, line 7 }		2	
3	Net short-term capital gain or (loss) as defined in sections 1222(5) and (6) If gain, also enter in Part I, line 8, column (c) (see instructions) If (loss), enter -0- in Part I, line 8 }		3	

Part V Qualification Under Section 4940(e) for Reduced Tax on Net Investment Income

(For optional use by domestic private foundations subject to the section 4940(a) tax on net investment income)

If section 4940(d)(2) applies, leave this part blank

Was the foundation liable for the section 4942 tax on the distributable amount of any year in the base period? ☐ Yes ☒ No
If "Yes," the foundation does not qualify under section 4940(e) Do not complete this part

1 Enter the appropriate amount in each column for each year, see page 18 of the instructions before making any entries

(a) Base period years Calendar year (or tax year beginning in)	(b) Adjusted qualifying distributions	(c) Net value of noncharitable-use assets	(d) Distribution ratio (col (b) divided by col (c))
2012	341,850	34,272	9 974615
2011	0	0	0 000000
2010			
2009			
2008			

2	Total of line 1, column (d).	2	9 974615
3	Average distribution ratio for the 5-year base period—divide the total on line 2 by 5, or by the number of years the foundation has been in existence if less than 5 years	3	4 987308
4	Enter the net value of noncharitable-use assets for 2013 from Part X, line 5.	4	68,972
5	Multiply line 4 by line 3.	5	343,985
6	Enter 1% of net investment income (1% of Part I, line 27b).	6	0
7	Add lines 5 and 6.	7	343,985
8	Enter qualifying distributions from Part XII, line 4. If line 8 is equal to or greater than line 7, check the box in Part VI, line 1b, and complete that part using a 1% tax rate See the Part VI instructions	8	382,230

Part VI

Excise Tax Based on Investment Income (Section 4940(a), 4940(b), 4940(e), or 4948—see page 18 of the instructions)

1a	Exempt operating foundations described in section 4940(d)(2), check here ☐ and enter "N/A" on line 1		
	Date of ruling or determination letter _____ (attach copy of letter if necessary—see instructions)		
b	Domestic foundations that meet the section 4940(e) requirements in Part V, check here ☒ and enter 1% of Part I, line 27b	1	0
c	All other domestic foundations enter 2% of line 27b. Exempt foreign organizations enter 4% of Part I, line 12, col. (b)		
2	Tax under section 511 (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)	2	0
3	Add lines 1 and 2.	3	0
4	Subtitle A (income) tax (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)	4	0
5	Tax based on investment income. Subtract line 4 from line 3. If zero or less, enter -0-	5	0
6	Credits/Payments		
a	2013 estimated tax payments and 2012 overpayment credited to 2013	6a	
b	Exempt foreign organizations—tax withheld at source	6b	
c	Tax paid with application for extension of time to file (Form 8868)	6c	
d	Backup withholding erroneously withheld	6d	
7	Total credits and payments. Add lines 6a through 6d.	7	0
8	Enter any penalty for underpayment of estimated tax. Check here ☐ if Form 2220 is attached.	8	
9	Tax due. If the total of lines 5 and 8 is more than line 7, enter amount owed	9	0
10	Overpayment. If line 7 is more than the total of lines 5 and 8, enter the amount overpaid	10	
11	Enter the amount of line 10 to be Credited to 2014 estimated tax ☐ Refunded ☐	11	

Part VII-A

Statements Regarding Activities

1a	During the tax year, did the foundation attempt to influence any national, state, or local legislation or did it participate or intervene in any political campaign?	1a	Yes	No
b	Did it spend more than \$100 during the year (either directly or indirectly) for political purposes (see page 19 of the instructions for definition)? <i>If the answer is "Yes" to 1a or 1b, attach a detailed description of the activities and copies of any materials published or distributed by the foundation in connection with the activities.</i>	1b		No
c	Did the foundation file Form 1120-POL for this year?	1c		No
d	Enter the amount (if any) of tax on political expenditures (section 4955) imposed during the year: (1) On the foundation ☐ \$ _____ 0. (2) On foundation managers ☐ \$ _____ 0.			
e	Enter the reimbursement (if any) paid by the foundation during the year for political expenditure tax imposed on foundation managers ☐ \$ _____ 0.			
2	Has the foundation engaged in any activities that have not previously been reported to the IRS? <i>If "Yes," attach a detailed description of the activities.</i>	2		No
3	Has the foundation made any changes, not previously reported to the IRS, in its governing instrument, articles of incorporation, or bylaws, or other similar instruments? <i>If "Yes," attach a conformed copy of the changes</i>	3		No
4a	Did the foundation have unrelated business gross income of \$1,000 or more during the year?	4a		No
b	If "Yes," has it filed a tax return on Form 990-T for this year?	4b		
5	Was there a liquidation, termination, dissolution, or substantial contraction during the year? <i>If "Yes," attach the statement required by General Instruction T.</i>	5		No
6	Are the requirements of section 508(e) (relating to sections 4941 through 4945) satisfied either: • By language in the governing instrument, or • By state legislation that effectively amends the governing instrument so that no mandatory directions that conflict with the state law remain in the governing instrument?	6	Yes	
7	Did the foundation have at least \$5,000 in assets at any time during the year? <i>If "Yes," complete Part II, col. (c), and Part XV.</i>	7	Yes	
8a	Enter the states to which the foundation reports or with which it is registered (see instructions): ☐ DE, MA, RI, CT, CA, NH			
b	If the answer is "Yes" to line 7, has the foundation furnished a copy of Form 990-PF to the Attorney General (or designate) of each state as required by General Instruction G? <i>If "No," attach explanation.</i>	8b	Yes	
9	Is the foundation claiming status as a private operating foundation within the meaning of section 4942(j)(3) or 4942(j)(5) for calendar year 2013 or the taxable year beginning in 2013 (see instructions for Part XIV)? <i>If "Yes," complete Part XIV</i>	9		No
10	Did any persons become substantial contributors during the tax year? <i>If "Yes," attach a schedule listing their names and addresses.</i> 	10	Yes	

