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Clark Rober Form 4												
March 18, 2	_									OMB AF	PROVAL	
FORM	/1 4 UNITED	STATES						NGE C	COMMISSION	OMB Number:	3235-0287	
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	rsuant to So (a) of the P	Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940							Expires: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type	Responses)											
1. Name and A Clark Robe		2. Issuer Name and Ticker or Trading Symbol KROGER CO [KR]					ng	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Middle)	3. Date o	of Earlies	- st T	ransaction			(Check	all applicable)	
THE KROGER CO., 1014 VINE STREET			(Month/Day/Year) 03/14/2019						Director 10% Owner Officer (give title Other (specify below) below) Senior Vice President			
	(Street)		4. If Ame Filed(Mo			ate Origina r)	1		6. Individual or Joi Applicable Line) _X_ Form filed by Ou Form filed by Mo	ne Reporting Per	rson	
CINCINNA	ATI, OH 45202								Person		porting	
(City)	(State)	(Zip)	Tab	le I - No	on-l	Derivative	Secur	ities Acq	uired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution I any (Month/Day	Date, if	Code (Instr. 3	8)	4. Securiti on(A) or Dis (Instr. 3, 4	and 5 (A) or	of (D)	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 Indirect Beneficial Ownership (Instr. 4)	
Common	02/14/2010			Code	V	Amount 21,819	(D)	Price				
Stock	03/14/2019			А		(1)	А	\$0	188,514.7281	D		
Common Stock	03/15/2019			А		13,369	А	\$ 0	201,883.7281	D		
Common Stock	03/15/2019			F		6,220 (2)	D	\$ 24.75	195,663.7281 (3)	D		

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 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)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option	\$ 24.75	03/14/2019		А	59,702	(4)	03/14/2029	Common Stock	59,7

Reporting Owners

Reporting Owner Name / Address	Relationships						
I. S.	Director	10% Owner	Officer	Other			
Clark Robert W THE KROGER CO. 1014 VINE STREET CINCINNATI, OH 45202			Senior Vice President				
Signatures /s/ Robert W. Clark, by Stacey Attorney-in-Fact	M. Heise	r,	03/18/2019				

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).
- (1) Restricted stock awarded pursuant to a long-term incentive plan of The Kroger Co. The restrictions on these shares lapse in equal annual installments over a four-year period, at the rate of 25% per year commencing one year from the date of the award.

Date

(2) Payment of tax liability associated with share award.

Between October 1, 2018 and December 31, 2018, the reporting person acquired 109.1582 shares of Kroger common stock in the

- (3) Company's employee benefit plans, based on information from plan trustees. The total amount of securities directly owned by the reporting person includes shares in the Company's employee benefit plans that are deemed to be "tax-conditioned plans" pursuant to Rule 16b-3, to the extent disclosed on reports received from plan trustees.
- (4) These options were granted under a long-term incentive plan of The Kroger Co. and vest in equal annual installments over a four-year period, at the rate of 25% per year commencing one year from the date of the 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.