

EBSA/PUBLIC DISCLOSURE
2010 JAN 13 AM 8:05

THE FRESH MARKET, INC.
REPORTING AND DISCLOSURE COMPLIANCE STATEMENT

In compliance with Section 110 of the Employee Retirement Income Security Act of 1974 ("ERISA") and the Regulations thereunder, found in Section 2520.104-23, The Fresh Market, Inc. ("The Fresh Market") is filing this Reporting and Disclosure Compliance Statement and in connection herewith, provides the following information:

EMPLOYER:	The Fresh Market, Inc.
ADDRESS:	628 Green Valley Rd., Ste. 500 Greensboro, NC 27408
EMPLOYER IDENTIFICATION NO.	56-1311233
PLAN NAMES:	Deferred Compensation Plan
NUMBER OF PLANS:	One
NUMBER OF EMPLOYEES PARTICIPATING IN EACH PLAN:	19

The Fresh Market maintains the above-named unfunded Plan primarily for the purpose of providing deferred compensation for a select group of management or highly compensated employees.

The Fresh Market will provide the Plan documents to the Secretary of Labor upon request, as required by Section 104(a)(1) of ERISA.

The Fresh Market,
As Plan Administrator

By: *Susan K. Klingler*
Title: EVP - CFO

More! More!
THE FRESH MARKET
628 GREEN VALLEY RD
SUITE 500
GREENSBORO, NC 27408

CERTIFIED MAIL™



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Top Hat Plan Exemption
Employee Benefits Security Administration
Room N-1513
US Department of Labor
200 Constitution Ave. NW
Washington, DC 20210

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