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Church John R							
Form 4 November 25, 2009							
					OMB AF	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					OMB Number:	3235-0287	
Check this box if no longer					Expires:	January 31, 2005	
subject to Section 16. Form 4 or				NERSHIP OF	Estimated a burden hou response	average Irs per	
Form 5 obligations may continue. See Instruction 1(b). 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 F Church John R	r Name and Ticker or RAL MILLS INC	C C	son(s) to				
(Last) (First) (M	f Earliest Transaction	[015]	(Check	k all applicable	;)		
NUMBER ONE GENERAL I BOULEVARD	Day/Year) 009		Director 10% Owner Officer (give title Other (specify below) below)				
(Street)	ndmont Data Origina	1	SVP, Supply Chain				
(Succi)	endment, Date Origina hth/Day/Year)	11	6. Individual or Joint/Group Filing(Check Applicable Line)				
MINNEAPOLIS, MN 55426 Form filed by One Reporting Person Form filed by More than One Report Person							
(City) (State) (Zip) Tabl	e I - Non-Derivative	Securities Acc	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	Execution Date, if any	1		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial	
a		Code V Amount	(D) Price	(Instr. 3 and 4)			
Common 11/24/2009 Stock		P 25	A ^{\$} 68.42	21,723	D		
Common Stock				2,832	Ι	by Spouse	
Common Stock				1,978	Ι	by Trust (1)	
Common Stock				1,336	I	by Trust 1 (2)	

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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Tit	le and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	rlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities	5		(Instr	. 3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
						D (or		
						Date	Expiration	Title	Number		
						Exercisable	Date		of		
				Code V	(A) (D)				Shares		
				Code V	(A) (D)	Excicisable	Date				

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
Church John R NUMBER ONE GENERAL MILLS BOULEVARD MINNEAPOLIS, MN 55426			SVP, Supply Chain			
Signatures						

By: Christopher A. Rauschl For: John R. Church

**Signature of Reporting Person

11/25/2009

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) Held in Trust by the Trustee of the General Mills Savings Plan.

(2) Held in Trust for the benefit of the reporting person's spouse by the Trustee of the General Mills Savings Plan.

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.