

Zechmeister Michael Paul  
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

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Zechmeister Michael Paul

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 Financial 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 <sup>(1)</sup>		2,845	A	\$ 0 <sup>(2)</sup>	8,185	D
Common Stock	09/15/2018		F <sup>(1)</sup>		864	D	\$ 33.53	7,321	D
Common Stock	09/15/2018		M <sup>(3)</sup>		2,903	A	\$ 0 <sup>(2)</sup>	10,224	D
Common Stock	09/15/2018		F <sup>(3)</sup>		881	D	\$ 33.53	9,343	D
Common Stock	09/17/2018		M <sup>(4)</sup>		7,353	A	\$ 0 <sup>(2)</sup>	16,696	D

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Common Stock      09/17/2018      F(4)      2,231      D      \$ 34.18      14,465      D

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.**

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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. Price or Value of Underlying Securities (Instr. 3 and 4)
Restricted Stock Unit	(5)	09/15/2018		M	2,845	(6) (6)	Common Stock	2,845
Restricted Stock Unit	(5)	09/15/2018		M	2,903	(6) (6)	Common Stock	2,903
Restricted Stock Unit	(5)	09/17/2018		M	7,353	(6) (6)	Common Stock	7,353

## Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Zechmeister Michael Paul C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908	Chief Financial 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, 2,845 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 864 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, 2,903 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 881 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- (4) On September 17, 2018, 7,353 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 2,231 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- (5) 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.
- (6) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.

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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