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Form 4	KUNALD										
October 09,	_								OMB AF	PROVAL	
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMMISSION	OMB Number:	3235-0287	
Check th if no lon subject to Section 2 Form 4 of Form 5 obligation may con	F CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES Section 16(a) of the Securities Exchange Act of 1934 Public Utility Holding Company Act of 1935 or Sec						Expires: January 31, 2005 Estimated average burden hours per response 0.5				
<i>See</i> Instr 1(b).	ruction	30(h)	of the Ir	rvestment	Compan	y Ac	t of 1940)			
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> SARGENT RONALD			2. Issuer Name and Ticker or Trading Symbol KROGER CO [KR]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				(Check all applicable)				
C/O THE KROGER CO.,, 1014 VINE STREET			(Month/Day/Year) 10/08/2018				- - 1	_X_ Director 10% Owner Officer (give title Other (specify below)			
CINCINNA	(Street) ATI, OH 45202			endment, Dannent, Dannen, Dann	-	1	-	5. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M Person	ne Reporting Pe	rson	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secur		ired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deemed Execution I any (Month/Day(Instr. 3)		Date, if Transactionor Disposed of (D) Code (Instr. 3, 4 and 5)				D)	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)		
Common				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Stock	10/08/2018			М	13,000	А	\$ 13.07	89,775	D		
Common Stock	10/08/2018			S	15	D	\$ 29.181	89,760	D		
Common Stock	10/08/2018			S	100	D	\$ 29.185	89,660	D		

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

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number.

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. Transactio Code (Instr. 8)	5. Number of Derivative Securities Acquired (A or Disposed (D) (Instr. 3, 4, and 5)	A)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D))	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option	\$ 13.07	10/08/2018		М	13,0	00	<u>(1)</u>	12/11/2018	Common Stock	13,0

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
SARGENT RONALD C/O THE KROGER CO., 1014 VINE STREET CINCINNATI, OH 45202	Х			
Signatures				
/s/ Ronald L. Sargent, by Stace Attorney-in-Fact	10/09/201			

**Signature of Reporting Person

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). **

These options were granted under a long-term incentive plan of The Kroger Co. and vested in equal annual installments over a five-year (1) period, at the rate of 20% per year commencing one year from the date of the grant.

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.

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Date