Part VII-A

Statements Regarding Activities *(continued)*

11	At any time during the year, did the foundation, directly or indirectly, own a controlled entity within the meaning of section 512(b)(13)? If "Yes," attach schedule (see instructions).	11		No
12	Did the foundation make a distribution to a donor advised fund over which the foundation or a disqualified person had advisory privileges? If "Yes," attach statement (see instructions)	12		No
13	Did the foundation comply with the public inspection requirements for its annual returns and exemption application?	13	Yes	
Website address ▶ WWW UNFIFOUNDATION ORG				
14	The books are in care of ▶ LISA N'CHONON Telephone no ▶ (401) 528-8634 Located at ▶ 313 IRON HORSE WAY PROVIDENCE RI ZIP +4 ▶ 02903			
15	Section 4947(a)(1) nonexempt charitable trusts filing Form 990-PF in lieu of Form 1041 —Check here ▶ ☐ and enter the amount of tax-exempt interest received or accrued during the year ▶	15		
16	At any time during calendar year 2013, did the foundation have an interest in or a signature or other authority over a bank, securities, or other financial account in a foreign country? See instructions for exceptions and filing requirements for Form TD F 90-22.1 If "Yes", enter the name of the foreign country ▶	16	Yes	No

Part VII-B

Statements Regarding Activities for Which Form 4720 May Be Required

File Form 4720 if any item is checked in the "Yes" column, unless an exception applies.			Yes	No
1a	During the year did the foundation (either directly or indirectly) (1) Engage in the sale or exchange, or leasing of property with a disqualified person? ☐ Yes ☒ No (2) Borrow money from, lend money to, or otherwise extend credit to (or accept it from) a disqualified person?. ☐ Yes ☒ No (3) Furnish goods, services, or facilities to (or accept them from) a disqualified person? ☐ Yes ☒ No (4) Pay compensation to, or pay or reimburse the expenses of, a disqualified person? ☐ Yes ☒ No (5) Transfer any income or assets to a disqualified person (or make any of either available for the benefit or use of a disqualified person)?. ☐ Yes ☒ No (6) Agree to pay money or property to a government official? (Exception. Check "No" if the foundation agreed to make a grant to or to employ the official for a period after termination of government service, if terminating within 90 days). ☐ Yes ☒ No			
b	If any answer is "Yes" to 1a(1)–(6), did any of the acts fail to qualify under the exceptions described in Regulations section 53.4941(d)-3 or in a current notice regarding disaster assistance (see page 20 of the instructions)?. . . Organizations relying on a current notice regarding disaster assistance check here. ▶ ☐	1b		
c	Did the foundation engage in a prior year in any of the acts described in 1a, other than excepted acts, that were not corrected before the first day of the tax year beginning in 2013?.	1c		No
2	Taxes on failure to distribute income (section 4942) (does not apply for years the foundation was a private operating foundation defined in section 4942(j)(3) or 4942(j)(5))			
a	At the end of tax year 2013, did the foundation have any undistributed income (lines 6d and 6e, Part XIII) for tax year(s) beginning before 2013?. ☐ Yes ☒ No If "Yes," list the years ▶ 20____, 20____, 20____, 20____			
b	Are there any years listed in 2a for which the foundation is not applying the provisions of section 4942(a)(2) (relating to incorrect valuation of assets) to the year's undistributed income? (If applying section 4942(a)(2) to all years listed, answer "No" and attach statement—see instructions).	2b		
c	If the provisions of section 4942(a)(2) are being applied to any of the years listed in 2a, list the years here ▶ 20____, 20____, 20____, 20____			
3a	Did the foundation hold more than a 2% direct or indirect interest in any business enterprise at any time during the year?. ☐ Yes ☒ No			
b	If "Yes," did it have excess business holdings in 2013 as a result of (1) any purchase by the foundation or disqualified persons after May 26, 1969, (2) the lapse of the 5-year period (or longer period approved by the Commissioner under section 4943(c)(7)) to dispose of holdings acquired by gift or bequest, or (3) the lapse of the 10-, 15-, or 20-year first phase holding period? (<i>Use Schedule C, Form 4720, to determine if the foundation had excess business holdings in 2013.</i>).	3b		
4a	Did the foundation invest during the year any amount in a manner that would jeopardize its charitable purposes?	4a		No
b	Did the foundation make any investment in a prior year (but after December 31, 1969) that could jeopardize its charitable purpose that had not been removed from jeopardy before the first day of the tax year beginning in 2013?	4b		No

Part VII-B

Statements Regarding Activities for Which Form 4720 May Be Required (continued)

5a

During the year did the foundation pay or incur any amount to

(1)

Carry on propaganda, or otherwise attempt to influence legislation (section 4945(e))?

Yes

No

(2)

Influence the outcome of any specific public election (see section 4955), or to carry on, directly or indirectly, any voter registration drive?

Yes

No

(3)

Provide a grant to an individual for travel, study, or other similar purposes?

Yes

No

(4)

Provide a grant to an organization other than a charitable, etc , organization described in section 509(a)(1), (2), or (3), or section 4940(d)(2)? (see instructions).

Yes

No

(5)

Provide for any purpose other than religious, charitable, scientific, literary, or educational purposes, or for the prevention of cruelty to children or animals?

Yes

No

b

If any answer is "Yes" to 5a(1)–(5), did **any** of the transactions fail to qualify under the exceptions described in Regulations section 53.4945 or in a current notice regarding disaster assistance (see instructions)?

5b

Organizations relying on a current notice regarding disaster assistance check here.

c

If the answer is "Yes" to question 5a(4), does the foundation claim exemption from the tax because it maintained expenditure responsibility for the grant?

Yes

No

If "Yes," attach the statement required by Regulations section 53.4945–5(d).

6a

Did the foundation, during the year, receive any funds, directly or indirectly, to pay premiums on a personal benefit contract?

Yes

No

b

Did the foundation, during the year, pay premiums, directly or indirectly, on a personal benefit contract?

6b

No

If "Yes" to 6b, file Form 8870.

7a

At any time during the tax year, was the foundation a party to a prohibited tax shelter transaction?

Yes

No

b

If yes, did the foundation receive any proceeds or have any net income attributable to the transaction?

