Edgar Filing: MCNAMARA KEVIN M - Form 4

MCNAMAR	A KEVIN M											
Form 4												
August 06, 2	010											
FORM	4		GECUD	TTIES AT		TT A R		COMMERION	r	PPROVAL		
	Washington, D.C. 20549							OMB Number:	3235-0287			
Check thi if no long			Expires:	January 31,								
subject to		EMENT C	Estimated	2005 average								
Section 1	Section 16. SECURITIES								burden hou	irs per		
Form 4 or Form 5		Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							response	0.5		
obligatior	¹⁸ Section	-					-	f 1935 or Sectio	'n			
may conti See Instru	inue.) of the Inv	•	•	· ·			11			
1(b).	iction	00(1	.) 01 010 111		e e inp un	<i>,</i>	01 17					
(Print or Type R	lesponses)											
1. Name and A	ddress of Report	ing Person *	2 Issuer	Name and	Ticker or '	Tradin	a	5. Relationship of	f Reporting Per	son(s) to		
MCNAMARA KEVIN M Symbol				i vanie ana	Tieker of	1 raam	5	Issuer				
			-	FOODS	INC [TS	N]		(Chaok all applicable)				
(Last)	(First)	(Middle)	3. Date of	3. Date of Earliest Transaction				(Check all applicable)				
(Month/Da				ay/Year)				_X_ Director10% Owner				
2200 DON 7	FYSON PAR	KWAY	08/04/20)10				Officer (give below)	title Oth below)	er (specify		
(Street) 4.			4. If Amer	ndment, Dat	e Original			6. Individual or Joint/Group Filing(Check				
			Filed(Mon	th/Day/Year)				Applicable Line)	One Denertine D			
SPRINGDA	LE, AR 7276	62						_X_ Form filed by Form filed by M Person	More than One R			
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned		
1.Title of	2. Transaction				4. Securi					7. Nature of		
Security (Instr. 3)	(Month/Day/Y		ion Date, if	TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)				Beneficially (Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership		
(IIISU. <i>5)</i>		any (Montl	n/Day/Year)									
								Following	(Instr. 4)	(Instr. 4)		
						(A)		Reported Transaction(s)				
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Class A				coue v	7 tinount	(D)	11100					
Common	06/15/2010			J (1)	42	А	\$0	20,607	D			
Stock												
Class A												
Common	08/04/2010			A <u>(2)</u>	1,067	А	\$0	21,674	D			
Stock												

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

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 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)	4. Transactio Code (Instr. 8)	of	;	ate	7. Title Amour Underl Securit (Instr. 1	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu: Bene Own Follo Repo Trans (Insti
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

RelationshipReporting Owner Name / AddressDirector10% OwnerOfficerOtherDirector10% OwnerOfficerOtherImage: Colspan="4">Colspan="4"Colspan="4">Colspan="4"

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 42 shares of the Issuer's Class A Common Stock received by the reporting person pursuant to a dividend reinvestment feature
 (1) under the Issuer's Stock Plans since the Last Statement of change in Beneficial Ownership ws filed by the reporting person. Such acquisition is exempt from Section 16 reporting requirements pursuant to Rule 16a-11.

(2) Shares acquired pursuant to the Issuer's Director Compensation Policy which permits directors of the Issuer to elect to receive shares of the Issuer's Class A Common Stock in lieu of receiving all or part of their quarterly retainer in cash.

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.