	LD FOODS INC								
Form 4 January 14,	2008								
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	UNITED	STATES SECU W	RITIES ashingtor			ANGE C	OMMISSION	OMB Number:	3235-0287
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con See Instr 1(b).	section 17(AENT OF CHA rsuant to Section (a) of the Public 30(h) of the	NGES IN SECU 16(a) of t Utility Ho	BENEI RITIES he Secur lding Co	Act of 1934, 1935 or Section	Expires: Estimated a burden hour response	•		
(Print or Type	Responses)								
1. Name and A	Address of Reporting G PAUL J	Symbol	ier Name ar I HFIELD I				5. Relationship of I Issuer	Reporting Pers	son(s) to
(Last)	(First) (of Earliest		-	51 D]	(Check	all applicable)
C/O 200 C	OMMERCE STR		/Day/Year) /2008				X Director Officer (give t below)	itle 10% below)	Owner er (specify
	(Street)		nendment, I Ionth/Day/Ye	-	ıal		6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Pe	rson
	LD, VA 23430						Person		Porting
(City)	(State)	(Zip) Ta	ble I - Non-	Derivativ	e Secu	rities Acqu	iired, Disposed of,	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securi oror Dispo (Instr. 3, Amount	(A) or		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	01/10/2008		P <u>(2)</u>	600	А	\$ 27.26	9,523,685	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008		P <u>(2)</u>	100	А	\$ 27.27	9,523,785	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008		P <u>(2)</u>	400	А	\$ 27.29	9,524,185	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008		P <u>(2)</u>	1,400	А	\$ 27.3	9,525,585	I <u>(1)</u>	see footnote #1

Common Stock	01/10/2008	P <u>(2)</u>	400	А	\$ 27.31	9,525,985	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	900	А	\$ 27.33	9,526,885	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	200	А	\$ 27.35	9,527,085	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	100	А	\$ 27.38	9,527,185	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	100	А	\$ 27.39	9,527,285	I (1)	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	400	A	\$ 27.4	9,527,685	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	900	А	\$ 27.41	9,528,585	I (1)	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	200	А	\$ 27.42	9,528,785	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	300	А	\$ 27.43	9,529,085	I <u>(1)</u>	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	900	А	\$ 27.44	9,529,985	I (1)	see footnote #1
Common Stock	01/10/2008	P <u>(2)</u>	200	А	\$ 27.47	9,530,185	I (1)	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,600	А	\$ 26.35	9,531,785	I (1)	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	200	А	\$ 26.36	9,531,985	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	100	А	\$ 26.37	9,532,085	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	300	А	\$ 26.38	9,532,385	I <u>(1)</u>	see footnote

								#1
Common Stock	01/11/2008	P <u>(2)</u>	400	A	\$ 26.39	9,532,785	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	200	А	\$ 26.4	9,532,985	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,400	А	\$ 26.41	9,534,385	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	300	А	\$ 26.42	9,534,685	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,600	А	\$ 26.43	9,536,285	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,200	А	\$ 26.44	9,537,485	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,700	A	\$ 26.45	9,539,185	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	2,500	A	\$ 26.46	9,541,685	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	900	А	\$ 26.47	9,542,585	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	1,200	А	\$ 26.48	9,543,785	I <u>(1)</u>	see footnote #1
Common Stock	01/11/2008	P <u>(2)</u>	700	А	\$ 26.4875	9,544,485	I <u>(1)</u>	see footnote #1

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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	e and	8. Price of	9. Nu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)		Transactio Code	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	Expiration Da (Month/Day/ e	ate	Amour Underl Securit	Amount of Der Underlying Sec Securities (Ins (Instr. 3 and 4)		Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	4, and 5) (A) (D)	Date Exercisable	Expiration Date		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-in-Fact		01/14/200	8			
**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).

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 by virtue of being the Chairman, Chief Executive Officer and President of ContiGroup. In addition, Mr. Fribourg is one of the co-trustees

- (1) by virtue of being the Chairman, Chief Executive Officer and President of Conferoup. 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 Conferoup. 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 3

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.