GRIFF Form 8	FIN INDUSTRIAL REALTY, INC. B-K	
Decem	aber 28, 2016 ED STATES	
SECU.	RITIES AND EXCHANGE COMMISSION	
Washi	ngton, D.C. 20549	
FORM	I 8-K	
Curren	at Report	
Pursuant to Section 13 or 15(d) of the		
Securi	ties Exchange Act of 1934	
December 28, 2016		
(Date of earliest event reported)		
GRIFFIN INDUSTRIAL REALTY, INC.		
(Exact	name of registrant as specified in charter)	
	Delaware (State or other jurisdiction of incorporation or organization)	06-0868496 (IRS Employer Identification Number)
	Commission File Number	1-12879
	641 Lexington Avenue, New York, New York	10022

(Zip Code)

(Address of principal executive offices)

Registrant's Telephone Number including Area Code (212) 218-7910

(Former name or former address, if changed since last report)		
Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:		
[] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)		
[] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)		
[] Pre-commencement communications pursuant to Rule 14d-2 (b) under the Exchange Act (17 CFR 240.14d-2(b))		
[] Pre-commencement communications pursuant to Rule 13e-4 (c) under the Exchange Act (17 CFR 240.13e-4(c))		

Item 7.01. Regulation FD Disclosure

On December 28, 2016, Griffin Industrial Realty, Inc. ("Griffin" or "Registrant") issued a press release announcing that it entered into a real estate sales contract (the "Sales Contract") for the sale of approximately 67 acres of undeveloped land for approximately \$10.25 million in cash, before transaction costs. The land to be sold is in Bloomfield, Connecticut and is located in Phoenix Crossing, an approximately 268 acre business park master planned by Griffin that straddles the town line between Windsor and Bloomfield, Connecticut. Completion of this transaction is contingent on a number of factors, including the buyer obtaining all necessary final permits from governmental authorities for its development plans for the site it would acquire and the buyer receiving municipal and state economic development incentives it deems adequate. Under the current terms, Griffin expects to record a material pretax gain on this transaction. There is no guarantee that this transaction will be completed under the current terms, or at all.

A copy of Griffin's December 28, 2016 press release is attached as Exhibit 99.1.

Item 9.01. Financial Statements and Exhibits

Exhibit 99.1: Registrant's December 28, 2016 Press Release (attached hereto).

This Current Report on Form 8-K includes "forward-looking statements" within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. These forward-looking statements include the completion and expected pretax gain on the sale of approximately 67 acres of undeveloped land in Bloomfield, Connecticut. Although Griffin believes that its plans, intentions and expectations reflected in such forward-looking statements are reasonable, it can give no assurance that such plans, intentions or expectations will be achieved. The projected information disclosed herein is based on assumptions and estimates that, while considered reasonable by Griffin as of the date hereof, are inherently subject to significant business, economic, competitive and regulatory uncertainties and contingencies, many of which are beyond the control of Griffin and which could cause actual results and events to differ materially from those expressed or implied in the forward-looking statements. Other important factors that could affect the outcome of the events set forth in these statements are described in Griffin's Securities and Exchange Commission filings, including the "Business," "Risk Factors" and "Forward-Looking Information" sections in Griffin's Annual Report on Form 10-K for the fiscal year ended November 30, 2015. Griffin disclaims any obligation to update any forward-looking statements as a result of developments occurring after the date of this Current Report on Form 8-K except as required by law.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

GRIFFIN INDUSTRIAL REALTY, INC.

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By: /s/ Anthony J. Galici Anthony J. Galici

Vice President, Chief Financial Officer

and Secretary

Dated: December 28, 2016

