Pinnacle Fo	ods Inc.										
Form 4											
October 08,	2013										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB AF	OMB APPROVAL	
UNITED STATES SECURITIES AND EACHANGE COMMISSIO							DMMISSION	OMB	3235-0287		
Check th	nis box		VV 2	ashington, D.C. 20549					Number:	January 31,	
if no lon		AENT O	F CHAI	NGES IN	NGES IN BENEFICIAL OWNERSH				Expires: 200		
subject t Section	.0			SECURITIES					Estimated average		
Form 4 of				Sheer					burden hours per response 0.5		
Form 5	Filed put	rsuant to S	Section	16(a) of tl	he Securi	ties E	Exchange	Act of 1934,	100001100111	0.0	
obligatio may con		(a) of the	Public U	Jtility Hol	lding Cor	npan	y Act of 1	1935 or Section			
See Inst		30(h)	of the I	nvestmen	t Compai	ny Ac	t of 1940)			
1(b).											
	D										
(Print or Type	Responses)										
1 Name and	Address of Reporting	Person *	2.1	N	177.1	т I.	4	5 Relationship of I	Penorting Pers	on(s) to	
Steeneck C			2. Issue Symbol	т				5. Relationship of Reporting Person(s) to Issuer			
	8		-	acle Foods Inc. [PF]							
(I +)	(Einst)							(Check all applicable)			
(Last)	(First) (Middle)		of Earliest T	ransaction			Director	10%	Owner	
			Ionth/Day/Year)				Officer (give title Other (specify				
JEFFERSON ROAD				belo				below) below) EVP, CFO			
(Street) 4. If Am Filed(Mo						6. Individual or Joint/Group Filing(Check					
							Applicable Line) _X_ Form filed by One Reporting Person				
PARSIPPA	NY, NJ 07054-3 [′]	707					-	Form filed by Mo			
							1	Person			
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	Secur	ities Acqui	ired, Disposed of,	or Beneficial	y Owned	
1.Title of	2. Transaction Date							5. Amount of	6.	7. Nature of	
Security (Instr. 3)	(Month/Day/Year)	Execution	Date, if					Securities Beneficially	Ownership Form:	Indirect Beneficial	
(msu. 5)		any (Month/Day/Year)		Code (Instr. 3, 4 and 5) (Instr. 8)				Owned	Direct (D)	Ownership	
		X						Following	or Indirect	(Instr. 4)	
						(A)		Reported	(I) (In sta. 4)		
						or		Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
				Code V	Amount	(D)	Price ¢	(
Common	10/04/2013			S (1)	10,000	D	\$ 25.8111	407,697	D		
Stock	10/07/2013			<u>0</u>	10,000	D	(2)	+07,027	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transact Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	Date	Amou Unde Secur	le and unt of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Steeneck Craig D. C/O PINNACLE FOODS INC. 399 JEFFERSON ROAD PARSIPPANY, NJ 07054-3707			EVP, CFO				
Signatures							
/s/ M. Kelley Maggs, by power of attorney	of	10/08	2/2013				
** Signature of Reporting Person		Da	ite				

Explanation of Responses:

- If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan.

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions ranging from \$25.64 to \$26.00, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities

(2) and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth above.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.