

SPINNER STEVEN  
Form 4  
September 18, 2018

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2015  
Estimated average burden hours per response... 0.5

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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
SPINNER STEVEN

2. Issuer Name and Ticker or Trading Symbol  
UNITED NATURAL FOODS INC  
[UNFI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction  
(Month/Day/Year)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

President, CEO & Chairman

C/O UNITED NATURAL FOODS, INC., 313 IRON HORSE WAY

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

(Street)  
PROVIDENCE, RI 02908

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	09/15/2018		M <sup>(1)</sup>	A	\$ 0 <sup>(2)</sup>	105,253	D
Common Stock	09/15/2018		F <sup>(1)</sup>	D	\$ 33.53	103,158	D
Common Stock	09/15/2018		M <sup>(3)</sup>	A	\$ 0 <sup>(2)</sup>	125,798	D
Common Stock	09/15/2018		F <sup>(3)</sup>	D	\$ 33.53	115,533	D
Common Stock	09/17/2018		M <sup>(4)</sup>	A	\$ 0 <sup>(2)</sup>	122,513	D

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Common Stock	09/17/2018	F <sup>(4)</sup>	3,166	D	\$ 34.18	119,347	D	
Common Stock						651	I	See footnote <u>(5)</u>

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

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SEC 1474  
(9-02)

**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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Restricted Stock Unit	<u>(6)</u>	09/15/2018		M	4,620	<u>(7)</u>	<u>(7)</u>	Common Stock 4,620
Restricted Stock Unit	<u>(6)</u>	09/15/2018		M	22,640	<u>(8)</u>	<u>(8)</u>	Common Stock 22,640
Restricted Stock Unit	<u>(6)</u>	09/17/2018		M	6,980	<u>(7)</u>	<u>(7)</u>	Common Stock 6,980

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SPINNER STEVEN C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908	X		President, CEO & Chairman	

## Signatures

Joseph McGrail, Power-of-Attorney,  
in fact 09/18/2018

        \*\*Signature of Reporting Person

        Date

## 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 September 15, 2018, 4,620 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 2,095 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- (2) Restricted stock units convert into common stock on a one-for-one basis. Accordingly, there was no purchase price paid by the reporting person.
- (3) On September 15, 2018, 22,640 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 10,265 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- (4) On September 17, 2018, 7,506 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 3,166 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- (5) Includes 651 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of September 15, 2018.
- (6) 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.
- (7) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.  
The restricted stock units vest as follows: sixty percent (60%) on the first anniversary of the grant date and an additional thirteen and
- (8) 33/100 percent (13.33%) on each succeeding anniversary of the grant date so as to be expired with regard to all restricted stock units on the fourth anniversary of the grant date.

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.