REILLY JENNIFER

Form 4

March 30, 2018

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

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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

See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * REILLY JENNIFER			2. Issuer Name and Ticker or Trading Symbol LIFEWAY FOODS INC [LWAY]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(==== un appriouere)		
6431 W. OAK	TON STRE	ET	(Month/Day/Year) 03/28/2018	Director 10% Owner X_ Officer (give title Other (specify below) SR EXECUTIVE VP OF SALES		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
MORTON GR	OVE, IL 60	053	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State) (Zip) Table	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed o	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)	3. Transaction Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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, no par value	03/28/2018			11,589 (1)	()		11,589	D	
Common Stock, no par value	03/28/2018		F	1,485 (2)	D	\$ 6.04	10,104	D	

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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Pate	7. Title and A Underlying S (Instr. 3 and	Securities	8. Price Derivat Securit (Instr. 5
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock option (Right to buy)	\$ 9.57					(3)	07/01/2026	Common Stock	5,000	

Reporting Owners

Reporting Owner Name / Address	Relationships
reporting Owner Hame / Hauress	

Director 10% Owner Officer Other

REILLY JENNIFER 6431 W. OAKTON STREET MORTON GROVE, IL 60053

SR EXECUTIVE **VP OF SALES**

Signatures

Reporting Person

/s/ Jennifer 03/30/2018 Reilly **Signature of 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).
- Represents a time-based restricted stock award pursuant to the Company's 2015 Omnibus Incentive Plan. Of such time-based restricted (1) stock, 3,863 shares vested on March 28, 2018; 3,863 will vest on February 14, 2019; and 3,863 will vest on February 14, 2020, contingent on the Reporting Person's continued service on each applicable vesting date.
- No stock was sold. In connection with the vesting of 3,863 shares of stock, the Company withheld a total of 1,485 shares to satisfy a payroll tax liability incident to such vesting.
- (3) Of such options, 4,800 are vested, 100 will vest on July 1, 2018 and 100 will vest on July 1, 2019.

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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