7b

Part VIII

Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors

1

List all officers, directors, trustees, foundation managers and their compensation (see instructions).

(a) Name and address	(b) Title, and average hours per week devoted to position	(c) Compensation (If not paid, enter -0-)	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
See Additional Data Table				

2

Compensation of five highest-paid employees (other than those included on line 1—see instructions). If none, enter "NONE."

(a) Name and address of each employee paid more than \$50,000	(b) Title, and average hours per week devoted to position	(c) Compensation	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
NONE				

Total

number of other employees paid over \$50,000.

0

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Part VIII

Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors (continued)

3 Five highest-paid independent contractors for professional services (see instructions). If none, enter "NONE".		
(a) Name and address of each person paid more than \$50,000	(b) Type of service	(c) Compensation
NONE		
Total number of others receiving over \$50,000 for professional services.		0

Part IX-A

Summary of Direct Charitable Activities

List the foundation's four largest direct charitable activities during the tax year. Include relevant statistical information such as the number of organizations and other beneficiaries served, conferences convened, research papers produced, etc.	Expenses
1 THE UNFI FOUNDATION IS COMMITTED TO PROMOTING HEALTHY, SUSTAINABLE AND ORGANIC FOOD PRODUCTION AND CONSUMPTION. WE SUPPORT THOSE ORGANIZATIONS THAT INCREASE ORGANIC FOOD PRODUCTION AND CONSUMPTION - \$168,500 PROVIDE RESEARCH AND SCIENCE TO DEVELOP ORGANIC FARMING PRACTICES - \$75,000 ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS FOR NEW AND INNOVATIVE IDEAS - \$46,980 PROTECTING THE BIODIVERSITY OF OUR SEED SUPPLY, AND THE STEWARDSHIP OF GENETIC RESOURCES OF ORGANIC SEED - \$24,000 PROMOTE TRANSPARENT LABELING IN OUR FOOD SUPPLY - \$10,000 TEACH SUSTAINABLE FARMING PRACTICES THAT PROMOTE CONSERVATION OF RESOURCES - \$83,000 SUPPORT ORGANIZATIONS THAT FOSTER THE NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS - \$57,500 TOTAL \$464,980	464,980
2	
3	
4	

Part IX-B

Summary of Program-Related Investments (see instructions)

Describe the two largest program-related investments made by the foundation during the tax year on lines 1 and 2	Amount
1	
2	
All other program-related investments. See page 24 of the instructions.	
3	
Total. Add lines 1 through 3.	0

Part X

Minimum Investment Return (All domestic foundations must complete this part. Foreign foundations, see instructions.)

1	Fair market value of assets not used (or held for use) directly in carrying out charitable, etc , purposes		
a	Average monthly fair market value of securities.	1a	0
b	Average of monthly cash balances.	1b	70,022
c	Fair market value of all other assets (see instructions).	1c	0
d	Total (add lines 1a, b, and c).	1d	70,022
e	Reduction claimed for blockage or other factors reported on lines 1a and 1c (attach detailed explanation).	1e	0
2	Acquisition indebtedness applicable to line 1 assets.	2	0
3	Subtract line 2 from line 1d.	3	70,022
4	Cash deemed held for charitable activities Enter 1 1/2% of line 3 (for greater amount, see instructions).	4	1,050
5	Net value of noncharitable-use assets. Subtract line 4 from line 3 Enter here and on Part V, line 4	5	68,972
6	Minimum investment return. Enter 5% of line 5.	6	3,449

Part XI

Distributable Amount (see instructions) (Section 4942(j)(3) and (j)(5) private operating foundations and certain foreign organizations check here ☐ and do not complete this part.)

1	Minimum investment return from Part X, line 6.	1	3,449
2a	Tax on investment income for 2013 from Part VI, line 5.	2a	
b	Income tax for 2013 (This does not include the tax from Part VI).	2b	
c	Add lines 2a and 2b.	2c	0
3	Distributable amount before adjustments Subtract line 2c from line 1.	3	3,449
4	Recoveries of amounts treated as qualifying distributions.	4	0
5	Add lines 3 and 4.	5	3,449
6	Deduction from distributable amount (see instructions).	6	0
7	Distributable amount as adjusted Subtract line 6 from line 5 Enter here and on Part XIII, line 1.	7	3,449

Part XII

Qualifying Distributions (see instructions)

1	Amounts paid (including administrative expenses) to accomplish charitable, etc , purposes		
a	Expenses, contributions, gifts, etc —total from Part I, column (d), line 26.	1a	382,230
b	Program-related investments—total from Part IX-B.	1b	0
2	Amounts paid to acquire assets used (or held for use) directly in carrying out charitable, etc , purposes.	2	
3	Amounts set aside for specific charitable projects that satisfy the		
a	Suitability test (prior IRS approval required).	3a	
b	Cash distribution test (attach the required schedule).	3b	
4	Qualifying distributions. Add lines 1a through 3b Enter here and on Part V, line 8, and Part XIII, line 4	4	382,230
5	Foundations that qualify under section 4940(e) for the reduced rate of tax on net investment income Enter 1% of Part I, line 27b (see instructions).	5	0
6	Adjusted qualifying distributions. Subtract line 5 from line 4.	6	382,230
Note: The amount on line 6 will be used in Part V, column (b), in subsequent years when calculating whether the foundation qualifies for the section 4940(e) reduction of tax in those years			

Part XIII

Undistributed Income (see instructions)

