SpartanNash Co Form 4 March 08, 2017

### FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB APPROVAL

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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)

may continue.

See Instruction

1(b).

1. Name and Address of Reporting Person * Pierce Lawrence R			2. Issuer Name <b>and</b> Ticker or Trading Symbol SpartanNash Co [SPTN]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
(Last)	(First) (Middle)		3. Date of Earliest Transaction	(Check an applicable)		
C/O 850 - 76TH STREET SW		SW	(Month/Day/Year) 03/07/2017	Director 10% Owner _X_ Officer (give title Other (specify below)  EVP Merch. and Marketing		
(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		
GRAND RAPIDS, MI 49518				Form filed by More than One Reporting Person		

(City)	(State)	Zip) Table	I - Non-D	erivative	Secur	ities Acqu	iired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securi Transaction(A) or Di Code (Instr. 3, (Instr. 8)		(A) or		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)
Common Stock	03/07/2017		Code V M	Amount 3,625	(D) A	Price \$ 19.75	39,089	D	
Common Stock	03/07/2017		M	5,700	A	\$ 13.87	44,789	D	
Common Stock (1)	03/07/2017		S	9,325	D	\$ 33.17	35,464	D	

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

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## Edgar Filing: SpartanNash Co - Form 4

#### number.

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$ 

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)	Transaction Code Sc (Instr. 8) A D (I	ecurities cquired A) or isposed of	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V (A	A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M	1,425	05/01/2010	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M	1,425	05/01/2011	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M	1,425	05/01/2012	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M	1,425	05/01/2013	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M	907	02/09/2010	02/09/2019	Common Stock	907
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M	906	02/09/2011	02/09/2019	Common Stock	906
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M	906	02/09/2012	02/09/2019	Common Stock	906
Stock Option	\$ 19.75	03/07/2017		M	906	02/09/2013	02/09/2019	Common Stock	906

(right to purchase)

# **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

EVP Merch. and Marketing

**Signatures** 

/s/ Daniel C. Persinger, By Power of Attorney

03/08/2017

\*\*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).

Represents the aggregate number of shares sold at a weighted average price of \$33.1676. The actual sales prices ranged from \$32.59 to (1) \$33.57. Details regarding aggregated sales transactions will be provided upon request by the Commission staff, the issuer, or a security

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.

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