

SpartanNash Co
Form 4
March 08, 2017

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 *
STAPLES DAVID M

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SpartanNash Co [SPTN]

3. Date of Earliest Transaction (Month/Day/Year)
03/07/2017

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
President and COO

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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)
				(A) or (D)	Price		
Common Stock	03/07/2017		M	A	\$ 22.69	121,703	D
Common Stock	03/07/2017		M	A	\$ 28.28	129,203	D
Common Stock ⁽¹⁾	03/07/2017		S	D	\$ 32.8	104,582	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

SEC 1474 (9-02)

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. 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
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (Right to Buy)	\$ 22.69	03/07/2017		M	5,250	05/01/2009	05/16/2018	Common Stock	5,250
Stock Option (Right to Buy)	\$ 22.69	03/07/2017		M	5,250	05/01/2010	05/16/2018	Common Stock	5,250
Stock Option (Right to Buy)	\$ 22.69	03/07/2017		M	5,250	05/01/2011	05/16/2018	Common Stock	5,250
Stock Option (Right to Buy)	\$ 22.69	03/07/2017		M	5,250	05/01/2012	05/16/2018	Common Stock	5,250
Stock Option (Right to Buy)	\$ 28.28	03/07/2017		M	1,875	05/18/2008	05/17/2017	Common Stock	1,875
Stock Option (Right to Buy)	\$ 28.28	03/07/2017		M	1,875	05/18/2009	05/17/2017	Common Stock	1,875
Stock Option (Right to Buy)	\$ 28.28	03/07/2017		M	1,875	05/18/2010	05/17/2017	Common Stock	1,875
Stock Option	\$ 28.28	03/07/2017		M	1,875	05/18/2011	05/17/2017	Common Stock	1,875

