



Conflict of interest annual disclosure form

I have read and understand the Conflict of Interest Statement of Policy of Hearty Helpings, Inc.

To the best of my knowledge and belief, I am not engaged in any transaction of activity, nor am I involved in any way which might violate this policy with respect to my board service or advisory activities with Hearty Helpings, Inc.

And, further to the best of my knowledge and belief, I do not intend to engage in any transaction or activity or to become involved in any way which might violate the Statement of Policy of Hearty Helpings, Inc. regarding Conflict of Interest with respect to my board service or advisory activities with Hearty Helpings, Inc.

a. Without exception _____

b. Or except as disclosed immediately below

Date: _____

Signature

Board member (please print)

Reviewed by Chairperson,
Board of Directors