Thamodaran Dhamu R.

Form 4 June 15, 2012

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB 3235-0287

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations may continue.

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * Thamodaran Dhamu R.			Symbol		d Ticker or Trading FOODS INC [SFD]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of	of Earliest T	Transaction	(5)		,	
200 COMN	MERCE STREE	Т	(Month/I 06/13/2	Day/Year) 2012		Director _X_ Officer (give below) Execut	e title Oth below) ive Vice President	her (specify	
	(Street)		4. If Am	endment, D	Date Original	6. Individual or Jo	oint/Group Fili	ng(Check	
SMITHFIE	ELD, VA 23460		Filed(Mo	onth/Day/Ye	ar)	Applicable Line) _X_ Form filed by N Form filed by N Person	1 0		
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative Securities Acq	quired, Disposed o	f, or Beneficia	illy Owned	
1.Title of Security	2. Transaction Da (Month/Day/Year			3. Transacti	4. Securities Acquired or(A) or Disposed of (D)	5. Amount of Securities	6. Ownership	7. Natur Indirect	

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secur	ities Acq	uired, Disposed o	f, 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)			5. Amount of Securities Beneficially Owned Following Reported	ities Ownership ficially Form: Direct d (D) or wing Indirect (I)		
			Code V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)		
common stock, par value \$.50	06/13/2012		A	40,286 (1)	A	\$ 0	60,570	D	
common stock, par value \$.50	06/14/2012		A	10,000 (2)	A	\$ 0	70,570	D	
common stock, par value \$.50	06/14/2012		F	2,110	D	\$ 18.46	68,460	D	
common stock, par							6,648.94	I	shares held in 401k of

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value \$.50			reporting person
common stock, par value \$.50	391.16	I	shares held in 401k of reporting persons's spouse
common stock, par value \$.50	1,000	I	shares in cusdotial trust for daughter

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 Exerc	cisable and	7. Title	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orNumber	Expiration D	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ties	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Own
	Security				Acquired						Follo
	•				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration		or Number		
						Exercisable	Date		of		
				C-J- V	(A) (D)						
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address			Relationships	
	Director	10% Owner	Officer	Other

Thamodaran Dhamu R. 200 COMMERCE STREET SMITHFIELD, VA 23460

Executive Vice President

Signatures

/s/ Michael H. Cole, as attorney-in-fact 06/15/2012

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**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).
- Includes 20143 shares of restricted stock units (RSUs) the reporting person elected to receive on a deferred basis in lieu of a portion of his (1) 2012 annual cash incentive award pursuant to the Company's Executive Stock Purchase Plan. Also includes 20143 RSUs representing the Company match on such deferral, subject to three year cliff-vesting.
- On June 14, 2011, the reporting person was granted 10000 performance share units (PSUs) under the Company's 2008 Incentive Compensation Plan. Each PSU represents a contingent right to receive one share of common stock. On June 14, 2012, the pre-established performance goal for this award was met and 50% of the PSUs vested immediately and were converted into common stock. The remaining PSUs will vest and convert on June 14, 2013.

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.

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