#### Edgar Filing: DZIKI THOMAS A - Form 4

DZIKI THOMAS A Form 4 December 08, 2007 FORM 4 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. <i>See</i> Instruction 1(b).							OMB APPROVAL OMB 3235-0287 Number: January 31, 2005 Estimated average burden hours per response 0.5		
(Print or Type Re	sponses)								
1. Name and Add DZIKI THON	2. Issuer Name <b>and</b> Symbol UNITED NATU [UNFI]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) 313 IRON HO	3. Date of Earliest T (Month/Day/Year) 09/16/2009	ransaction			Director10% Owner XOfficer (give titleOther (specify below) below) VP Sustainable Development				
(Street) 4. If Amer Filed(Mon			ate Origina r)	1		6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person			
PROVIDENCE, RI 02908 Form filed by More than One Reportin Person						porting			
(City)	(State) (Zip)	Table I - Non-I	Derivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
	2. Transaction Date 2A. De (Month/Day/Year) Executi any (Month		4. Securi on(A) or D (Instr. 3, Amount	ispose 4 and (A) or	d 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)		
Common Stock	09/16/2009	М	1,350	Α	\$0	8,298	D		
Common Stock	09/16/2009	F	445	D (4)	\$ 24.11	7,853	D		
Common Stock						1,717	I	See footnote $(3)$	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form

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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)	a 3A. Deemed Execution Date, if any (Month/Day/Year)	Code	5. Number onof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)				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>	09/16/2009		М	1,350	(2)	(2)	Common Stock	1,350	\$

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
DZIKI THOMAS A 313 IRON HORSE WAY PROVIDENCE, RI 02908			VP Sustainable Development				

## Signatures

Lisa N'Chonon, Power-of-Attorney, in fact

<u>\*\*</u>Signature of Reporting Person

12/08/2009 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).
- (1) 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 Mr. Dziki's restricted unit award agreement.
- (2) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant, which was September 16, 2008.
- Includes 1,694 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. Employee Stock Ownership Plan and
- (3) 23 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of December 8, 2009.
- (4) On September 16, 2009, 1,350 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. In connection with the vesting of those shares, the Company retained 445 shares on September 16, 2009 to satisfy the related tax withholding obligations.

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.

#### **Reporting Owners**