	(a) Corpus	(b) Years prior to 2012	(c) 2012	(d) 2013
1 Distributable amount for 2013 from Part XI, line 7				3,449
2 Undistributed income, if any, as of the end of 2013				
a Enter amount for 2012 only.			0	
b Total for prior years 20____, 20____, 20____		0		
3 Excess distributions carryover, if any, to 2013				
a From 2008.				
b From 2009.				
c From 2010.				
d From 2011.				
e From 2012.				340,136
f Total of lines 3a through e.	340,136			
4 Qualifying distributions for 2013 from Part XII, line 4 ▶ \$ 382,230				
a Applied to 2012, but not more than line 2a			0	
b Applied to undistributed income of prior years (Election required—see instructions).		0		
c Treated as distributions out of corpus (Election required—see instructions).	0			
d Applied to 2013 distributable amount.				3,449
e Remaining amount distributed out of corpus	378,781			
5 Excess distributions carryover applied to 2013 (If an amount appears in column (d), the same amount must be shown in column (a).)	0			0
6 Enter the net total of each column as indicated below:				
a Corpus Add lines 3f, 4c, and 4e Subtract line 5	718,917			
b Prior years' undistributed income Subtract line 4b from line 2b.		0		
c Enter the amount of prior years' undistributed income for which a notice of deficiency has been issued, or on which the section 4942(a) tax has been previously assessed.		0		
d Subtract line 6c from line 6b Taxable amount—see instructions.		0		
e Undistributed income for 2012 Subtract line 4a from line 2a Taxable amount—see instructions.			0	
f Undistributed income for 2013 Subtract lines 4d and 5 from line 1 This amount must be distributed in 2014.				0
7 Amounts treated as distributions out of corpus to satisfy requirements imposed by section 170(b)(1)(F) or 4942(g)(3) (see instructions).	0			
8 Excess distributions carryover from 2008 not applied on line 5 or line 7 (see instructions).	0			
9 Excess distributions carryover to 2014. Subtract lines 7 and 8 from line 6a.	718,917			
10 Analysis of line 9				
a Excess from 2009.				
b Excess from 2010.				
c Excess from 2011.				
d Excess from 2012.				340,136
e Excess from 2013.				378,781

Part XIV

Private Operating Foundations (see instructions and Part VII-A, question 9)

1a

If the foundation has received a ruling or determination letter that it is a private operating foundation, and the ruling is effective for 2013, enter the date of the ruling.

b

Check box to indicate whether the organization is a private operating foundation described in section 4942(j)(3) or 4942(j)(5)

☐ 4942(j)(3) or ☐ 4942(j)(5)

2a	Enter the lesser of the adjusted net income from Part I or the minimum investment return from Part X for each year listed	Tax year	Prior 3 years			(e) Total
		(a) 2013	(b) 2012	(c) 2011	(d) 2010	
b	85% of line 2a					
c	Qualifying distributions from Part XII, line 4 for each year listed					
d	Amounts included in line 2c not used directly for active conduct of exempt activities					
e	Qualifying distributions made directly for active conduct of exempt activities. Subtract line 2d from line 2c					
3	Complete 3a, b, or c for the alternative test relied upon					
a	"Assets" alternative test—enter					
	(1) Value of all assets					
	(2) Value of assets qualifying under section 4942(j)(3)(B)(i)					
b	"Endowment" alternative test— enter 2/3 of minimum investment return shown in Part X, line 6 for each year listed.					
c	"Support" alternative test—enter					
	(1) Total support other than gross investment income (interest, dividends, rents, payments on securities loans (section 512(a)(5)), or royalties)					
	(2) Support from general public and 5 or more exempt organizations as provided in section 4942(j)(3)(B)(iii).					
	(3) Largest amount of support from an exempt organization					
	(4) Gross investment income					

Part XV

Supplementary Information (Complete this part only if the organization had \$5,000 or more in assets at any time during the year—see instructions.)

1

Information Regarding Foundation Managers:

a

List any managers of the foundation who have contributed more than 2% of the total contributions received by the foundation before the close of any tax year (but only if they have contributed more than \$5,000) (See section 507(d)(2))

b

List any managers of the foundation who own 10% or more of the stock of a corporation (or an equally large portion of the ownership of a partnership or other entity) of which the foundation has a 10% or greater interest

2

Information Regarding Contribution, Grant, Gift, Loan, Scholarship, etc., Programs:

Check here ☐ if the foundation only makes contributions to preselected charitable organizations and does not accept unsolicited requests for funds. If the foundation makes gifts, grants, etc. (see instructions) to individuals or organizations under other conditions, complete items 2a, b, c, and d.

a

The name, address, and telephone number or e-mail address of the person to whom applications should be addressed

MELODY MEYERS
313 IRON HORSE WAY
PROVIDENCE, RI 02908
(401) 528-8634

b

The form in which applications should be submitted and information and materials they should include

A PDF APPLICATION FORM IS AVAILABLE ONLINE TO BE COMPLETED AND MAILED TO THE FOUNDATION. THE APPLICANT'S IRS DETERMINATION LETTER OR A CERTIFICATION OR OPINION FROM LEGAL COUNSEL REGARDING THEIR CLASSIFICATION MUST ACCOMPANY THE APPLICATION. THE APPLICATION REQUIRES INFORMATION ABOUT THE APPLICANT, THE PURPOSE OF THE GRANT REQUEST, THE AMOUNT REQUESTED, THE IMPACT THE GRANT WILL HAVE ON THEIR MISSION, AND THE TIME LINE THE GRANT WILL COVER. OTHER MATERIALS MAY BE SUBMITTED TO ENHANCE THE APPLICATION.

c

Any submission deadlines

CURRENTLY NO DEADLINES FOR APPLICATION. APPLICATIONS ARE ACCEPTED AS LONG AS FUNDS ARE AVAILABLE.

d

Any restrictions or limitations on awards, such as by geographical areas, charitable fields, kinds of institutions, or other factors

APPLICANTS ARE RESTRICTED TO US ENTITIES THAT INCREASE ORGANIC FOOD PRODUCTION AND CONSUMPTION, PROVIDE RESEARCH TO DEVELOP ORGANIC FARMING PRACTICES, ORGANIZE CONFERENCES FOR INNOVATIVE IDEAS, PROTECT THE BIODIVERSITY OF OUR SEED SUPPLY, PROMOTE TRANSPLANT LABELING, TEACH SUSTAINABLE FARMING PRACTICES THAT PROMOTE CONSERVATION, EDUCATE CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES, SUPPORT ORGANIZATIONS THAT FOSTER SUSTAINABLE AND ORGANIC FARMERS AND UTILIZE RESOURCES TO PROVIDE NUTRIENTS AND MICRO NUTRIENTS AMONG AT-RISK POPULATIONS.

