FIELDING RONALD W

Form 4

December 04, 2008

FORM 4

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

OMB Number:

Expires:

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3235-0287

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Check this box if no longer subject to

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

January 31, 2005

Section 16. Form 4 or Form 5 obligations

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

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OMB APPROVAL

may continue. See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1 Name and Address of Departing De

1. Name and Address of Reporting Person * FIELDING RONALD W			2. Issuer rame and riener of fracing				Is	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)		of Earliest T	Transaction		_	Director Officer (give t		Owner r (specify	
1 HORMEL PLACE			UVIONIN/Dav/ rear)					below) Executive Vice President			
(Street)								6. Individual or Joint/Group Filing(Check			
AUSTIN, I	MN 55912		Filed(Mo	onth/Day/Yea	ar)			pplicable Line) X_ Form filed by Or Form filed by Mo erson			
(City)	(State)	(Zip)	Tak	ole I - Non-	Derivative	Secui	rities Acquii	red, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)		Date, if	3. Transactic Code (Instr. 8)	4. Securit DID Dispos (Instr. 3,	ed of (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 Indirect Beneficial Ownership (Instr. 4)	
Common Stock	12/03/2008			M	20,000	A	\$ 15.9062	29,870	D		
Common Stock	12/03/2008			F	2,422	D	\$ 25.26	27,448	D		
Common Stock	12/03/2008			S	14,000	D	\$ 25.223	13,448 (4)	D		

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

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number.

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. Number of on 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 Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Sha
Stock Options (Right to Buy)	\$ 25.26	12/02/2008		A	55,000		<u>(1)</u>	12/02/2018	Common Stock	55,00
Stock Options (Right to Buy)	\$ 15.9062	12/03/2008		M(2)		20,000	(3)	12/23/2008	Common Stock	20,00

Reporting Owners

Reporting Owner Name / Address	Relationships	
Reporting Owner Name / Address		

Director 10% Owner Officer Other

FIELDING RONALD W 1 HORMEL PLACE AUSTIN, MN 55912

Executive Vice President

Signatures

Ronald W. Fielding, by Power of Attorney 12/04/2008

**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) The option will vest in four equal annual installments, with the first group vesting on December 2, 2009.
- (2) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.
- (3) The option vested in four equal annual installments, with the first group vesting on December 23, 1999.
- (4) Reporting Person also holds indirectly 4,573.8 shares in the 401(k), and 5,260 shares in the JEPST Trust.

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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