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Check this box if no longer subject to Section 16. SECURITIES SECURITIES Number: Number: Expires: January 3 200 Estimated average burden hours per									3235-0287 January 31, 2005 werage	
(Print or Type]	Kesponses)									
SMOLYANSKY JULIE Symbol			r Name and Ticker or Trading AY FOODS INC [LWAY]				5. Relationship of Reporting Person(s) to Issuer			
(Last)						1	(Check	2)		
C/O LIFEW OAKTON S	(Month/Day/ 03/09/2018	-				_X_ Director _X_ 10% Owner _X_ Officer (give title Other (specify below) President and CEO				
	4. If Amendr Filed(Month/I	ndment, Date Original hth/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 				
MORTON GROVE, IL 60053										
(City)	(State) (Zip)	Table I	- Non-De	rivative Se	curitie	es Acq	uired, Disposed of,	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed 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)				Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
~		C	ode V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock, no par value	03/09/2018		G V	750,000	A	\$0	1,242,012	D		
Common Stock, no par value							22,216	I	See note (1)	
Common Stock, no par value							4,636	Ι	See note (2)	
Common Stock, no							500,000	Ι	See note (3)	

Reporting Owners

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par value

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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	ionNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	'Year)	Under	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Secur	ities	(Instr. 5)	Bene
	Derivative		-		Securities	3		(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
	2				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						,
					4, and 5)						
									Amount		
						Date	Expiration		or		
						Exercisable	Date	Title	Number		
						Literensuoie	Dute		of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
SMOLYANSKY JULIE C/O LIFEWAY FOODS, INC. 6431 OAKTON STREET MORTON GROVE, IL 60053	Х	Х	President and CEO				

Signatures

/s/ Julie Smolyansky 03/13/2018 **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) Held for the benefit of minor children.
- (2) Held by the Reporting Person's spouse.
- The reporting person is the beneficial owner of 50% of Smolyansky Family Holdings LLC and disclaims beneficial ownership of such (3)shares except to the extent of any pecuniary interest therein.

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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.