DIFILLIPPO DAVID A

Form 4

March 29, 2019

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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OMB APPROVAL

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

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

may continue.

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * DIFILLIPPO DAVID A			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)			
68 JONSPIN ROAD			(Month/Day/Year) 12/07/2018	Director 10% OwnerX_ Officer (give title Other (specify			
			12/07/2010	below) below) Senior VP of Operations			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person			
WILMINGTON, MA 01887				Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secui	rities Acqu	ired, Disposed of	, or Beneficial	ly 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 action(A) or Disposed of (D) (Instr. 3, 4 and 5) 8) (A) or			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	(D)	Price	(Instr. 3 and 4)		
Common Stock	12/07/2018		W	1,224	A	\$0	6,856	D	
Common Stock	01/17/2019		W	1,639	A	\$0	8,495	D	
Common Stock	03/28/2019		M	2,666	A	\$ 69.05	11,161	D	
Common Stock	03/28/2019		D	1,826	D	\$ 150.92	9,335	D	
Common Stock	03/29/2019		S	840 (1)	D	\$ 155.68	8,495 (2)	D	

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Common Stock	150	I	By Son (3)
Common Stock	150	I	By Daughter (3)
Common Stock	150	I	By Daughter (3)

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.

SEC 1474 (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. Transacti Code (Instr. 8)	5. Number some Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Stock Appreciation Right	\$ 69.05	03/28/2019		M		2,666	10/22/2017	10/22/2022	Common Stock (\$0.10 par value)	2,660

Reporting Owners

Relationships Reporting Owner Name / Address

> Other Director 10% Owner Officer

DIFILLIPPO DAVID A 68 JONSPIN ROAD WILMINGTON, MA 01887

Senior VP of Operations

Signatures

/s/ David Whitman,

Attorney-in-Fact 03/29/2019

2 Reporting Owners

**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 shares sold pursuant to a Rule 10b5-1 sales plan.
- (2) Consists of 1,044 restricted stock units that vest 100% on December 20, 2022, 1,231 restricted stock units that vest 100% on October 22, 2023 and 6,220 shares of Common Stock owned by the reporting person.
 - Represents shares owned by David DiFillippo's children. David DiFillippo disclaims beneficial ownership of these reported securities,
- (3) except to the extent of his pecuniary interest therein, and this report shall not be deemed an admission that he is the beneficial owner of these securities for purposes of Section 16 or any other purpose.

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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