

SpartanNash Co
Form 4
December 14, 2016

FORM 4

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

OMB APPROVAL

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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 *
COUCH DAVID DES

(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)
12/12/2016

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)

VP Chief Info. Officer

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	12/12/2016		M	3,400 A \$ 28.28	58,578	D	
Common Stock	12/12/2016		M	8,700 A \$ 22.69	67,278	D	
Common Stock	12/12/2016		M	5,700 A \$ 13.87	72,978	D	
Common Stock ⁽¹⁾	12/13/2016		S	12,480 D \$ 37.44	60,498	D	

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

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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. 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
				Code	V	(A)	(D)	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 28.28	12/12/2016		M		850		05/18/2008 05/17/2017	Common Stock 850
Stock Option (Right to Buy)	\$ 28.28	12/12/2016		M		850		05/18/2009 05/17/2017	Common Stock 850
Stock Option (Right to Buy)	\$ 28.28	12/12/2016		M		850		05/18/2010 05/17/2017	Common Stock 850
Stock Option (Right to Buy)	\$ 28.28	12/12/2016		M		850		05/18/2011 05/17/2017	Common Stock 850
Stock Option (Right to Buy)	\$ 22.69	12/12/2016		M		2,175		05/01/2009 05/16/2018	Common Stock 2,175
Stock Option (Right to Buy)	\$ 22.69	12/12/2016		M		2,175		05/01/2010 05/16/2018	Common Stock 2,175
Stock Option (Right to Buy)	\$ 22.69	12/12/2016		M		2,175		05/01/2011 05/16/2018	Common Stock 2,175