Part XV

Supplementary Information (continued)

3 Grants and Contributions Paid During the Year or Approved for Future Payment

Recipient	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
Name and address (home or business)				
a Paid during the year See Additional Data Table				
Total			3a	382,230
b Approved for future payment See Additional Data Table				
Total			3b	82,750

Enter gross amounts unless otherwise indicated

Part XVI-B Relationship of Activities to the Accomplishment of Exempt Purposes

Form **990-PF** (2013)

Form 990PF Part VIII Line 1 - List all officers, directors, trustees, foundation managers and their compensation

(a) Name and address	(b) Title, and average hours per week devoted to position	(c) Compensation (If not paid, enter -0-)	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
STEVEN SPINNER	PRESIDENT, DIRECTOR 1 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
SUSAN ROBERTS	DIRECTOR 1 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
THOMAS DZIKI	DIRECTOR 1 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
MICHAEL FUNK	DIRECTOR 0 50	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
MELODY MEYER	EXECUTIVE DIRECTOR 15 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
ANNE NICHELSON	SECRETARY 4 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				
LISA N'CHONON	TREASURER 4 00	0	0	0
313 IRON HORSE WAY PROVIDENCE,RI 02908				

Form 990PF Part XV Line 3 - Grants and Contributions Paid During the Year or Approved for Future Payment

Recipient	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
Name and address (home or business)				
a Paid during the year				
A LITTLE TASTE OF EVERYTHING 4919 PENTRIDGE STREET PHILADELPHIA,PA 19143		PC	NUTRITION FOR AT-RISK POPULATIONS	2,000
AN OUNCE OF NUTRITION FOUNDATION 4962 HALIFAX CT SUITE 100 DENVER,CO 80249		PC	EDUCATION - CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES	2,500
CA STATE GRANGEMOMS ACROSS AMERICA 3830 U STREET SACRAMENTO,CA 95817		PC	ORGANIC FOOD PRODUCTION AND CONSUMPTION	8,000
CALIFORNIA CLIMATE AND AGRICULTURE NETWORK PO BOX 1366 SEBASTOPOL,CA 95473		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	7,500
CAROLINA FARM STEWARDSHIP ASSOCIATION PO BOX 448 PITTSBORO,NC 27312		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	1,000
CENTER FOR LAND BASED LEARNING 5265 PUTAH CREEK ROAD WINTERS,CA 95694		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	3,500
CENTER FOR RURAL AFFAIRS PO BOX 736 HARTINGTON,NE 68739		PC	EDUCATION - NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS	5,000
ECOLOGICAL FARMING ASSOCIATION 2901 PARK AVE STE D2 SOQUEL,CA 95073		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	10,000
FAMILYFARMEDORG 7115 W NORTH AVE 504 OAK PARK,IL 60302		PC	EDUCATION - NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS	5,000
FLORIDA ORGANIC GROWERS PO BOX 12311 GAINESVILLE,FL 32604		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	10,000
FOODCORPS INC 281 PARK AVE SOUTH NEW YORK,NY 10010		PC	NUTRITION FOR AT-RISK POPULATIONS	15,000
FRIENDS OF THE EARTH 2150 ALLSTON WAY SUITE 240 BERKELEY,CA 94704		PC	TRANSPARENT LABELING IN OUR FOOD SUPPLY	10,000
FRIENDS OF ZENGER FARMS 11741 SE FOSTER RD PORTLAND,OR 97266		PC	EDUCATION - EDUCATE CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES	15,000
GARDENS TO HOSPITALS PO BOX 987 CARNELIAN BAY,CA 96140		PC	NUTRITION FOR AT-RISK POPULATIONS	5,000
GEORGIA ORGANICS 200 A OTTLEY DRIVE ATLANTA,GA 30324		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	5,000
Total  3a				382,230

Form 990PF Part XV Line 3 - Grants and Contributions Paid During the Year or Approved for Future Payment

Recipient	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
Name and address (home or business)				
a Paid during the year				
GREEN AMERICA 1612 K STREET NW 600 WASHINGTON,DC 20006		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	15,000
GROUNDWORK DENVER 2740 W 28TH AVE DENVER,CO 80211		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	5,000
GROWING GREAT 2711 N SEPULVEDA BLVD 279 MANHATTAN BEACH,CA 90266		PC	NUTRITION FOR AT-RISK POPULATIONS	5,000
IOWA STATE UNIVERSITY 106 HORTICULTURE HALL PO BOX 1972 AMES,IA 50011		PC	RESEARCH AND SCIENCE TO DEVELOP ORGANIC FARMING	5,000
JUST FOOD 1155 AVENUE OF THE AMERICAS THIRD FLOOR NEWYORK,NY 10036		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	10,000
LIFE LAB SCIENCE PROGRAM 1156 HIGH ST SANTA CRUZ,CA 95064		PC	EDUCATION - EDUCATE CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES	10,000
MIDWEST ORGANIC & SUSTAINABLE EDUCATION SERVICE P O BOX 339 SPRING VALLEY,WI 54767		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES AND RESEARCH	13,500
NATIONAL SUSTAINABLE AGRICULTURE COALITION 110 MARYLAND AVE NE SUITE 209 WASHINGTON,DC 20002		PC	ORGANIC FOOD PRODUCTION AND CONSUMPTION	12,500
NATIONAL YOUNG FARMERS COALITION PO BOX 1074 HUDSON,NY 12534		PC	EDUCATION - NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS	2,500
NORTHERN PLAINS SUSTAINABLE AGRICULTURE SOCIETY PO BOX 194 LAMOURE,ND 58458		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	1,480
OHIO ECOLOGICAL FOOD & FARM ASSOCIATION 41 CROSWELL RD COLUMBUS,OH 43214		PC	EDUCATION - ORGANIZE CONFERENCES AND COLLABORATIVE EDUCATION FORUMS	3,000
OREGON TILTH 260 SOUTHWEST MADISON AVE SUITE 106 CORVALLIS,OR 97333		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	15,000
ORGANIC FIELD SCHOOL AT GARDENS OF EAGAN 5680 290TH STREET WEST NORTHFIELD,MN 55057		PC	ORGANIC FOOD PRODUCTION AND CONSUMPTION	7,500
PCC FARMLAND TRUST 1917 FIRST AVENUE LEVEL A SUITE 100 SEATTLE,WA 98101		PC	ORGANIC FOOD PRODUCTION AND CONSUMPTION	5,000
PESTICIDE ACTION NETWORK NORTH AMERICA 1611 TELEGRAPH AVENUE SUITE 1200 OAKLAND,CA 94612		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	12,500
Total  3a				382,230

