POPE C LARRY Form 4 June 20, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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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 See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

may continue.

1. Name and Address of Reporting Person * POPE C LARRY			Symbol		nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)			FOODS INC [SFD] Transaction	(Che	ck all applicabl	e)	
C/O 200 COMMERCE STREET			(Month/I 06/16/2	Oay/Year) 2011		X Director 10% Owner Officer (give title Other (specifically) below) President and C.E.O.			
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check			
			Filed(Mo	onth/Day/Ye	ear)	Applicable Line) _X_ Form filed by	1 0		
SMITHFIE	LD, VA 2343	0				Form filed by l Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non	-Derivative Securities Acq	quired, Disposed o	f, or Beneficia	lly Owne	
1.Title of Security		Date 2A. Dee Year) Execution		3. Transac	4. Securities Acquired tion(A) or Disposed of (D)	5. Amount of Securities	6. Ownership	7. Natural	

(City)	(State)	Tabl	e I - Non-I	Derivative So	ecuriti	ies Acqu	iired, Disposed of	, or Beneficiall	y 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. Securitie or(A) or Disp (Instr. 3, 4	osed c	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common stock, par value \$.50	06/16/2011		A	300,000 (1)	A	\$0	537,000	D	
Common stock, par value \$.50	06/16/2011		F	42,200	D	\$ 21.7	494,800	D	
Common stock, par value \$.50	06/16/2011		A	200,000 (2)	A	\$0	694,800	D	
Common stock, par	06/16/2011		F	42,200	D	\$ 21.7	652,600	D	

value \$.50

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

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SEC 1474 (9-02)

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

De Se	Title of erivative ecurity astr. 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. Transactio Code (Instr. 8)	5. Number of or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount of Number of Shares
st op (r	mployee ock otion ight to	\$ 21.94	06/20/2011		A	100,000		(3)	06/20/2018	common stock	100,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
POPE C LARRY C/O 200 COMMERCE STREET SMITHFIELD, VA 23430	X		President and C.E.O.				

Signatures

/s/Michael H. Cole, as attorney in fact

06/20/2011

**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).
 - On July 7, 2009, the reporting person was granted 300,000 performance share units (PSUs) under the Company's 2008 Incentive Compensation Plan. Each PSU represented a contingent right to receive one share of common stock. On June 16, 2011, the PSUs
- (1) Compensation Plan. Each PSU represented a contingent right to receive one snare of common stock. On June 16, 2011, the PSUs converted into 300,000 shares of common stock based on the achievement of the pre-established performance goal during the 2011 fiscal year. Of these shares, 33% have vested and 33% will vest on July 6, 2011. The remainder will vest on July 6, 2012.
- (2) On June 15, 2010, the reporting person was granted 200,000 PSUs under the Company's 2008 Incentive Compensation Plan. Each PSU represented a contingent right to receive one share of common stock. On June 16, 2011, the PSUs converted into 200,000 shares of

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common stock based on the achievement of the pre-established performance goal during the 2011 fiscal year. Of these shares, 50% vested immediately. The remaining 50% will vest on June 15, 2012.

(3) The options vest ratably over three years beginning June 20, 2012.

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.