

Freeman Ronald B
Form 4
December 28, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN 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 *
Freeman Ronald B

2. Issuer Name and Ticker or Trading Symbol
INGLES MARKETS INC [IMKTA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2913 US HIGHWAY 70 WEST

3. Date of Earliest Transaction
(Month/Day/Year)
12/26/2006

Director 10% Owner
 Officer (give title below) Other (specify below)
Chief Financial Officer / Profit Sharing Plan Trustee

(Street)
BLACK MOUNTAIN, NC 28711

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)		
				(A) or (D)	Price				
				Code	V	Amount			
Class A Common Stock	12/26/2006		J ⁽¹⁾	385	D	\$ 29	26,705	I	By Employee Benefit Plan Trust ⁽¹⁾
Class A Common Stock	12/26/2006		J ⁽¹⁾	2,000	D	\$ 29.01	24,705	I	By Employee Benefit Plan Trust ⁽¹⁾
	12/26/2006		J ⁽¹⁾	200	D		24,505	I	

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Class A Common Stock					\$ 29.05			By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	625	D	\$ 29.01	23,880	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	700	D	\$ 29.04	23,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	2,000	D	\$ 29.17	21,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	4,000	D	\$ 29.18	17,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	2,000	D	\$ 29.19	15,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	4,000	D	\$ 29.21	11,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	2,000	D	\$ 29.22	9,180	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	12/27/2006	<u>J(1)</u>	2,000	D	\$ 29.23	7,180	I	By Employee Benefit Plan Trust <u>(1)</u>
	12/27/2006	<u>J(1)</u>	7,180	D		0	I	

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).

The reported transactions constitute sales of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit Sharing Plan (the "Plan") for making distributions to Plan participants. The number of shares reported as sold and as beneficially owned

- (1) reflect the total number of shares sold or owned by the Plan for the benefit of all Plan participants. The reporting person is a trustee of the Plan. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his or her pecuniary interest therein, if any, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose except to the extent of his or her pecuniary interest therein.

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.