

Griffin Sean
Form 4
September 18, 2018

FORM 4

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

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
Griffin Sean

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)
09/15/2018

____ Director ____ 10% Owner
__X__ Officer (give title below) ____ Other (specify below)
Chief Operating Officer

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

(Street)

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
Person

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)
			Code	V	Amount	(A) or (D) Price			
Common Stock	09/15/2018		M ⁽¹⁾		790	A \$ 0 ⁽²⁾	790	D	
Common Stock	09/15/2018		F ⁽¹⁾		296	D \$ 33.53	494	D	
Common Stock	09/15/2018		M ⁽³⁾		1,730	A \$ 0 ⁽²⁾	2,224	D	
Common Stock	09/15/2018		F ⁽³⁾		566	D \$ 33.53	1,658	D	
Common Stock	09/17/2018		M ⁽⁴⁾		936	A \$ 0 ⁽²⁾	2,594	D	

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Common Stock	09/17/2018	F ⁽⁴⁾	350	D	\$ 34.18	2,244	D	
Common Stock						1,632	I	See footnote ⁽⁵⁾

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

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(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)	
Restricted Stock Unit	<u>(6)</u>	09/15/2018		M		790	<u>(7)</u> <u>(7)</u>	Common Stock 790
Restricted Stock Unit	<u>(1)</u>	09/15/2018		D		2,370	<u>(7)</u> <u>(7)</u>	Common Stock 2,370
Phantom Stock	<u>(8)</u>	09/15/2018		A ⁽¹⁾	2,370	<u>(8)</u> <u>(8)</u>		Common Stock 2,370
Restricted Stock Unit	<u>(6)</u>	09/15/2018		M		1,730	<u>(7)</u> <u>(7)</u>	Common Stock 1,730
Restricted Stock Unit	<u>(3)</u>	09/15/2018		D		1,730	<u>(7)</u> <u>(7)</u>	Common Stock 1,730
Phantom Stock	<u>(8)</u>	09/15/2018		A ⁽³⁾	1,730	<u>(8)</u> <u>(8)</u>		Common Stock 1,730
Restricted Stock Unit	<u>(6)</u>	09/17/2018		M		936	<u>(7)</u> <u>(7)</u>	Common Stock 936
Restricted Stock Unit	<u>(4)</u>	09/17/2018		D		2,806	<u>(7)</u> <u>(7)</u>	Common Stock 2,806
Phantom Stock	<u>(8)</u>	09/17/2018		A ⁽⁴⁾	2,806	<u>(8)</u> <u>(8)</u>		Common Stock 2,806

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Griffin Sean C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908			Chief Operating Officer	

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, 3,160 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested, 75% of which the reporting person had previously elected to defer to the Company's Deferred Compensation Plan. The Company retained 296 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, 3,460 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested, 50% of which the reporting person had previously elected to defer to the Company's Deferred Compensation Plan. The Company retained 566 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.

(4) On September 17, 2018, 3,742 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested, 75% of which the reporting person had previously elected to defer to the Company's Deferred Compensation Plan. The Company retained 350 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.

(5) Includes 1,632 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 14, 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.

(8) The security converts to common stock on a one-for-one basis subject to the terms of the United Natural Foods, Inc. Deferred Compensation Plan.

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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