Form 990PF Part XV Line 3 - Grants and Contributions Paid During the Year or Approved for Future Payment

Recipient	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
Name and address (home or business)				
a <i>Paid during the year</i>				
SEATTLE TILTH 4649 SUNNYSIDE AVENUE N SUITE 100 SEATTLE,WA 98103		PC	EDUCATION - NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS	5,000
SEED SAVERS EXCHANGE 3094 NORTH WINN RD DECORAH,IA 52101		PC	BIODIVERSITY OF OUR ORGANIC SEED SUPPLY	5,000
TEENS TURNING GREEN PO BOX 1156 ROSS,CA 94957		PC	NUTRITION FOR AT-RISK POPULATIONS	5,000
THE CERES COMMUNITY PROJECT 7351 BODEGA AVE SEBASTOPOL,CA 95472		PC	EDUCATION - EDUCATE CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES	10,000
THE ORGANIC CENTER 444 N CAPTIOL ST NW STE 445A WASHINGTON,DC 20001		PC	RESEARCH AND SCIENCE TO DEVELOP ORGANIC FARMING / ORGANIC FOOD PRODUCTION AND CONSUMPTION	57,500
THE PICTURE OF CHILDREN'S HEALTH 140 WOODBRIDGE DRIVE EAST GREENWICH,RI 02818		PC	EDUCATION - EDUCATE CONSUMERS ON THE IMPORTANCE OF HEALTHY FOOD CHOICES	6,000
UCSC CENTER FOR AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS 1156 HIGH STREET SANTA CRUZ,CA 95064		PC	EDUCATION - NEXT GENERATION OF SUSTAINABLE AND ORGANIC FARMERS	11,250
WASHINGTON STATE UNIVERSITY 90063 TROY ROAD ENTERPRISE,OR 97828		PC	RESEARCH AND SCIENCE TO DEVELOP ORGANIC FARMING	40,000
WILD FARM ALLIANCE PO BOX 2570 WATONSVILLE,CA 95077		PC	EDUCATION - TEACH SUSTAINABLE FARMING PRACTICES	5,000
ORGANIC SEED ALLIANCE PO BOX 772 PORT TOWNSEND,WA 98368		PC	BIODIVERSITY OF OUR ORGANIC SEED SUPPLY	10,000
Total  3a				382,230

Schedule B

(Form 990, 990-EZ, or 990-PF)

Department of the Treasury
Internal Revenue Service

Schedule of Contributors

▶ Attach to Form 990, 990-EZ, or 990-PF.
▶ Information about Schedule B (Form 990, 990-EZ, or 990-PF) and its instructions is at www.irs.gov/form990.

OMB No 1545-0047

2013

Name of the organization UNFI FOUNDATION CO LISA N'CHONON	Employer identification number 45-5023490
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Organization type (check one)

Filers of:	Section:
Form 990 or 990-EZ	☐ 501(c)() (enter number) organization
	☐ 4947(a)(1) nonexempt charitable trust not treated as a private foundation
	☐ 527 political organization
Form 990-PF	☒ 501(c)(3) exempt private foundation
	☐ 4947(a)(1) nonexempt charitable trust treated as a private foundation
	☐ 501(c)(3) taxable private foundation

Check if your organization is covered by the **General Rule** or a **Special Rule**.
Note. Only a section 501(c)(7), (8), or (10) organization can check boxes for both the General Rule and a Special Rule. See instructions.

General Rule

☒ For an organization filing Form 990, 990-EZ, or 990-PF that received, during the year, \$5,000 or more (in money or property) from any one contributor. Complete Parts I and II.

Special Rules

☐ For a section 501(c)(3) organization filing Form 990 or 990-EZ that met the 33¹/₃% support test of the regulations under sections 509(a)(1) and 170(b)(1)(A)(vi) and received from any one contributor, during the year, a contribution of the greater of **(1)** \$5,000 or **(2)** 2% of the amount on (i) Form 990, Part VIII, line 1h, or (ii) Form 990-EZ, line 1. Complete Parts I and II.

☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, total contributions of more than \$1,000 for use *exclusively* for religious, charitable, scientific, literary, or educational purposes, or for the prevention of cruelty to children or animals. Complete Parts I, II, and III.

☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, contributions for use *exclusively* for religious, charitable, etc., purposes, but these contributions did not total more than \$1,000. If this box is checked, enter here the total contributions that were received during the year for an *exclusively* religious, charitable, etc., purpose. Do not complete any of the parts unless the **General Rule** applies to this organization because it received *nonexclusively* religious, charitable, etc., contributions of \$5,000 or more during the year. ▶ \$ _____

Caution. An organization that is not covered by the General Rule and/or the Special Rules does not file Schedule B (Form 990, 990-EZ, or 990-PF), but it **must** answer “No” on Part IV, line 2, of its Form 990, or check the box on line H of its Form 990-EZ or on its Form 990PF, Part I, line 2, to certify that it does not meet the filing requirements of Schedule B (Form 990, 990-EZ, or 990-PF).

