Liquidity

The following table presents selected financial information on liquidity (in thousands):

	Fiscal Year Ended						
	December 27, 2019		December 28, 2018		December 29, 2017		
Cash and cash equivalents	\$	140,233	\$	42,410	\$	41,504	
Working capital, (1) excluding cash and cash equivalents	\$	162,772	\$	160,783	\$	147,063	
Availability under asset-based loan facility	\$	133,359	\$	90,015	\$	64,805	

(1) We define working capital as current assets less current liabilities. Fiscal year 2019 includes the impact of recognizing operating lease right-of-use assets and liabilities as a result of our adoption of Accounting Standards Codification Topic 842, "Leases," as of December 29, 2018.

We believe our existing balances of cash and cash equivalents, working capital and the availability under our asset-based loan facility, are sufficient to satisfy our working capital needs, capital expenditures, debt service and other liquidity requirements associated with our current operations over the next 12 months.

Our capital expenditures, excluding cash paid for acquisitions, were approximately \$16.1 million for fiscal 2019. We believe our capital expenditures, excluding cash paid for acquisitions, for fiscal 2020 will be approximately \$38.0 million to \$42.0 million. The increase in projected capital expenditures in fiscal 2020 as compared to fiscal 2019 is the result of planned expansions of several of our distribution facilities. Our planned capital projects will provide both new and expanded facilities and improvements to our technology that we believe will produce increased efficiency and the capacity to continue to support the growth of our customer base.

Cash Flows

	Fiscal Year Ended						
	Decem	ıber 27, 2019	Γ	December 28, 2018		December 29, 2017	
Net income	\$	24,193	\$	20,402	\$	14,366	
Non-cash charges	\$	47,625	\$	38,186	\$	28,725	
Changes in working capital	\$	(26,811)	\$	(13,506)	\$	(11,594)	
Cash provided by operating activities	\$	45,007	\$	45,082	\$	31,497	
Cash used in investing activities	\$	(44,154)	\$	(33,688)	\$	(42,406)	
Cash provided by (used in) financing activities	\$	96,947	\$	(10,442)	\$	19,429	

Fiscal Year 2019 Cash Flows

Net cash provided by operations was \$45.0 million for fiscal 2019 consisting of \$24.2 million of net income and \$47.6 million of non-cash charges, partially offset by an increase in working capital of \$26.8 million. The increase in non-cash charges of \$9.4 million is primarily driven by changes in the fair value of earn-out liabilities of \$4.4 million and higher depreciation and amortization expense. The increase in working capital of \$26.8 million is a result of organic growth and acquisitions and includes \$1.8 million of earn-out liability payments classified as operating activities.

Net cash used in investing activities was \$44.2 million in fiscal 2019 driven by \$16.1 million in capital expenditures which included implementations of our Enterprise Resource Planning system and the buildouts of our headquarters in Ridgefield, CT and distribution center in Dallas, Texas. The Company used \$28.1 million in cash to fund acquisitions, the most significant of which was Bassian.

Net cash provided by financing activities was \$96.9 million for fiscal 2019 driven by \$145.0 million of net proceeds received from the issuance of our Senior Notes, partially offset by \$44.2 million to settle all borrowings outstanding on our ABL and \$2.4 million of earn-out liability payments classified as financing activities.