

ALTERNATIVE REPORTING AND DISCLOSURE STATEMENT FOR
A NONQUALIFIED DEFERRED COMPENSATION PLAN

To: Top Hat Plan Exemption
Employee Benefits Security Administration
Room N-5644
US Department of Labor
200 Constitution Avenue NW
Washington, DC 20210

In accordance with 29 CFR Section 2520.104-23 of the Department of Labor Regulations, which provides an alternative method for complying with the reporting and disclosure requirements of Part 1 of Title I of the Employee Retirement Income Security Act of 1974, you are hereby notified that the Employer identified below maintains the Plan identified below for the purpose of providing deferred compensation for a select group of management or highly compensated employees, and that all benefits provided by this Plan are paid as needed solely from the general assets of that Employer.

Employer's Name: Meals on Wheels and More, Inc.

Employer's Address: 3227 E. 5th Street, Austin, TX, 78702

Employer Identification Number: 23-7202594

Meals on Wheels and More, Inc 457(b) Eligible Deferred Compensation Plan
which covers 1 Participant.

Total Number of Plans: 1

Plan Administrator of the Plans Specified Above

By: W. Wei

Date: 11/8/2011

From: (512) 476-6325
Lucia Dodson
Meals On Wheels And More
3227 E 5th St

Origin ID: AUSA



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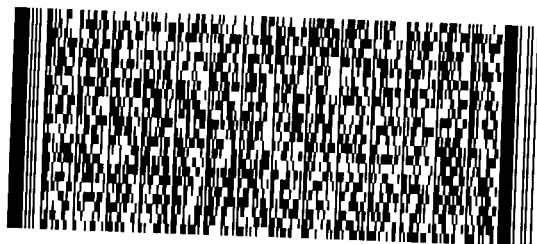
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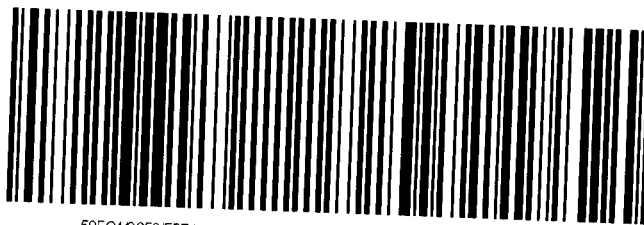
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