

SpartanNash Co
Form 4
March 10, 2017

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2015
Estimated average burden hours per response... 0.5

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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 *
EIDSON DENNIS

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SpartanNash Co [SPTN]

3. Date of Earliest Transaction (Month/Day/Year)
03/08/2017

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
CEO and Chairman

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

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)	(A) or (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 Stock	03/08/2017		M	20,016	A	\$ 13.87 313,533	D	
Common Stock ⁽¹⁾	03/08/2017		S	20,016	D	\$ 32.59 293,517	D	
Common Stock	03/09/2017		M	717	A	\$ 13.87 294,234	D	
Common Stock	03/09/2017		M	1,020	A	\$ 22.5 295,254	D	
Common Stock ⁽²⁾	03/09/2017		S	1,737	D	\$ 31.92 293,517	D	

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Common Stock	1,682.585	I	By 401(k)
Common Stock	2,400	I	By Trust

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

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SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	2,133	05/01/2011 05/15/2019	Common Stock	2,133
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	9,350	05/01/2012 05/15/2019	Common Stock	9,350
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	8,533	05/01/2013 05/15/2019	Common Stock	8,533
Stock Option (Right to Buy)	\$ 13.87	03/09/2017		M	717	05/01/2013 05/15/2019	Common Stock	717
Stock Option (Right to Buy)	\$ 22.5	03/09/2017		M	255	05/18/2008 05/17/2017	Common Stock	255
	\$ 22.5	03/09/2017		M	255	05/18/2009 05/17/2017		255

