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Williams-Ro Form 4	Il Jacqueline												
December 14, 2018								OMB APPROVAL					
FORM	4 UNITED				ND EXC D.C. 205		COMMISSION	OMB Number:	3235-0287				
Check thi if no long subject to Section 1 Form 4 or	nis box ger o STATEMENT OF CHANGES IN BENEFICIAL OWN 16. SECURITIES							NERSHIP OF	Expires: Estimated a burden hou response	•			
Form 5 obligatior may conti <i>See</i> Instru 1(b).	inue. Section 17	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 R	Responses)												
1. Name and A Williams-Ro	Symbol			Ticker or 7		g	5. Relationship of Reporting Person(s) to Issuer						
(Last)	(First)	(First) (Middle) 3. Date o				-	GISJ		(Check all applicable)				
(Mo				. Date of Earliest Transaction Month/Day/Year) 1/07/2018					Director 10% Owner Officer (give title Other (specify below) below) below) Chief Human Resources Officer				
				endment, Date Original onth/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 				
(City)	(State)	(Zip)	Tabl	LNo	n D		Soonni	tion A o	Person	f or Ponoficial	ly Owned		
1.Title of Security (Instr. 3)	Title of ecurity2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date			Code Disposed of (D)					5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of		
				Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	11/07/2018			G	V	2,392	D	\$0	28,265.1892	D			
Common Stock	11/07/2018			G	V	2,392	А	\$0	20,231.591	I	by Trust		

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

G

Common

Stock

12/03/2018

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

Ι

V 2,400 D \$0 17,831.591

by Trust

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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	Exercise any ice of (Month/Day/Yea erivative		Code	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Repo	rting C	wners									
Reporting Owner Name / Address			Relationships								
	Reporting Owner Maine / Mulless			Director	10% Owner	Officer				Other	
NUMBE	illiams-Roll Jacqueline UMBER ONE GENERAL MILLS BOULEVARD INNEAPOLIS, MN 55426				Chief Human Resources Officer						
Signa	tures										
By: Christopher A. Rauschl For: Jacqueline R Williams-Roll			12/14/2018								
	<u>**</u> Sign	nature of Reporting Perso	n		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).

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.