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UNITED NA Form 4 June 25, 201	ATURAL FOODS	INC										
									OMB APPROVAL			
Washington, D.C. 20549						NGE C	OMMISSION	OMB Number:	3235-0287			
Check thi if no long subject to Section 1 Form 4 o Form 5	s box er STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 5. SECURITIES									Estimated average burden hours per		
obligation may cont <i>See</i> Instru 1(b).	$\frac{1}{1}$ inue. Section 17(a) of the H	Public Ut		ling Con	npany	y Act of	1935 or Section	n			
(Print or Type F	Responses)											
1. Name and A Matthews D	2. Issuer Name and Ticker or Trading Symbol UNITED NATURAL FOODS INC [UNFI]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
			3. Date of Earliest Transaction (Month/Day/Year) 06/22/2013					Director 10% Owner X_ Officer (give title Other (specify below) below) President, UNFI International				
F				4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
PROVIDEN	ICE, RI 02908							Person		porting		
(City)	(State)	Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	Acquired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	curity (Month/Day/Year) Execution Date, if		n Date, if	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or					Indirect			
Common	06/22/2013			Code V M	Amount 2,250	(D) A	Price \$ 0	3,577	D			
Stock Common Stock	06/22/2013			F <u>(1)</u>	735	D	\$ 52.46	2,842	D			
Common Stock								484	I	See footnote (2)		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	Transaction of Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Unit	\$ 0 <u>(3)</u>	06/22/2013		М	2,250	(4)	(4)	Common Stock	2,250	\$

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Matthews David Allen C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908			President, UNFI International				
Signatures							
Liss N'Chanon Power of Attorney							

Lisa N'Chonon, Power-of-Attorney, in-fact

06/25/2013

Date

**Signature of Reporting Person

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) On June 22, 2013, 2,250 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. Of these shares, the Company withheld 735 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.

Includes 290 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. Employee Stock Ownership(2) Plan and 194 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of June 24, 2013.

- (3) Each restricted stock unit represents the right to receive one share of United Natural Foods, Inc. common stock upon vesting in accordance with the terms of the reporting person's restricted stock unit agreement.
- (4) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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