## Edgar Filing: COUCH DAVID DES - Form 4

Form 4											
March 05, 2018 FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB APPROVAL OMB 3235-0287 Number:			
Check th if no long subject to Section 1 Form 4 o Form 5 obligation	F CHANGES IN BENEFICIAL OWNI SECURITIES Section 16(a) of the Securities Exchange A Public Utility Holding Company Act of 1					e Act of 1934,	January 31Expires:200Estimated averageburden hours perresponse0.				
may cont See Instru 1(b).	inue.			vestment	•	· ·			11		
(Print or Type I	Responses)										
COUCH DAVID DES Syn			Symbol	Name and		Tradiı	ng	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Mc			3. Date of (Month/D 03/01/20	-	ansaction			Director 10% Owner X Officer (give title Other (specify below) below) VP Chief Info. Officer			
				ndment, Date Original hth/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> <li>Person</li> </ul>			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deeme Execution any (Month/Da		n Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				d of (D)	Securities Beneficially	Indirect (I) Ow			
Common Stock (1)	03/01/2018			Code V F	Amount 759	or (D) D	Price \$ 16.96	(Instr. 3 and 4) 61,900	D		
Common Stock (2)	03/01/2018			А	9,008	А	\$0	70,908	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 number.

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	rlying	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		

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships							
	Director	10% Owner	Officer	Other				
COUCH DAVID DES C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			VP Chief Info. (	Officer				
Signatures								
/s/ Daniel C. Persinger, By Powe Attorney	er of	03/05/2018						
**Signature of Reporting Person			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) These shares were withheld by SpartanNash Company to satisfy tax withholding obligations in connection with the vesting of shares of restricted stock, the grant of which was previously reported.

Reports the grant of shares of restricted stock under the SpartanNash Company Stock Incentive Plan of 2015 ("Plan"). These shares will
(2) vest at the rate of 25% each year beginning on March 1, 2019, and will be fully vested on March 1, 2022. Prior to vesting, these shares will remain subject to restrictions in accordance with the Plan and the terms of the grant.

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.