Name of organization UNFI FOUNDATION CO LISA N'CHONON	Employer identification number 45-5023490
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Part I	Contributors (see Instructions) Use duplicate copies of Part I if additional space is needed		
(a) No.	(b) Name, address, and ZIP + 4	(c) Total contributions	(d) Type of contribution
_____	See Additional Data Table _____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
_____	_____ _____ _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)

Name of organization UNFI FOUNDATION CO LISA N'CHONON	Employer identification number 45-5023490
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Part II	Noncash Property (see instructions) Use duplicate copies of Part II if additional space is needed		
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
_____	_____ _____ _____ _____	\$ _____	_____

Name of organization UNFI FOUNDATION CO LISA N'CHONON	Employer identification number 45-5023490
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Part III

Exclusively religious, charitable, etc., individual contributions to section 501(c)(7), (8), or (10) organizations that total more than \$1,000 for the year. Complete columns (a) through (e) and the following line entry

For organizations completing Part III, enter the total of *exclusively* religious, charitable, etc , contributions of **\$1,000 or less** for the year (Enter this information once See instructions) ▶ \$

Use duplicate copies of Part III if additional space is needed

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
—			
	(e) Transfer of gift		
	Transferee's name, address, and ZIP 4Relationship of transferor to transferee		

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
—			
	(e) Transfer of gift		
	Transferee's name, address, and ZIP 4Relationship of transferor to transferee		

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
—			
	(e) Transfer of gift		
	Transferee's name, address, and ZIP 4Relationship of transferor to transferee		

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
—			
	(e) Transfer of gift		
	Transferee's name, address, and ZIP 4Relationship of transferor to transferee		

Additional Data

Software ID:

Software Version:

EIN: 45-5023490

Name: UNFI FOUNDATION CO LISA N'CHONON

Form 990 Schedule B, Part I - Contributors (see Instructions) Use duplicate copies of Part I if additional space is needed.

(a) No.	(b) Name, address, and ZIP + 4	(c) Total contributions	(d) Type of contribution
1	UNITED NATURAL FOODS INC 313 IRON HORSE WAY PROVIDENCE, RI02908	\$ 437,537	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
2	STEVEN HOLLY SPINNER 313 RANDOLPH SQUARE PKWY RICHMOND, VA 23238	\$ 5,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
3	MANHATTAN ASSOCIATES 2300 WINDY RIDGE PKWY TENTH FL ATLANTA, GA 30339	\$ 12,500	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
4	ABEL WOMACK INC ONE INTL WAY LAWRENCE, MA 01843	\$ 5,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
5	COENTERPRISE 23E EAST 40TH ST STE 25G NEW YORK, NY 10016	\$ 5,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
6	ECR SOFTWARE CORP 277 HOWARD ST BOONE, NC 28607	\$ 15,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
7	NBO 44 SOUTH WASHINGTON ST NEW BREMEN, OH 45869	\$ 5,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
8	PENSKE TRUCK LEASING CO PO BOX 1475 READING, PA 19603	\$ 7,500	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)
9	ESI CONSTRUCTION INC 950 WALNUT RIDGE DR HARTLAND, WI 53029	\$ 5,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II for noncash contribution)

Form **4562**

Department of the Treasury
Internal Revenue Service (99)

Depreciation and Amortization
(Including Information on Listed Property)

▶ See separate instructions. ▶ Attach to your tax return.

OMB No 1545-0172

2013

Attachment
Sequence No **179**

Name(s) shown on return
UNFI FOUNDATION CO LISA N'CHONON

Business or activity to which this form relates
FORM 990-PF PAGE 1

Identifying number

45-5023490

Part I Election To Expense Certain Property Under Section 179

Note: If you have any listed property, complete Part V before you complete Part I.

1	Maximum amount (see instructions)	1	500,000
2	Total cost of section 179 property placed in service (see instructions)	2	
3	Threshold cost of section 179 property before reduction in limitation (see instructions)	3	2,000,000
4	Reduction in limitation Subtract line 3 from line 2 If zero or less, enter -0-	4	
5	Dollar limitation for tax year Subtract line 4 from line 1 If zero or less, enter -0- If married filing separately, see instructions	5	

6	(a) Description of property	(b) Cost (business use only)	(c) Elected cost	
7	Listed property Enter the amount from line 29	7		
8	Total elected cost of section 179 property Add amounts in column (c), lines 6 and 7	8		
9	Tentative deduction Enter the smaller of line 5 or line 8	9		
10	Carryover of disallowed deduction from line 13 of your 2012 Form 4562	10		
11	Business income limitation Enter the smaller of business income (not less than zero) or line 5 (see instructions)	11		
12	Section 179 expense deduction Add lines 9 and 10, but do not enter more than line 11	12		
13	Carryover of disallowed deduction to 2014 Add lines 9 and 10, less line 12	13		

Note: Do not use Part II or Part III below for listed property. Instead, use Part V.

Part II Special Depreciation Allowance and Other Depreciation (Do not include listed property) (See instructions)

14	Special depreciation allowance for qualified property (other than listed property) placed in service during the tax year (see instructions)	14	
15	Property subject to section 168(f)(1) election	15	
16	Other depreciation (including ACRS)	16	5,833

Part III MACRS Depreciation (Do not include listed property.) (See instructions.)

Section A

17	MACRS deductions for assets placed in service in tax years beginning before 2013	17	
18	If you are electing to group any assets placed in service during the tax year into one or more general asset accounts, check here		

Section B—Assets Placed in Service During 2013 Tax Year Using the General Depreciation System

(a) Classification of property	(b) Month and year placed in service	(c) Basis for depreciation (business/investment use only—see instructions)	(d) Recovery period	(e) Convention	(f) Method	(g) Depreciation deduction
19a 3-year property						
b 5-year property						
c 7-year property						
d 10-year property						
e 15-year property						
f 20-year property						
g 25-year property			25 yrs		S/L	
h Residential rental property			27 5 yrs	MM	S/L	
			27 5 yrs	MM	S/L	
i Nonresidential real property			39 yrs	MM	S/L	
				MM	S/L	

Section C—Assets Placed in Service During 2013 Tax Year Using the Alternative Depreciation System

20a Class life					S/L	
b 12-year			12 yrs		S/L	
c 40-year			40 yrs	MM	S/L	

Part IV Summary (see instructions.)

21	Listed property Enter amount from line 28	21	
22	Total. Add amounts from line 12, lines 14 through 17, lines 19 and 20 in column (g), and line 21 Enter here and on the appropriate lines of your return Partnerships and S corporations—see instructions	22	5,833
23	For assets shown above and placed in service during the current year, enter the portion of the basis attributable to section 263A costs	23	

Part V

Listed Property (Include automobiles, certain other vehicles, certain computers, and property used for entertainment, recreation, or amusement.)
Note: For any vehicle for which you are using the standard mileage rate or deducting lease expense, complete **only** 24a, 24b, columns (a) through (c) of Section A, all of Section B, and Section C if applicable.

