GRAVEN TIMOTHY M

Form 4

December 05, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

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if no longer subject to Section 16. Form 4 or

Check this box

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** GRAVEN TIMOTHY M			2. Issuer Name Symbol	and Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
			PERFORMA CO [PFGC]	NCE FOOD GROUP	(Check all applicable)			
(Last) (First) (Middle) 12500 WEST CREEK PARKWAY			3. Date of Earlie (Month/Day/Yea 12/01/2005			title 10% Owner Other (specify below)		
(Street)			4. If Amendmen Filed(Month/Day/	, .	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
RICHMON	ND, VA 23238	1			Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - No	on-Derivative Securities Acq	quired, Disposed of	, or Beneficially Owned		
1.Title of	2. Transaction	Date 2A. Deer	med 3.	4. Securities Acquired	5. Amount of	6. Ownership 7. Nature of		

						-	•	•	•
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			d of (D)	5. Amount of 6. Ownership Securities Form: Direct Beneficially (D) or Owned Indirect (I)	Indirect Beneficial Ownership	
							Following Reported	(Instr. 4)	(Instr. 4)
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
common stock	12/01/2005		M	5,000	A	\$ 13.25	20,000	D	
common stock	12/01/2005		S	5,000	D	\$ 29.4	15,000	D	

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

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SEC 1474

(9-02)

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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. Transactio 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. D S- (I	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
stock options	\$ 13.25	12/01/2005		M	5,000	05/03/2001	05/03/2010	common stock	5,000		

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

GRAVEN TIMOTHY M 12500 WEST CREEK PARKWAY X RICHMOND, VA 23238

Signatures

J. Keith Middleton, by power of attorney 12/05/2005

**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).

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.

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