KARABAN MICHAEL

Form 4

January 26, 2005

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

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 30(h) of the Investment Company Act of 1940

response...

burden hours per

1(b).

Common

Stock, no

par value Common

Stock, no

par value Common

Stock, no

01/24/2005

01/05/2005

01/05/2005

(Print or Type Responses)

	Address of Reporting Po N MICHAEL	Symbol	r Name and Ticker or Trading ACK FOODS CORP [JJSF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First) (Mi	iddle) 3. Date of	f Earliest Transaction				
6000 CENT	RAL HIGHWAY	(Month/D 01/05/20		Director 10% OwnerX_ Officer (give title Other (specify below)			
				Senior Vice President			
	(Street)	4. If Ame	endment, Date Original	6. Individual or Joint/Group Filing(Check			
		Filed(Mon	nth/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person			
PENNSAU	KEN,, NJ 08109			Form filed by More than One Reporting Person			
(City)	(State) (Z	Zip) Table	le I - Non-Derivative Securities A	cquired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price	Securities Form: Direct Indirect Beneficially (D) or Beneficial Owned Indirect (I) Ownership Following (Instr. 4) (Instr. 4) Reported Transaction(s) (Instr. 3 and 4)			
Common Stock, no par value	01/24/2005		M 3,000 A \$21	2 16,967 D			

1,340

96 (1)

10 (2)

\$

46.82

15,627

15,723

15,733

D

D

D

F

A

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par value

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.

SEC 1474 (9-02)

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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase	\$ 21.2	01/24/2005		M	3,000	08/07/2005	08/06/2011	Common Stock	3,000

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Other

KARABAN MICHAEL 6000 CENTRAL HIGHWAY PENNSAUKEN,, NJ 08109

Senior Vice President

Signatures

Michael 01/26/2005 Karaban

**Signature of Date

Reporting Person

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) Acquired under the Stock Purchase Plan
- (2) 401(k)Plan

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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