

SpartanNash Co
Form 4
March 08, 2017

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
Pierce Lawrence R

(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)
03/07/2017

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)
EVP Merch. and Marketing

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)	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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	03/07/2017		M	V	3,625	A	\$ 19.75 39,089 D
Common Stock	03/07/2017		M	V	5,700	A	\$ 13.87 44,789 D
Common Stock ⁽¹⁾	03/07/2017		S	V	9,325	D	\$ 33.17 35,464 D

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

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

SEC 1474 (9-02)

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	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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M		1,425		05/01/2010	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M		1,425		05/01/2011	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M		1,425		05/01/2012	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 13.87	03/07/2017		M		1,425		05/01/2013	05/15/2019	Common Stock	1,425
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M		907		02/09/2010	02/09/2019	Common Stock	907
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M		906		02/09/2011	02/09/2019	Common Stock	906
Stock Option (right to purchase)	\$ 19.75	03/07/2017		M		906		02/09/2012	02/09/2019	Common Stock	906
Stock Option	\$ 19.75	03/07/2017		M		906		02/09/2013	02/09/2019	Common Stock	906

