LUTER JOSEPH W IV Form 4

July 31, 2012

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

D

D

I

I

See Instruction 1(b).

stock, par

value \$.50 common stock, par

value \$.50 common stock, par

value \$.50

common

stock, par

06/14/2012

07/29/2012

(Print or Type Responses)

1. Name and Address of Reporting Person *

LUTER JO	SEPH W IV	Symbol	HFIELD FOODS INC [SFD]	Issuer (Check all applicable)
(Last)	(First) (of Earliest Transaction /Day/Year)	Director 10% Owner
C/O 200 CO	OMMERCE STR			Officer (give title Other (specify below) below) Executive Vice President
	(Street)		nendment, Date Original ionth/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person
SMITHFIE	LD, VA 23430			Form filed by More than One Reporting Person
(City)	(State)	(Zip) Ta	ble I - Non-Derivative Securities Ac	equired, Disposed of, or Beneficially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price	5. Amount of Securities Ownership Indirect Beneficially Form: Direct Beneficial Owned (D) or Ownership Indirect (I) (Instr. 4) Transaction(s) (Instr. 3 and 4)
stock par	06/14/2012		Δ 25,000 Δ \$ 0	271 774 D

(1)

5,275

Α

F

\$0

271,774

255,246

355,400

7,908

By LLC

custodial

By

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value \$.50			trust for son
common stock, par value \$.50	5,776	I	By custodial trust for daughter
common stock, par value \$.50	1,724	I	By custodial trust for son
common stock, par value \$.50	1,724	I	By custodial trust for daughter

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)

> 9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	le and	8. Price of	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	ionNumber	Expiration D	ate	Amou	ınt of	Derivative	
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativo	e		Secur	ities	(Instr. 5)	
	Derivative				Securities			(Instr.	3 and 4)		
	Security				Acquired						
					(A) or						
					Disposed						
					of (D)						
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration	m 1	or		
						Exercisable	*		Number		
				G 1 1	. (A) (B)				of		
				Code V	I (A) (D)				Shares		

Reporting Owners

SMITHFIELD, VA 23430

Reporting Owner Name / Address			Relationships	
	Director	10% Owner	Officer	Other
LUTER JOSEPH W IV				
C/O 200 COMMERCE STREET			Executive Vice President	

Reporting Owners 2

Signatures

/s/ Michael H. Cole, as attorney-in-fact

07/31/2012

**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).
- On July 29, 2011, the reporting person was granted 25,000 performance share units (PSUs) under the Company's 2008 Incentive

 Compensation Plan. Each PSU represents a contingent right to receive one share of common stock. On June 14, 2012, the pre-established performance goal for this award was met and 50% of the PSUs vested on July 29, 2012 and were converted into common stock. The remaining PSUs will vest and convert on July 29, 2013.

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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