SMITHFIEL Form 4	D FOODS INC								
October 31, 2	2007								
FORM	4				~~~	NGEO		OMB AF	PPROVAL
	UNITED SI	FATES SECUR Was	ITIES A hington,			NGE C	OMMISSION	OMB Number:	3235-0287
Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont See Instru	6. Filed pursu Section 17(a)	ant to Section 16 of the Public Ut	F CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES Section 16(a) of the Securities Exchange Act of 1934 Public Utility Holding Company Act of 1935 or Sec of the Investment Company Act of 1940						January 31, 2005 werage rs per 0.5
1(b). (Print or Type F	Responses)								
	ddress of Reporting Pe	Symbol	Name and FIELD FO			-	5. Relationship of Issuer		
(Last) C/O 200 CO	(First) (Mic	(Month/D	•	ansaction			(Check X_ Director Officer (give below)		Owner er (specify
	(Street)		ndment, Da th/Day/Year)	-	l		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	one Reporting Pe	rson
	LD, VA 23430						Person		
(City) 1.Title of Security (Instr. 3)	2. Transaction Date 2. (Month/Day/Year)		3. Transactio Code (Instr. 8)	4. Securi n(A) or Di (Instr. 3,	ties Ad sposed 4 and (A) or	cquired d of (D) 5)	uired, Disposed 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
Common Stock	10/29/2007		Code V $P^{(2)}$	3,200	(D) A	Price \$ 28.11	9,090,515	I	see footnote (1)
Common Stock	10/29/2007		P <u>(2)</u>	900	Α	\$ 28.12	9,091,415	I	see footnote (1)
Common Stock	10/29/2007		P <u>(2)</u>	1,300	А	\$ 28.13	9,092,715	I	see footnote (1)
Common Stock	10/29/2007		P <u>(2)</u>	2,400	А	\$ 28.14	9,095,115	I	see footnote (1)

Common Stock	10/29/2007	P <u>(2)</u>	700	А	\$ 28.15	9,095,815	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	200	А	\$ 28.16	9,096,015	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	1,300	А	\$ 28.17	9,097,315	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	3,200	А	\$ 28.18	9,100,515	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	700	А	\$ 28.24	9,101,215	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	200	А	\$ 28.32	9,101,415	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	200	А	\$ 28.33	9,101,615	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	300	А	\$ 28.34	9,101,915	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	400	А	\$ 28.4	9,102,315	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	2,100	А	\$ 28.42	9,104,415	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	1,100	А	\$ 28.43	9,105,515	I	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	300	А	\$ 28.47	9,105,815	Ι	see footnote (1)
Common Stock	10/29/2007	P <u>(2)</u>	200	А	\$ 28.48	9,106,015	I	see footnote (1)
Common Stock						1,356	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.

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

Reporting Owners

Reporting Owner Name / Address	Relationships						
, , , , , , , , , , , , , , , , , , ,	Director	10% Owner	Officer	Other			
FRIBOURG PAUL J C/O 200 COMMERCE STREET SMITHFIELD, VA 23430	Х						
Signatures							
/s/Michael H. Cole, as Attorney -I -Fact	n	10/31/20	07				
**Signature of Reporting Person		Date					
Explanation of Pool	~~~~~						

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).

The shares listed as indirectly owned in the table above are shares owned directly by ContiGroup Companies, Inc. ("ContiGroup"). Mr. Fribourg may be deemed to share voting and investment power with respect to the shares of common stock owned directly by ContiGroup

- (1) by virtue of being the Chairman, Chief Executive Officer and President of ContiGroup. In addition, Mr. Fribourg is one of the co-trustees and in one case, a beneficiary, of various trusts established for the benefit of certain members of Mr. Fribourg's family that collectively control a majority interest in ContiGroup. Mr. Fribourg disclaims beneficial ownership with respect to all of these shares except to the extent of his pecuniary interest.
- (2) The purchases reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by ContiGroup on October 12, 2007.

Remarks: Form 2 of 2

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.