

GOLDEN ENTERPRISES INC  
 Form 4  
 September 13, 2016

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 MCCUTCHEON MARK W

2. Issuer Name and Ticker or Trading Symbol  
 GOLDEN ENTERPRISES INC  
 [GLDC]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 09/09/2016

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 Chairman, President and CEO

ONE GOLDEN FLAKE DRIVE  
 (Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

BIRMINGHAM, AL 35205

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, 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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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	09/09/2016	09/09/2016	G <sup>(1)</sup>	4,455 D	\$ 0 0 <sup>(2)</sup>	I	See Footnote <sup>(4)</sup>
Common Stock <sup>(3)</sup>	09/09/2016	09/09/2016	G <sup>(1)</sup>	200 D	\$ 0 3,822	I	See Footnote <sup>(4)</sup>
Common Stock					5,231,128	I	By SYB, Inc. <sup>(5)</sup>
Common Stock					600,279	I	By Testamentary Marital Trust <sup>(5)</sup>

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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**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. Transaction Code (Instr. 8)	5. Number of Derivative Securities 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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 3)
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## Reporting Owners

Reporting Owner Name / Address	Relationships				Other
	Director	10% Owner	Officer		
MCCUTCHEON MARK W ONE GOLDEN FLAKE DRIVE BIRMINGHAM, AL 35205	X		Chairman, President and CEO		

## Signatures

/s/ Mark W. McCutcheon 09/13/2016  
 \*\*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) Charitable contribution to Internal Revenue Code Section 501(c)(3) entity.
- (2) Total number of shares shown after next transaction, which occurred simultaneously with this disposition.
- (3) Charitable contribution of common stock owned by the wife of Mark W. McCutcheon. Except for SEC reporting purposes, Mr. McCutcheon has disclaimed all beneficial ownership of his wife's shares.
- (4) By Golden Flake Snack Foods, Inc. 401(k) Plan and Trust.
- (5) As a Company Director, Mr. McCutcheon serves on the Voting Committee created under the Last Will and Testament/Trusts and SYB, Inc. Common Stock Trust created by Sloan Y. Bashinsky, Sr. (AMr. Bashinsky@). The Voting Committee, presently made up of eight

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members (seven members of the Issuer=s Board of Directors and one member selected by the Personal Representatives and Trustees of Mr. Bashinsky=s Estate/Trusts), votes the shares of Issuer=s stock owned by the Marital Trust created by the Last Will and Testament of Mr. Bashinsky (ATestamentary Trust@) (600,279 Shares) and the shares owned by SYB, Inc. (5,231,128 Shares). Mr. McCutcheon disclaims beneficial ownership of such Shares. The Voting Committee has previously executed a Schedule 13D on behalf of a Voting Group of the Testamentary Trust and the SYB, Inc. Common Stock Trust.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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