SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Parker C Scott</u>			2. Issuer Name and Ticker or Trading Symbol Simply Good Foods Co [SMPL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner
(Last) (First) (Middle) 1225 17TH STREET, SUITE 1000		()	3. Date of Earliest Transaction (Month/Day/Year) 11/08/2020	X Officer (give title Other (specify below) below) Chief Mkting Officer, Atkins
(Street) DENVER	,		4. If Amendment, Date of Original Filed (Month/Day/Year) 11/10/2020	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting
(City)	(State)	(Zip)	erivative Securities Acquired, Disposed of, or Bene	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)						5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1130.4)
Common Stock	11/08/2020		A		26,539(1)	Α	\$ <mark>0</mark>	143,562	D	
Common Stock	11/08/2020		A		6,420 ⁽²⁾	Α	\$ <mark>0</mark>	149,982	D	
Common Stock	11/08/2020		F ⁽³⁾		636	D	\$20.28	149,346 ⁽⁴⁾	D	

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. Transa Code (8)		of Expiration Date Derivative (Month/Day/Year) Securities		7. Title and of Securiti Underlying Derivative (Instr. 3 ar	es g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(
Options to Purchase Common Stock	\$20.28	11/08/2020		A		18,028		(5)	11/08/2030	Common Stock	18,028	\$0	18,028	D	

Explanation of Responses:

1. Represents time-based restricted stock units ("RSUs") granted under the issuer's 2017 Omnibus Incentive Plan. Each RSU represents the contingent right to receive one share of the issuer's common stock. The RSUs vest in a single installment on November 8, 2022, subject to the reporting person's continuous service with the issuer as of the vesting date.

2. Represents time-based restricted stock units ("RSUs") granted under the issuer's 2017 Omnibus Incentive Plan. Each RSU represents the contingent right to receive one share of the issuer's common stock. The RSUs vest in three substantially equal annual installments beginning on November 8, 2021, subject to the reporting person's continuous service with the issuer as of each vesting date.

3. Represents shares withheld by the Issuer to cover the tax withholding obligations upon the vesting of RSUs.

4. This amendment is being filed to correct an inadvertent error in the amount of securities beneficially owned following this reported transaction.

5. The stock options vest in three substantially equal annual installments beginning on November 8, 2021, subject to the reporting person's continuous service with the issuer as of each vesting date. **Remarks:**

/s/ Timothy R. Kraft, as

12/09/2020 Attorney-in-Fact for C. Scott Parker

** Signature of Reporting Person Date

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

* 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.

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 Number.