

SpartanNash Co  
Form 4  
March 10, 2017

# 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 \*  
EIDSON DENNIS

(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)  
03/08/2017

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)  
CEO and Chairman

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	03/08/2017		M		20,016	A	\$ 13.87
Common Stock <sup>(1)</sup>	03/08/2017		S		20,016	D	\$ 32.59
Common Stock	03/09/2017		M		717	A	\$ 13.87
Common Stock	03/09/2017		M		1,020	A	\$ 22.5
Common Stock <sup>(2)</sup>	03/09/2017		S		1,737	D	\$ 31.92

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Common Stock	1,682.585	I	By 401(k)
Common Stock	2,400	I	By Trust

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
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	2,133	05/01/2011 05/15/2019	Common Stock	2,133
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	9,350	05/01/2012 05/15/2019	Common Stock	9,350
Stock Option (Right to Buy)	\$ 13.87	03/08/2017		M	8,533	05/01/2013 05/15/2019	Common Stock	8,533
Stock Option (Right to Buy)	\$ 13.87	03/09/2017		M	717	05/01/2013 05/15/2019	Common Stock	717
Stock Option (Right to Buy)	\$ 22.5	03/09/2017		M	255	05/18/2008 05/17/2017	Common Stock	255
	\$ 22.5	03/09/2017		M	255	05/18/2009 05/17/2017		255

