

INGLES MARKETS INC  
 Form 4  
 May 29, 2008

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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 \*  
**INGLES MARKETS INC**  
**INVESTMENT/PROFIT SHARING**  
**PLAN TRUST**

(Last) (First) (Middle)

2913 US HIGHWAY 70 WEST

(Street)

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**INGLES MARKETS INC [IMKTA]**

3. Date of Earliest Transaction  
 (Month/Day/Year)  
**05/27/2008**

4. If Amendment, Date Original Filed  
 (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_ Director \_\_\_X\_\_\_ 10% Owner  
 \_\_\_ Officer (give title below) \_\_\_ Other (specify below)

6. Individual or Joint/Group Filing (Check Applicable Line)

\_\_\_X\_\_\_ 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)
				(A) or (D)	Price		
Class A Common Stock	05/27/2008		S	600	D	\$ 24.7433	1,002,000 D
Class A Common Stock	05/27/2008		S	1,157	D	\$ 24.6373	1,000,843 D
Class A Common Stock	05/27/2008		S	578	D	\$ 24.6262	1,000,265 D
Class A Common Stock	05/27/2008		S	265	D	\$ 24.6738	1,000,000 D

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Stock								
Class A Common Stock	05/27/2008		S	800	D	\$ 24.925	999,200	D
Class A Common Stock	05/27/2008		S	1,200	D	\$ 24.9492	998,000	D
Class A Common Stock	05/27/2008		S	1,500	D	\$ 24.932	996,500	D
Class A Common Stock	05/27/2008		S	1,500	D	\$ 24.9226	995,000	D
Class A Common Stock	05/27/2008		S	1,000	D	\$ 24.99	994,000	D
Class A Common Stock	05/27/2008		S	1,000	D	\$ 24.99	993,000	D
Class A Common Stock	05/27/2008		S	1,000	D	\$ 24.991	992,000	D
Class A Common Stock	05/27/2008		S	1,000	D	\$ 25.027	991,000	D
Class A Common Stock	05/27/2008		S	700	D	\$ 25.1029	990,300	D
Class A Common Stock	05/27/2008		S	300	D	\$ 24.95	990,000	D

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

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

SEC 1474  
(9-02)

**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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned
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Security

Acquired  
(A) or  
Disposed  
of (D)  
(Instr. 3,  
4, and 5)

Follo  
Repo  
Trans  
(Instr

Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
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## Reporting Owners

### Reporting Owner Name / Address

### Relationships

Director    10% Owner    Officer    Other

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST  
2913 US HIGHWAY 70 WEST  
BLACK MOUNTAIN, NC 28711

X

## Signatures

/s/ Ronald B.  
Freeman

05/29/2008

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.

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