

SpartanNash Co
Form 3
August 05, 2014

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0104
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Pierce Lawrence R		(Month/Day/Year)	SpartanNash Co [SPTN]	
(Last)	(First)	(Middle)	4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
		07/29/2014		
C/O 850 - 76TH STREET SW			(Check all applicable)	6. Individual or Joint/Group Filing(Check Applicable Line)
	(Street)		<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	<input checked="" type="checkbox"/> Form filed by One Reporting Person
GRAND RAPIDS,Â MIÂ 49518			<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input type="checkbox"/> Form filed by More than One Reporting Person
(City)	(State)	(Zip)	EVP Merch. and Marketing	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	18,287	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Stock Option (right to purchase)	05/01/2010	05/15/2019	Common Stock	1,425	\$ 13.87	D	Â
Stock Option (right to purchase)	05/01/2011	05/15/2019	Common Stock	1,425	\$ 13.87	D	Â
Stock Option (right to purchase)	05/01/2012	05/15/2019	Common Stock	1,425	\$ 13.87	D	Â
Stock Option (right to purchase)	05/01/2013	05/15/2019	Common Stock	1,425	\$ 13.87	D	Â
Stock Option (right to purchase)	02/09/2010	02/09/2019	Common Stock	907	\$ 19.75	D	Â
Stock Option (right to purchase)	02/09/2011	02/09/2019	Common Stock	906	\$ 19.75	D	Â
Stock Option (right to purchase)	02/09/2012	02/09/2019	Common Stock	906	\$ 19.75	D	Â
Stock Option (right to purchase)	02/09/2013	02/09/2019	Common Stock	906	\$ 19.75	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Pierce Lawrence R C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518	Â	Â	Â EVP Merch. and Marketing	Â

Signatures

/s/ Lawrence R. Pierce 07/31/2014

**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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).

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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