

UNITED NATURAL FOODS INC  
 Form 3  
 September 14, 2016

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF 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 * Â Benedict Danielle (Last) (First) (Middle)  C/O UNITED NATURAL FOODS, INC., Â 313 IRON HORSE WAY (Street)  PROVIDENCE, Â RI Â 02908 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 09/08/2016	3. Issuer Name and Ticker or Trading Symbol UNITED NATURAL FOODS INC [UNFI]	4. Relationship of Reporting Person(s) to Issuer  (Check all applicable)  <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) SVP, Human Resources	5. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
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**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	900	D	Â
Common Stock	16	I	See Footnote <sup>(1)</sup>

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

SEC 1473 (7-02)

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**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security	4. Conversion or Exercise	5. Ownership Form of	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	
Restricted Stock Unit <u>(2)</u>	Â <u>(3)</u>	Â <u>(3)</u>	Common Stock	185	\$ <u>(4)</u>	D	Â
Restricted Stock Unit <u>(5)</u>	Â <u>(3)</u>	Â <u>(3)</u>	Common Stock	387	\$ <u>(4)</u>	D	Â
Restricted Stock Unit <u>(6)</u>	Â <u>(3)</u>	Â <u>(3)</u>	Common Stock	1,515	\$ <u>(4)</u>	D	Â
Restricted Stock Unit <u>(7)</u>	Â <u>(3)</u>	Â <u>(3)</u>	Common Stock	2,724	\$ <u>(4)</u>	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Benedict Danielle C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908	Â	Â	Â SVP, Human Resources	Â

## Signatures

Lisa N'Chonon, Power of Attorney,  
in-fact 09/14/2016

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 5(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) Includes 16 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 8, 2016.
- (2) Award Date: 9/16/2013
- (3) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.
- (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) Award Date: 4/1/2013
- (6) Award Date: 9/19/2014
- (7) Award Date: 9/17/2015

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.