

Shamber Mark
Form 4
December 01, 2006

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 *
Shamber Mark

2. Issuer Name and Ticker or Trading Symbol
UNITED NATURAL FOODS INC
[UNFI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
260 LAKE ROAD, P.O. BOX 999

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
11/30/2006

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
VP and Chief Financial Officer

DAYVILLE, CT 06241

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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 Ownership (Instr. 4)
				(A) or (D) Code V Amount (D) Price			
Common Stock	11/30/2006		M	3,750 A \$ 13.73	10,950	D	
Common Stock	11/30/2006		M	3,750 A \$ 18.655	14,700	D	
Common Stock	11/30/2006		S	200 D \$ 35.51	14,500	D	
Common Stock	11/30/2006		S	300 D \$ 35.52	14,200	D	
Common Stock	11/30/2006		S	200 D \$ 35.53	14,000	D	

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Common Stock	11/30/2006	S	300	D	\$ 35.54	13,700	D	
Common Stock	11/30/2006	S	900	D	\$ 35.55	12,800	D	
Common Stock	11/30/2006	S	200	D	\$ 35.56	12,600	D	
Common Stock	11/30/2006	S	300	D	\$ 35.57	12,300	D	
Common Stock	11/30/2006	S	300	D	\$ 35.58	12,000	D	
Common Stock	11/30/2006	S	300	D	\$ 35.65	11,700	D	
Common Stock	11/30/2006	S	453	D	\$ 35.66	11,247	D	
Common Stock	11/30/2006	S	947	D	\$ 35.67	10,300	D	
Common Stock	11/30/2006	S	800	D	\$ 35.68	9,500	D	
Common Stock	11/30/2006	S	400	D	\$ 35.69	9,100	D	
Common Stock	11/30/2006	S	1,000	D	\$ 35.7	8,100	D	
Common Stock	11/30/2006	S	900	D	\$ 35.71	7,200 ⁽¹⁾	D	
Common Stock						420 ⁽²⁾	I	See Footnote
Common Stock						302 ⁽³⁾	I	See Footnote

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.

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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)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3, 4,
and 5)

	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (right to buy)			\$ 13.73	11/30/2006	M	3,750	06/23/2006 06/23/2013	Common Stock	3,750
Employee Stock Option (right to buy)			\$ 18.655	11/30/2006	M	3,750	12/03/2005 12/03/2013	Common Stock	3,750

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Shamber Mark 260 LAKE ROAD P.O. BOX 999 DAYVILLE, CT 06241			VP and Chief Financial Officer	

Signatures

Mark E. Shamber 12/01/2006

**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).
- (1) Represents (i) 3,600 shares of restricted common stock vesting in four equal installments beginning on December 8, 2006 and (ii) 3,600 shares of restricted common stock vesting in four equal installments beginning on January 27, 2007.
- (2) Includes the equivalent of 420 shares of common stock allocated to Mr. Shamber under the United Natural Foods, Inc. 401(k) plan's UNFI Company Stock Fund. The number of equivalent shares is calculated based on the closing price of UNFI common stock on The NASDAQ National Market on November 30, 2006.
- (3) Includes 302 shares of common stock allocated to Mr. Shamber under the United Natural Foods, Inc Employee Stock Ownership Plan as of November 30, 2006.

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.