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UNITED NATU Form 4 March 14, 2014	RAL FOODS	INC								
FORM 4 OMB + DEVAL UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 OMB Number: 3235-024 Check this box if no longer subject to Section 16. Expires: Sanuary 3 200 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP SECURITIES Expires: Sanuary 3 200								3235-0287 January 31, 2005 average rs per		
(Print or Type Respo	onses)									
SCHNIEDERS RICHARD J Symbol			er Name and Ticker or Trading ED NATURAL FOODS INC]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (Middle) 3. Date of (Month/Da FI, 313 IRON HORSE WAY 03/12/20			ansaction			X_ Director 10% Owner Officer (give title Other (specify below) below)			
PROVIDENCE,	endment, Dat nth/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 Person 					
(City)	(State) (Z	^{ip)} Tab	le I - Non-D	erivative S	Securi	ties Ac	quired, Disposed of	f, or Beneficial	lly Owned	
	Transaction Date onth/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securi onAcquired Disposed (Instr. 3, Amount	l (A) o l of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common 03/ Stock	/12/2014		М	1,064	A	\$0	6,120	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 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. Transactio Code (Instr. 8)	Transaction of Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pr Deriv Secu (Inst
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Unit	\$ 0 <u>(1)</u>	03/12/2014		М		1,064	(2)	(2)	Common Stock	1,064	\$

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Reporting Owners

Reporting Owner Name / Address		Relationsh		
	Director	10% Owner	Officer	Other
SCHNIEDERS RICHARD J C/O UNFI 313 IRON HORSE WAY PROVIDENCE, RI 02908	Х			
Signatures				
Lisa N'Chonon, Power-of-Atto in fact	rney,	03/14	/2014	

in raci

Date

Explanation of Responses:

**Signature of Reporting Person

- 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).
- Each restricted stock unit represents the right to receive one share of United Natural Foods, Inc. common stock upon vesting in (1) accordance with the terms of the reporting person's restricted stock unit award agreement.
- The restricted stock units vest as follows: one-third vested on the date of grant, and the remaining two-thirds of the award vest in two (2) equal annual installments beginning on the first anniversary of the date of grant.

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.