

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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(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 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)	Date Exercisable	Expiration Date	Title	
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

Buy)

Stock Option (Right to Buy)	\$ 22.69	12/12/2016	M	2,175	05/01/2012	05/16/2018	Common Stock	2,175
Stock Option (Right to Buy)	\$ 13.87	12/12/2016	M	1,425	05/01/2010	05/15/2019	Common Stock	1,425
Stock Option (Right to Buy)	\$ 13.87	12/12/2016	M	1,425	05/01/2011	05/15/2019	Common Stock	1,425
Stock Option (Right to Buy)	\$ 13.87	12/12/2016	M	1,425	05/01/2012	05/15/2019	Common Stock	1,425
Stock Option (Right to Buy)	\$ 13.87	12/12/2016	M	1,425	05/01/2013	05/15/2019	Common Stock	1,425

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COUCH DAVID DES C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			VP Chief Info. Officer	

Signatures

/s/ Daniel C. Persinger, By Power of Attorney
12/14/2016

**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).

Represents the aggregate number of shares sold at a weighted average price of \$37.44. The actual sales prices ranged from \$37.25 to (1) \$37.59, rounded to the nearest whole cent. Details regarding aggregated sales transactions will be provided upon request by the Commission staff, the issuer, or a security holder of the issuer.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.