

AMES A GARY
Form 3
June 30, 2006

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0104
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â AMES A GARY		(Month/Day/Year)	SUPERVALU INC [SVU]	
(Last)	(First)	(Middle)	06/30/2006	
11840 VALLEY VIEW ROAD		4. Relationship of Reporting Person(s) to Issuer		5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)		(Check all applicable)		6. Individual or Joint/Group Filing(Check Applicable Line)
EDEN PRAIRIE,Â MNÂ 55344		<input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner		<input checked="" type="checkbox"/> Form filed by One Reporting Person
(City)	(State)	(Zip)	<input type="checkbox"/> Officer <input type="checkbox"/> Other (specify below)	
				<input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	4,726	D	Â

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

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Non-Qualified Stock Option (right to buy) ⁽¹⁾	06/15/2001	06/14/2011	Common Stock	7,066	\$ 33.98	D	Â
Non-Qualified Stock Option (right to buy) ⁽¹⁾	06/07/2002	06/06/2012	Common Stock	6,304	\$ 38.08	D	Â
Non-Qualified Stock Option (right to buy) ⁽²⁾	05/27/1997	05/26/2007	Common Stock	1,739	\$ 38.23	D	Â
Non-Qualified Stock Option (right to buy) ⁽¹⁾	06/16/2000	06/15/2010	Common Stock	5,987	\$ 40.1	D	Â
Non-Qualified Stock Option (right to buy) ⁽²⁾	05/26/1998	05/25/2008	Common Stock	1,739	\$ 52.82	D	Â
Non-Qualified Stock Option (right to buy) ⁽¹⁾	09/02/1999	09/01/2009	Common Stock	4,443	\$ 54.04	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
AMES A GARY 11840 VALLEY VIEW ROAD EDEN PRAIRIE, MN 55344	Â X	Â	Â	Â

Signatures

By: Warren E. Simpson, Attorney in Fact For: A. Gary Ames 06/30/2006

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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) Pursuant to the merger of Albertson's, Inc. into SUPERVALU INC. on June 2, 2006, an option granted to the reporting person to purchase shares of Albertson's, Inc. common stock under the Albertson's 1995 Amended and Restated Stock-Based Incentive Plan vested in its entirety, and pursuant to the merger, such option was converted into an option to purchase the number of shares of SUPERVALU INC. common stock indicated.

(2) Pursuant to the merger between SUPERVALU INC. and Albertson's, Inc. on June 2, 2006, the reporting person vested 100% in all of the shares under the Albertson's 1995 Stock Option Plan for Non-Employee Directors.

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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