Natural Grocers by Vitamin Cottage, Inc.

(Exact name of registrant as specified in its charter)

Form 8-K

July 31, 2014
UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington D.C. 20549
FORM 8-K
CURRENT REPORT
Pursuant to Section 13 or 15(d) of the
Securities Exchange Act of 1934
Date of report (date of earliest event reported): July 31, 2014
Natural Grocers by Vitamin Cottage, Inc.

Delaware (State or other jurisdiction	001-35608 (Commission	45-5034161 (IRS Employer
of incorporation)	File No.)	Identification No.)
12612 West Alameda Par	kway	
Lakewood, Colorado 802	28	
(Address of principal execu	utive offices) (Z	Zip Code)
(303) 986-4600		
(Registrant's telephone nur	mber, including	g area code)
Not Applicable		
(Former name or former ac	ldress, if chang	ed since last report)
Check the appropriate box the Registrant under any of		orm 8-K filing is intended to simultaneously satisfy the filing obligation of provisions:
Written communications p	ursuant to Rule	e 425 under the Securities Act (17 CFR 230.425)
Soliciting material pursuan	nt to Rule 14a-1	2 under the Exchange Act (17 CFR 240.14a-12)
Pre-commencement comm	unications purs	suant to Rule 14d-2(b) under Exchange Act (17 CFR 240.14d-2(b))

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Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))	

Item 2.02 Results of Operations and Financial Condition.

On July 31, 2014, Natural Grocers by Vitamin Cottage, Inc. issued a press release announcing results for its third quarter ended June 30, 2014. A copy of the press release is furnished herewith as Exhibit 99.1.

The information contained in this Item 2.02, including Exhibit 99.1 attached hereto, is being furnished and shall not be deemed to be "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section. Additionally, the information contained in this Item 2.02 or Exhibit 99.1 shall not be deemed to be incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Exhibit No. Description

99.1 Press release of Natural Grocers by Vitamin Cottage, Inc. dated July 31, 2014

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SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: July 31, 2014

Natural Grocers by Vitamin Cottage, Inc.

By: /s/ Kemper Isely Name: Kemper Isely Title: Co-President

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