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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue Section 17(a) of the	S SECURITIES AND EXCH Washington, D.C. 20549 F CHANGES IN BENEFICI SECURITIES Section 16(a) of the Securities Public Utility Holding Compa of the Investment Company A	AL OWNERSHIP OF Exchange Act of 1934, ny Act of 1935 or Sectio	Simple3235-0287Number:January 31, 2005Expires:2005Estimated average burden hours per response0.5
(Print or Type Responses)			
1. Name and Address of Reporting Person <u>*</u> Massa Timothy A	2. Issuer Name and Ticker or Tra Symbol KROGER CO [KR]	Issuer	Reporting Person(s) to
(Last) (First) (Middle) THE KROGER CO., 1014 VINE STREET	3. Date of Earliest Transaction (Month/Day/Year) 07/15/2014	Director X Officer (give below)	10% Owner
(Street) CINCINNATI, OH 45202	4. If Amendment, Date Original Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by (Dint/Group Filing(Check Dne Reporting Person More than One Reporting
(City) (State) (Zip)	Table I - Non-Derivative Sec		f. or Beneficially Owned
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deer Executio any (Month/I	ned 3. 4. Securities n Date, if Transaction(A) or Dispo Code (Instr. 3, 4 ar Day/Year) (Instr. 8)	Acquired 5. Amount of sed of (D) Securities d 5) Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)
Common 07/15/2014	Code V Amount (D E 842 (1) D) Price (Instr. 3 and 4) \$	D
Stock	F 843 (1) D	49.33 ⁽¹⁾ 21,331	D
Common 07/15/2014 Stock	A $\frac{6,750}{(2)}$ A	\$ 0 28,081	D
Common 07/15/2014 Stock	A $\frac{4,000}{(3)}$ A	\$ 0 32,081	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 orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day	Date	7. Title and J Underlying S (Instr. 3 and	Securit
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option	\$ 49.33	07/15/2014		А	15,000	(4)	07/15/2024	Common Stock	15,0
Non-Qualified Stock Option	\$ 49.33	07/15/2014		А	8,000	(5)	07/15/2024	Common Stock	8,0

Reporting Owners

ector 10% Owner	0.0	
	Officer	Other
	Group Vice President	
	ctor 10% Owner	ector 10% Owner Officer Group Vice President

Signatures

/s/ Timothy A. Massa, by Dorothy D. Roberts,	07/17/2014
Attorney-in-Fact **Signature of Reporting Person	Date
* 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) Payment of tax liability associated with restricted stock.
- (2) Restricted stock awarded pursuant to a long-term incentive plan of The Kroger Co. The restrictions on these shares lapse in equal annual installments in whole amounts over a five-year period, at the rate of 20% per year commencing one year from the date of the award.
- (3) Restricted stock awarded pursuant to a long-term incentive plan of The Kroger Co. The restrictions on these shares lapse in equal annual installments in whole amounts over a three-year period, at the rate of 33% per year commencing one year from the date of the award.
- (4) These options were granted under a long-term incentive plan of The Kroger Co. and vest in equal annual installments in whole amounts over a five-year period, at the rate of 20% per year commencing one year from the date of the grant.

These options were granted under an option plan of The Kroger Co. and vest in equal annual installments in whole share amounts over a(5) three-year period, at the rate of one-third per year commencing one year after the date of grant, with the remainder vesting three years from the date of grant.

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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.