#### SWEDBERG JOSEPH C

Form 4

December 02, 2010

#### FORM 4

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

OMB Number: 3235-0287

**OMB APPROVAL** 

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

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response...

5. Relationship of Reporting Person(s) to

See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person \*

SWEDBERG JOSEPH C		Symbol					Issuer			
			HORMI [HRL]	EL FOOD	S CORI	P /DE	Ξ/	(Chec	k all applicable	)
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)			Director 10% Owner X Officer (give title Other (specify				
1 HORMEL PLACE		11/30/2010					below) below) Vice President			
	(Street)			ndment, Da	_	l		6. Individual or Jo	oint/Group Filin	g(Check
AUSTIN, M	N 55912		Filed(Mon	th/Day/Year)	)			Applicable Line) _X_ Form filed by 0 Form filed by N Person		
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Execution	med on Date, if Day/Year)	Code (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
G.				Code V	Amount		Price	(Instr. 3 and 4)		
Common Stock	11/30/2010			M	5,000	A	\$ 26.09	27,207.255	D	
Common Stock	11/30/2010			M	5,000	A	\$ 22.35	32,207.255	D	
Common Stock	11/30/2010			F	4,929	D	\$ 49.13	27,278.255	D	
Common Stock	11/30/2010			F	2,247	D	\$ 49.13	25,031.255	D	

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

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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. Transaction Code (Instr. 8)	5. Number proof 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. l De Sec (In
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 26.09	11/30/2010		M <u>(1)</u>	5,000	(2)	01/17/2012	Common Stock	5,000	\$
Stock Options (Right to Buy)	\$ 22.35	11/30/2010		M(1)	5,000	(3)	12/02/2012	Common Stock	5,000	\$

## **Reporting Owners**

Reporting Owner Name / Address	Kela	tionships

Director 10% Owner Officer Other

SWEDBERG JOSEPH C

1 HORMEL PLACE Vice President

AUSTIN, MN 55912

## **Signatures**

Joe C. Swedberg, by Power of Attorney 12/01/2010

\*\*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) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.
- (2) The options vested in four equal annual installments, with the first group vesting on January 17, 2003.

Reporting Owners 2

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(3) The options vested in four equal annual installments, with the first group vesting on December 2, 2003.

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.