

INFORMATION & DISCLOSURE STATEMENT PURSUANT TO THE RULE 15C2-11

Sections (a)(5)(i) through (a)(5)(xiv) and (a)(5)(xvi)
of the
Securities Exchange Act of 1934, as amended

i. **The exact name of the issuer and its predecessor (if any):**

The name of the issuer is Coastal Foods, Inc. (the "Corporation"). The Corporation was incorporated by the filing of its original Certificate of Incorporation with the Secretary of State of the State of Texas on August 30, 1990.

ii. **The address of its principal executive offices:**

14212 Interdrive West
Houston, Texas 77032
(281) 987-8985 - Telephone
(281) 987-8988 – Facsimile
<http://coastalfoodsinc.net/>

iii. **The state of incorporation (if it is a corporation):**

The Corporation is a Texas corporation.

iv. **The exact title and class of the securities:**

One Class of Common Stock having a par value of \$.01. 20,000,000 shares authorized; 9,202,523 shares issued and outstanding as of September 30, 2013.

v. **The par or stated value of the securities:**

See item iv, above.

vi. **The number of shares or total amount of the securities outstanding as of the end of the issuer's most recent fiscal year:**

See item iv, above.

vii. **The name and address of the transfer agent:**

Securities Transfer Corporation
2591 Dallas Parkway Suite 102
Frisco, Texas 75034
(469)633-0101- Telephone
(469)633-0088 - Facsimile

viii. **The nature of the issuers business:**

Manufacturer of Bakery Products

ix. **The nature of products or services offered:**

See item viii, above.

x. **The nature and extent of the issuer's facilities.**

77,000 square foot manufacturing warehouse in Houston, TX

xi. **The name of the chief executive officer and members of the board of directors:**

William Evans, Chief Executive Officer, President and Director
Juan Torres, Vice President of Operations
Joseph Ornales

xii. **The issuers most recent balance sheet and profit and loss and retained earnings statements:**

Please refer to <http://www.otcmarkets.com/stock/CSFD/filings>

xiii. **Similar financial information for such part of the two preceding fiscal years as the issuer or its predecessor has been in existence:**

Please refer to <http://www.otcmarkets.com/stock/CSFD/filings>

xiv. **Whether the broker or dealer or any associated person is affiliated, directly or indirectly with the issuer:**

N/A

xv. **Whether the quotation is being published or submitted on behalf of any other broker or dealer, and, if so, the name of such broker or dealer:**

N/A

xvi. **Whether any quotation is being submitted or published directly or indirectly on behalf of the issuer, or any director, officer or any person, directly or indirectly the beneficial owner of more than 10 percent of the outstanding units or shares of any equity security of the issuer, or at the request of any promoter for the issuer, and, if so, the name of such person, and the basis for any exemption under the federal securities laws for any sales of such securities on behalf of such person.**

N/A