### Edgar Filing: Traficanti Joseph J - Form 4

Form 4												
April 24, 201 FORM Check thi if no long subject to Section 14 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	<b>4</b> UNITED S is box ger 6. r Filed purs inue. Section 17(a	ENT OF suant to Se ) of the Pu	Was CHAN ection 16 ublic Ut	hington, GES IN I SECUR	D.C. 20 BENEFI ITIES e Securit ling Con	549 CCIA ies E ipany	LOW Exchange Act of	COMMISSION NERSHIP OF e Act of 1934, 1935 or Section 0	OMB Number: Expires: Estimated a burden hou response			
(Print or Type R		*						5.5.1.2.12				
1. Name and Address of Reporting Person <u>*</u> Traficanti Joseph J			2. Issuer Name and Ticker or Trading Symbol UNITED NATURAL FOODS INC [UNFI]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Month				Date of Earliest Transaction Ionth/Day/Year) 4/20/2013				Director 10% Owner X_ Officer (give title Other (specify below) below) SVP, General Counsel, CCO				
				mendment, Date Original Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
PROVIDEN	ICE, RI 02908							Form filed by M Person	Iore than One Re	porting		
(City)	(State) (	Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	cquired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	saction Date 2A. Deemed /Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price			d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)				
Common Stock	04/20/2013			М	2,888	A	\$0	4,440	D			
Common Stock	04/20/2013			F <u>(1)</u>	935	D	\$ 49.85	3,505	D			
Common Stock								586	I	See footnote $(2)$		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (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. Transactic Code (Instr. 8)	5. Number on f Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		Underlying Securities (Instr. 3 and 4)		8. Pr Deriv Secu (Inst
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Unit	\$ 0 <u>(3)</u>	04/20/2013		М	2,888	(4)	(4)	Common Stock	2,888	\$

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Traficanti Joseph J C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908			SVP, General Counsel, CCO				
Signatures							
Lisa N'Chonon, Power-of-Attorney, in-fact	04/2	24/2013					

<u>\*\*Signature of Reporting Person</u>

## **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).

Date

(1) On April 20, 2013, 2,888 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. Of these shares, the Company withheld 935 shares on April 20, 2012 to satisfy certain tax withholding obligations in connection with the vesting.

Includes 290 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. Employee Stock Ownership(2) Plan and 296 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of April 22, 2013.

(3) Each restricted stock unit represents the right to receive one share of United Natural Foods, Inc. common stock upon vesting in accordance with the terms of Mr. Traficanti's restricted stock unit award agreement.

(4) The restricted stock units vest in four equal annual installments beginning on April 20, 2010, the first anniversary of the date of grant. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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