Plan assets comprise:

(Amounts in $000s)	December 28, 2013		December 29, 2012
Equity securities[1]	$	14,395	$	12,651
Debt securities		15,890		15,281
Cash and cash equivalents		1,130		1,286
Total	$	31,415	$	29,218

(1) The plan assets include $5.9 million of the Company's own common shares at market value (December 29, 2012: $3.9 million).

Movement in the present value of the defined benefit obligations

(Amounts in $000s)	December 28, 2013		December 29, 2012
Defined benefit obligations at the beginning of the year	$	42,917	$	34,127
Benefits paid by the plans		(2,221)		(1,470)
Effect of movements in exchange rates		(2,922)		770
Current service costs		1,028		831
Interest on obligations		1,670		1,805
Employee contributions		116		134
Actuarial (gains) losses in OCI		(1,244)		6,720
Defined benefit obligations at the end of the year	$	39,344	$	42,917

Movement in the present value of plan assets

(Amounts in $000s)	December 28, 2013		December 29, 2012
Fair value of plan assets at the beginning of the year	$	29,218	$	23,134
Employee contributions paid into the plans		116		134
Employer contributions paid into the plans		2,732		3,167
Benefits paid by the plans		(2,221)		(1,470)
Effect of movements in exchange rates		(2,195)		534
	$	27,650	$	25,499
Actual return on plan assets:				
Expected return on plan assets	$	1,116	$	1,553
Actuarial gains in OCI		2,749		2,361
Fees and expenses		(100)		(195)
		3,765		3,719
Fair value of plan assets at the end of the year	$	31,415	$	29,218

Expense recognized in profit or loss

(Amounts in $000s)	December 28, 2013		December 29, 2012
Current service costs	$	1,028	$	831
Interest on obligation		1,670		1,805
Expected return on plan assets		(1,116)		(1,553)
	$	1,582	$	1,083

The expense is recognized in the following line items in the consolidated statement of income

(Amounts in $000s)	December 28, 2013		December 29, 2012
Cost of sales	$	436	$	163
Selling, general and administrative expenses		1,146		920
	$	1,582	$	1,083