Edgar Filing: SMOLYANSKY JULIE - Form 4

SMOLYAN Form 4	SKY JULIE							
December 0	1, 2008							
FORN Check th	UNITEDSIA	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					PROVAL 3235-0287 January 31,	
if no lon subject to Section 1 Form 4 of Form 5 obligation may con <i>See</i> Instr 1(b).	5 STATEMEN 16. 50 51 51 51 51 51 51 51 51 51 51	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)							
SMOLYANSKY JULIE Symbol			e and Ticker or FOODS INC	-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (Midd VAY FOODS, INC., DN STREET	(Month/Day/Ye			X Director X Officer (give below)	10%) Owner r (specify	
(Street) 4. If Ame Filed(Mor			nt, Date Origina y/Year)	1	6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person			
MORTON	GROVE, IL 60053				Form filed by M Person	ore than One Rep	porting	
(City)	(State) (Zip) Table I - N	Non-Derivative	Securities Acq	uired, Disposed of,	, or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	an	ecution Date, if Tran y Code onth/Day/Year) (Inst	saction(A) or Di e (Instr. 3, 4		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	12/01/2008	Р	7,821	A \$7.2308	523,881	D		

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

par value

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Titl Amou Under Secur (Instr.	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
SMOLYANSKY JULIE C/O LIFEWAY FOODS, INC. 6431 W. OAKTON STREET MORTON GROVE, IL 60053	Х		President and CEO					
Signatures								
By: /s/ Julie Smolyansky	12/01/2008							

<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).

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.