Edgar Filing: GROTE ROBERT E - Form 4

GROTE RO	BERT E							
Form 4								
March 08, 2	019						PPROVAL	
FORM	FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION							
	UNITED		ES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549				3235-0287	
Check th if no lon subject to Section 1 Form 4 of Form 5 obligation may con <i>See</i> Instr 1(b).	ger o 16. or Filed pur ons tinue.	suant to Sectio a) of the Public	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES January 31 2005 Section 16(a) of the Securities Exchange Act of 1934, Estimated average burden hours per response Section 16(a) of the Securities Exchange Act of 1934, 0.5 Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940 0.5					
(Print or Type	Responses)							
1. Name and A GROTE RC	Address of Reporting DBERT E	Symb	suer Name and Ticker ol Holdings, Inc. [PC	5. Relationship of Reporting Person(s) to Issuer				
(Last)				n	(Check all applicable)			
C/O POST S. HANLE	HOLDINGS, INC Y ROAD	(Mon	(Month/Day/Year)X_ Director10% Owner03/07/2019Officer (give titleOther (specify below)					
			Amendment, Date Origi Month/Day/Year)	nal	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person 			
ST. LOUIS, MO 63144 — Form filed by More than One Reporting Person								
(City)	(State)	(Zip)	able I - Non-Derivati	ve Securities Ac	quired, Disposed of	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any (Month/Day/Ye	n Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common			Code V Amou	nt (D) Price \$	(Instr. 3 and 4)			
Stock	03/07/2019		S <u>(1)</u> 750	D ^{\$} 99.89	6,950	D		
Common Stock					1,000	I	By children's trust	

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: GROTE ROBERT E - 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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt 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						
Reporting O when Funite / Funitess	Director	10% Owner	Officer	Other			
GROTE ROBERT E C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х						
Signatures							
/s/ Diedre J. Gray, Attorney-in-Fact		03/08/2019					
**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).

(1) Open market sale of shares for payment of tax obligations due to vesting of RSUs on February 2, 2019.

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.