

Shamber Mark  
Form 4  
September 12, 2012

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2015  
Estimated average burden hours per response... 0.5

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Shamber Mark

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)

\_\_\_ Director \_\_\_ 10% Owner  
 Officer (give title below) \_\_\_ Other (specify below)

SVP, 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)

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 Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	09/10/2012		M	1,339 A \$ 0	14,176	D	
Common Stock	09/10/2012		F <sup>(1)</sup>	454 D \$ 60.43	13,722	D	
Common Stock	09/11/2012		M	1,548 A \$ 0	15,270	D	
Common Stock	09/11/2012		F <sup>(2)</sup>	525 D \$ 55.24	14,745	D	
Common Stock					3,899	I	See footnote

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

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SEC 1474  
(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. Amount or Number of Shares
Restricted Stock Unit <sup>(2)</sup>	\$ 0 <sup>(4)</sup>	09/10/2012		M	1,339	<sup>(5)</sup> / <sup>(5)</sup>	Common Stock	1,339
Restricted Stock Unit	\$ 0 <sup>(4)</sup>	09/10/2012		D	1,339	<sup>(5)</sup> / <sup>(5)</sup>	Common Stock	1,339
Phantom Stock	\$ 0	09/10/2012		A <sup>(1)</sup>	1,339	<sup>(6)</sup> / <sup>(6)</sup>	Common Stock	1,339
Restricted Stock	\$ 0 <sup>(4)</sup>	09/11/2012		M	1,548	<sup>(5)</sup> / <sup>(5)</sup>	Common Stock	1,548
Restricted Stock Unit	\$ 0 <sup>(4)</sup>	09/11/2012		D	1,547	<sup>(5)</sup> / <sup>(5)</sup>	Common Stock	1,547
Phantom Stock	\$ 0	09/11/2012		A <sup>(2)</sup>	1,547	<sup>(6)</sup> / <sup>(6)</sup>	Common Stock	1,547

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Shamber Mark C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908			SVP, Chief Financial Officer	

## Signatures

Lisa N'Chonon, Power-of-Attorney,  
in-fact

09/12/2012

\_\_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 10, 2012, 2,677 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. Of these shares, the reporting person had previously elected to defer 1,339 shares to the Company's Deferred Compensation Plan. The Company retained 454 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.

(2) On September 11, 2012, 3,095 shares of Company's restricted stock units vested. Of these shares, the reporting person had previously elected to defer 1,547 shares to the Company's Deferred Compensation Plan. The Company retained 525 shares on that date to satisfy certain tax withholding obligations in connection with the vesting.

(3) Includes 2,210 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. Employee Stock Ownership Plan and 1,689 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of September 11, 2012.

(4) 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.

(5) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.

(6) The security converts to common stock on a one-for-one basis subject to the terms of the United Natural Foods, Inc. Deferred Compensation Plan.

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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