Edgar Filing: MARCY CHARLES F - Form 4

MARCY CH	HARLES F										
Form 4											
August 15, 2	2012										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									OMB APPROVAL		
	UNITED S		RITIES A ashington,			NGE (COMMISSION	OMB Number:	3235-0287		
Check th			8 /					Expires:	January 31,		
if no long subject to		IENT OF CHAI	NGES IN I	BENEFI	CIA	LOW	NERSHIP OF	200			
Section 1			SECUR	ITIES				Estimated average burden hours per response 0.5			
Form 4 c	or										
Form 5	-	suant to Section				-					
obligatio may con		a) of the Public U	•	•	· ·			n			
See Instr		30(h) of the I	nvestment	Compan	y Ac	t of 194	40				
1(b).											
(Drint on Type]	Deemongee										
(Print or Type]	Kesponses)										
1. Name and A	Address of Reporting 1	Person* 2 Lean	ar Nama and	Ticker or	Tradia	20	5. Relationship of	f Reporting Per	son(s) to		
1. Name and Address of Reporting Person *2. Issuer Name and Ticker or Trading5. Relationship ofMARCY CHARLES FSymbolIssuer						i noporung i or	501(5) 10				
		-	Foods, Inc.	[BGS]							
(I t)	(Einst)						(Chec	ck all applicable	e)		
			Day/Year)	Earliest Transaction			X Director 10% Owner				
C/O B&G F	FOODS, INC., 4	08/14/2	-	-			Officer (give titleOther (specify				
	L DRIVE, SUITE		2012				below)	below)			
	(Street)		andmant Da	te Original			6 Individual or L	oint/Group Fili	ng(Chaok		
			endment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line)				
		T neu(ivit	Jinni Day Tear	,			_X_ Form filed by	One Reporting Po	erson		
PARSIPPA	NY, NJ 07054						Form filed by M Person	More than One Ro	eporting		
(City)	(State)	(Zip) Tal									
(City)	(State)	Tal	ole I - Non-D	erivative	Secur	ities Aco	quired, Disposed o	f, or Beneficial	lly Owned		
1.Title of	2. Transaction Date		3.				5. Amount of	6. Ownership			
Security	(Month/Day/Year)						Securities	Form: Direct	Indirect Beneficial		
(Instr. 3)		any (Month/Day/Year		Code (D) (Instr. 8) (Instr. 3, 4 and 5)			Beneficially Owned	(D) or Indirect (I)	Ownership		
		(· · · · · · · · · · · · · · · · · · ·	, , , , , ,	(- /	Following	(Instr. 4)	(Instr. 4)		
					(A)		Reported				
					or		Transaction(s) (Instr. 3 and 4)				
~			Code V	Amount	(D)	Price	(instr. 5 und 1)				
Common	08/14/2012		Р	91	А	\$	10,605	D			
Stock						27.9	,				
Common Stock	08/15/2012		Р	909	А	\$ 27.9	11,514	D			

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.

Edgar Filing: MARCY CHARLES F - Form 4

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)	4. Transacti Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
FB	Director	10% Owner	Officer	Other				
MARCY CHARLES F C/O B&G FOODS, INC. 4 GATEHALL DRIVE, SUITE 110 PARSIPPANY, NJ 07054	Х							
Signatures								
/s/ Scott E. Lerner as attorney-in-fact Marcy	08	/15/2012						
<u>**</u> Signature of Reporting Perso	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).

Dalationahim

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.