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TESTA CHE	RISTOPHER P.										
Form 4											
September 12	2, 2012										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
Washington, D.C. 20549									OMB Number:	3235-0287	
Check thi	or								Expires:	January 31,	
Section 16. Form 4 or			F CHANGES IN BENEFICIAL OWN SECURITIES						Estimated a	ated average n hours per	
Form 5 obligation may cont <i>See</i> Instru 1(b).	inue. Section 17	7(a) of the 1	Public Ut		ling Con	npany	y Act of	e Act of 1934, 1935 or Section 0	1		
(Print or Type F	Responses)										
			2. Issuer Name and Ticker or Trading Symbol UNITED NATURAL FOODS INC					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			[UNFI]					(0		,	
				of Earliest Transaction /Day/Year) /2012				Director 10% Owner X_ Officer (give title Other (specify below) below) President, Blue Marble Brands			
	(Street)		4 If Ama	ndmant Da	to Original	1		,			
				ndment, Da hth/Day/Year)	-	I		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	One Reporting Pe	rson	
PROVIDEN	ICE, RI 02908							Person	lore than one re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Yea	Transaction Date 2A. Deemed Ionth/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
0				Code V	Amount	(D)	Price	(IIIsu: 5 and 4)			
Common Stock	09/10/2012			М	1,438	А	\$0	1,438	D		
Common Stock	09/10/2012			F <u>(1)</u>	467	D	\$ 60.43	971	D		
Common Stock	09/11/2012			М	1,646	А	\$0	2,617	D		
Common Stock	09/11/2012			F(2)	534	D	\$ 55.24	2,083	D		

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

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Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)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 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. Transactic Code (Instr. 8)	Transaction of Derivative Code Securities		ve Expiration Date (Month/Day/Year) of				8. Pr Deriv Secu (Inst
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Unit	\$ 0 <u>(3)</u>	09/10/2012		М		1,438	(4)	(4)	Common Stock	1,438	\$
Restricted Stock Unit	\$ 0 <u>(3)</u>	09/11/2012		М		1,646	(4)	(4)	Common Stock	1,646	\$

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
TESTA CHRISTOPHER P. C/O UNFI 313 IRON HORSE WAY PROVIDENCE, RI 02908			President, Blue Marble Brands				
Signatures							
Lisa N'Chonon, Power-of-Attorney, in-fact		09/12/2012					
**Signature of Reporting Person		I	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).

- On September 10, 2012, 1,438 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained (1) 467 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.
- On September 11, 2012, 1,646 shares of the Company's restricted stock units vested. The Company retained 534 shares on that date to (2) satisfy certain tax withholding obligations in connection with the vesting.

(3)

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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 award agreement.

(4) The restricted stock units vest as follows: 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. 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.