

SPARTAN STORES INC

Form 4

August 04, 2006

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
EIDSON DENNIS

(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)

08/02/2006

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
Exec. VP Merchandising & Mktg.

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ 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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D) Price			
Common Stock	08/02/2006		M		5,000	A \$ 2.435	74,734	D	
Common Stock	08/02/2006		M		1,563	A \$ 3.25	76,297	D	
Common Stock	08/02/2006		F		2,792	D \$ 14.98	73,505	D	
Common Stock	08/03/2006		S		2,871	D \$ 15.8	70,634	D	
Common Stock	08/03/2006		S		300	D \$ 15.81	70,334	D	

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Common Stock	08/03/2006	S	100	D	\$ 15.82	70,234	D	
Common Stock	08/03/2006	S	100	D	\$ 15.85	70,134	D	
Common Stock	08/03/2006	S	400	D	\$ 15.92	69,734	D	
Common Stock						1,576.817	I	By 401(k) Plan

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

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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. 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)		8. D S (I)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy)	\$ 2.435	08/02/2006		M	5,000	03/17/2006	03/16/2013	Common Stock	5,000	
Stock Option (Right to Buy)	\$ 2.435					03/17/2007	03/16/2013	Common Stock	5,000	
Stock Option (Right to Buy)	\$ 3.25	08/02/2006		M	1,563	05/12/2006	05/11/2014	Common Stock	1,563	
Stock Option (Right to Buy)	\$ 3.25					05/12/2007	05/11/2014	Common Stock	1,562	

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

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
EIDSON DENNIS C/O 850-76TH STREET SW GRAND RAPIDS, MI 49518			Exec. VP Merchandising & Mktg.	

Signatures

/s/ Alex J. DeYonker, by Power of Attorney	08/04/2006
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____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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