

Luttecke Kurt
Form 3/A
July 10, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *

Â Luttecke Kurt

(Last)

(First)

(Middle)

C/O UNITED NATURAL
FOODS, INC.,Â 260 LAKE
ROAD

(Street)

DAYVILLE,Â CTÂ 06241

(City)

(State)

(Zip)

2. Date of Event Requiring
Statement

(Month/Day/Year)

06/19/2009

3. Issuer Name **and** Ticker or Trading Symbol

UNITED NATURAL FOODS INC [UNFI]

4. Relationship of Reporting
Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner

X Officer ___ Other
(give title below) (specify below)

Western Region President

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

06/23/2009

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 Beneficially Owned

1. Title of Security
(Instr. 4)

Common Stock

2. Amount of Securities
Beneficially Owned
(Instr. 4)

826

3. Ownership
Form:
Direct (D)
or Indirect
(I)
(Instr. 5)

D

4. Nature of Indirect Beneficial
Ownership
(Instr. 5)

Â

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

SEC 1473 (7-02)

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

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

1. Title of Derivative
Security
(Instr. 4)

2. Date Exercisable and Expiration
Date
(Month/Day/Year)

3. Title and Amount of
Securities Underlying
Derivative Security
(Instr. 4)

4. Conversion
or Exercise
Price of
Derivative

5. Ownership
Form of
Derivative
Security:

6. Nature of
Indirect Beneficial
Ownership
(Instr. 5)

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Employee Stock Option (right to buy)	06/25/2011 ⁽¹⁾	06/25/2017	Common Stock	2,000	\$ 27.23	D	Â
Restricted Stock	06/25/2011 ⁽²⁾	06/25/2017 ⁽²⁾	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	12/06/2011 ⁽³⁾	12/06/2017 ⁽³⁾	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	09/16/2012 ⁽⁴⁾	09/16/2018 ⁽⁴⁾	Common Stock	3,600	\$ 0	D	Â
Restricted Stock Unit	06/03/2013 ⁽⁵⁾	09/16/2019 ⁽⁵⁾	Common Stock	4,800	\$ 0	D	Â
Employee Stock Option (right to buy)	12/06/2011 ⁽⁶⁾	12/06/2017	Common Stock	2,000	\$ 28.32	D	Â
Employee Stock Option (right to buy)	09/16/2012 ⁽⁷⁾	09/16/2018	Common Stock	3,000	\$ 24.54	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Luttecke Kurt C/O UNITED NATURAL FOODS, INC. 260 LAKE ROAD DAYVILLE, CT 06241	Â	Â	Â Western Region President	Â

Signatures

Mark Shamber (Power of Attorney, in fact) 07/10/2009

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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) The employee stock options vest in four equal annual installments beginning on June 25, 2008.
- (2) The restricted stock vests in three equal annual installments beginning on June 25, 2009.
- (3) The restricted stock units vest in three equal annual installments beginning on December 6, 2009.
- (4) The restricted stock units vest in four equal annual installments beginning on September 16, 2009.
- (5) The restricted stock units vest in four equal annual installments beginning on June 3, 2010.
- (6) The employee stock options vest in four equal annual installments beginning on December 6, 2008.
- (7) The employee stock options vest in four equal annual installments beginning on September 16, 2009.

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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