Section A—Depreciation and Other Information (Caution: See the instructions for limits for passenger automobiles.)

24a Do you have evidence to support the business/investment use claimed? ☐ Yes ☐ No						24b If "Yes," is the evidence written? ☐ Yes ☐ No		
(a) Type of property (list vehicles first)	(b) Date placed in service	(c) Business/ investment use percentage	(d) Cost or other basis	(e) Basis for depreciation (business/investment use only)	(f) Recovery period	(g) Method/ Convention	(h) Depreciation/ deduction	(i) Elected section 179 cost
25Special depreciation allowance for qualified listed property placed in service during the tax year and used more than 50% in a qualified business use (see instructions)							25	
26 Property used more than 50% in a qualified business use								
		%						
		%						
		%						
27 Property used 50% or less in a qualified business use								
		%				S/L -		
		%				S/L -		
		%				S/L -		
28 Add amounts in column (h), lines 25 through 27 Enter here and on line 21, page 1						28		
29 Add amounts in column (i), line 26 Enter here and on line 7, page 1							29	

Section B—Information on Use of Vehicles

Complete this section for vehicles used by a sole proprietor, partner, or other "more than 5% owner," or related person
If you provided vehicles to your employees, first answer the questions in Section C to see if you meet an exception to completing this section for those vehicles

30 Total business/investment miles driven during the year (do not include commuting miles)	(a) Vehicle 1		(b) Vehicle 2		(c) Vehicle 3		(d) Vehicle 4		(e) Vehicle 5		(f) Vehicle 6	
31 Total commuting miles driven during the year												
32 Total other personal(noncommuting) miles driven												
33 Total miles driven during the year Add lines 30 through 32												
34 Was the vehicle available for personal use during off-duty hours?	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
35 Was the vehicle used primarily by a more than 5% owner or related person?												
36 Is another vehicle available for personal use?												

Section C—Questions for Employers Who Provide Vehicles for Use by Their Employees

Answer these questions to determine if you meet an exception to completing Section B for vehicles used by employees who **are not** more than 5% owners or related persons (see instructions)

37 Do you maintain a written policy statement that prohibits all personal use of vehicles, including commuting, by your employees?	Yes	No
38 Do you maintain a written policy statement that prohibits personal use of vehicles, except commuting, by your employees? See the instructions for vehicles used by corporate officers, directors, or 1% or more owners		
39 Do you treat all use of vehicles by employees as personal use?		
40 Do you provide more than five vehicles to your employees, obtain information from your employees about the use of vehicles, and retain the information received?		
41 Do you meet the requirements concerning qualified automobile demonstration use? (See instructions)		
Note: If your answer to 37, 38, 39, 40, or 41 is "Yes," do not complete Section B for the covered vehicles		

Part VI Amortization

(a) Description of costs	(b) Date amortization begins	(c) Amortizable amount	(d) Code section	(e) Amortization period or percentage	(f) Amortization for this year
42 Amortization of costs that begins during your 2013 tax year (see instructions)					
43 Amortization of costs that began before your 2013 tax year				43	
44 Total. Add amounts in column (f) See the instructions for where to report				44	

TY 2013 Accounting Fees Schedule

Name: UNFI FOUNDATION CO LISA N'CHONON

EIN: 45-5023490

Category	Amount	Net Investment Income	Adjusted Net Income	Disbursements for Charitable Purposes
ACCOUNTING	4,364	0		0

Note: To capture the full content of this document, please select landscape mode (11" x 8.5") when printing.

TY 2013 Depreciation Schedule

Name: UNFI FOUNDATION CO LISA N'CHONON

EIN: 45-5023490

Description of Property	Date Acquired	Cost or Other Basis	Prior Years' Depreciation	Computation Method	Rate / Life (# of years)	Current Year's Depreciation Expense	Net Investment Income	Adjusted Net Income	Cost of Goods Sold Not Included
WEBSITE	2012-08-01	4,000	1,333	SL	3 0000000000000	1,333	0		
COMPUTER SOFTWARE	2013-08-01	9,000		SL	2 0000000000000	4,500	0		

TY 2013 Land, Etc. Schedule

Name: UNFI FOUNDATION CO LISA N'CHONON

EIN: 45-5023490

Category / Item	Cost / Other Basis	Accumulated Depreciation	Book Value	End of Year Fair Market Value
WEBSITE	4,000	2,666	1,334	1,334
COMPUTER SOFTWARE	9,000	4,500	4,500	4,500

TY 2013 Legal Fees Schedule

Name: UNFI FOUNDATION CO LISA N'CHONON

EIN: 45-5023490

Category	Amount	Net Investment Income	Adjusted Net Income	Disbursements for Charitable Purposes
LEGAL	1,877	0		0

TY 2013 Other Assets Schedule

Name: UNFI FOUNDATION CO LISA N'CHONON

EIN: 45-5023490

Description	Beginning of Year - Book Value	End of Year - Book Value	End of Year - Fair Market Value
PREPAID LICENSING FEES	2,000	667	667

TY 2013 Other Expenses Schedule**Name:** UNFI FOUNDATION CO LISA N'CHONON**EIN:** 45-5023490

Description	Revenue and Expenses per Books	Net Investment Income	Adjusted Net Income	Disbursements for Charitable Purposes
FILING FEES	425	0		0
INSURANCE	1,163	0		0
OFFICE	208	0		0
BANK FEES	507	0		0
LICENSING FES	1,333	0		0

TY 2013 Substantial Contributors Schedule**Name:** UNFI FOUNDATION CO LISA N'CHONON**EIN:** 45-5023490

Name	Address
MANHATTAN ASSOCIATES	2300 WINDY RIDGE PKWY TENTH FL ATLANTA,GA 30339
ECR SOFTWARE CORP	277 HOWARD ST BOONE,NC 28607