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(Print or Type	Responses)										
Aitken Stuart Symbol			2. Issuer Name and Ticker or Trading mbol ROGER CO [KR]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Middle)		3. Date of Earliest Transaction				(Check all applicable)				
			10nth/Day/Year) 8/14/2019				Director 10% Owner X Officer (give title Other (specify below) Senior Vice President				
(Street) 4. If Am Filed(Mo				Date Origina ar)	al		 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
CINCINNATI, OH 45202							Person				
(City)	(State) (Zip)		ble I - Non- 3.				uired, Disposed of,		-		
1.Title of Security (Instr. 3)	(Month/Day/Year) Execu any	•				equired l of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	(D)	Price	(Instr. 3 and 4)	(Instr. 4)			
Common Stock	03/14/2019		А	27,556 (1)	А	\$ 0	116,228.1788	D			
Common Stock	03/14/2019		А	9,091 (2)	А	\$ 0	125,319.1788	D			
Common Stock	03/15/2019		А	2,214	А	\$ 0	127,533.1788	D			
Common Stock	03/15/2019		F	988 <u>(3)</u>	D	\$ 24.75	126,545.1788	D			
Common Stock							3,017.9124	Ι	by Spouse		

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option	\$ 24.75	03/14/2019		А	75,291	(4)	03/14/2029	Common Stock	75,2
Non-Qualified Stock Option	\$ 24.75	03/14/2019		А	16,584	(5)	03/14/2029	Common Stock	16,5

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Aitken Stuart THE KROGER CO. 1014 VINE STREET CINCINNATI, OH 45202			Senior Vice President				
Signatures							
/s/ Stuart Aitken, by Stacey M. Attorney-in-Fact		03/18/2019					
<u>**</u> 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) Restricted stock awarded pursuant to a long-term incentive plan of The Kroger Co. The restrictions on these shares lapse in equal annual installments over a four-year period, at the rate of 25% per year commencing one year from the date of the award.
- (2) Restricted stock awarded pursuant to a long-term incentive plan of The Kroger Co. The restrictions on these shares lapse in equal annual installments over a three-year period, at the rate of 33% per year commencing one year from the date of the award.
- (3) Payment of tax liability associated with share award.

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- (4) These options were granted under a long-term incentive plan of The Kroger Co. and vest in equal annual installments over a four-year period, at the rate of 25% per year commencing one year from the date of the grant.
- (5) These options were granted under a long-term incentive plan of The Kroger Co. and vest in equal annual installments over a three-year period, at the rate of 33% per year commencing one year after the date of the grant.

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.