SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): August 6, 2004

SPARTAN STORES, INC.

(Exact name of registrant as specified in its charter)

Michigan	000-31127	38-0593940
(State or other jurisdiction	(Commission	(IRS Employer
of incorporation)	File Number)	Identification no.)

850 76th Street, S.W.
P.O. Box 8700
Grand Rapids, Michigan
(Address of principal executive offices)

(Address of principal executive offices)

Registrant's telephone number, including area code: (616) 878-2000

Item 7. Financial Statements, Pro Forma Financial Information, and Exhibits.

(c) Exhibits: The following document is attached as an exhibit to this

report on Form 8-K:

99.1 Press Release dated August 6, 2004

Item 9. Regulation FD Disclosure.

Spartan Stores, Inc. ("Spartan Stores") intends to hold its 2004 annual meeting of shareholders on Wednesday, August 11, 2004, beginning at 10:00 a.m. On August 6, 2004, Spartan Stores issued a press release announcing that the annual meeting will be webcast live. A copy of this press release is attached as Exhibit 99.1 to this Form 8-K and is incorporated herein by reference. This report and Exhibit 99.1 are furnished and are not considered "filed" with the Securities and Exchange Commission.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

Date: August 9, 2004 SPARTAN STORES, INC.

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By /s/ David M. Staples

David M. Staples

Executive Vice President and Chief

Financial Officer

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EXHIBIT INDEX

Exhibit

Number Document

99.1 Press Release dated August 6, 2004.