

VAN HALL THOMAS A  
 Form 4  
 February 08, 2006

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN 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 \*  
 VAN HALL THOMAS A

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
 SPARTAN STORES INC [SPTN]

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 02/06/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
 Vice President of Finance

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 \_\_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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 (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	02/06/2006		M	V Amount (A) or (D) Price	12,500 A \$ 2.29 59,831	D	
Common Stock	02/06/2006		M	781 A \$ 3.25 60,612	D		
Common Stock	02/06/2006		F	6,358 D \$ 11.605 54,254	D		
Common Stock					491,231	I	By 401(k)
Common Stock					10,000	I	By Wife's Trust

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

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(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. Transaction Code (Instr. 8)	5. Number of 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 of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 2.29	02/06/2006		M	12,500	05/07/2004	05/06/2013	Common Stock	12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2005	05/06/2013	Common Stock	12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2006	05/06/2013	Common Stock	12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2007	05/06/2013	Common Stock	12,500
Stock Option (Right to Buy)	\$ 3.25	02/06/2006		M	781	05/12/2005	05/11/2014	Common Stock	1,562
Stock Option (Right to Buy)	\$ 3.25					05/12/2006	05/11/2014	Common Stock	1,562
Stock Option (Right to Buy)	\$ 3.25					05/12/2007	05/11/2014	Common Stock	1,563

Stock Option (Right to Buy)	\$ 3.25	05/12/2008	05/11/2014	Common Stock	1,563
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## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VAN HALL THOMAS A C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Vice President of Finance	

## Signatures

/s/ Alex J. DeYonker, by power of attorney

02/08/2006

\_\_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).

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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