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

FORM 8-K

CURRENT REPORT

**Pursuant to Section 13 or 15(d) of the
Securities Exchange Act of 1934**

Date of Report (Date of the earliest event reported): June 15, 2011

UNIFIED GROCERS, INC.

(Exact name of registrant as specified in its charter)

California
(State or other jurisdiction
of incorporation or organization)

000-10815
(Commission
File Number)

95-0615250
(I.R.S. Employer
Identification No.)

5200 Sheila Street, Commerce, CA 90040
(Address of principal executive offices) (Zip Code)

(323) 264-5200
(Registrant's telephone number, including area code)

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))
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TABLE OF CONTENTS

Item 5.02. [Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers](#)

Item 7.01. [Regulation FD Disclosure](#)

Item 9.01. [Financial Statements and Exhibits](#)

[SIGNATURES](#)

[EXHIBIT INDEX](#)

EXHIBIT 99.1 Press release dated June 15, 2011

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On June 15, 2011, Robert M. Ling, Jr. was named President of Unified Grocers, Inc. (the "Company") effective June 15, 2011. Mr. Ling succeeds Alfred A. Plamann, who continues in his role as Chief Executive Officer of the Company.

Mr. Ling, 54, has served as the Executive Vice President, General Counsel and Secretary of the Company (formerly known as Unified Western Grocers, Inc.) since 1996.

As of the time of the filing of this report, the Company has not entered into any material compensatory agreement, or materially amended such an agreement, with Mr. Ling in relation to his new position.

Item 7.01 Regulation FD Disclosure.

On June 15, 2011, the Company issued a press release to announce the appointment of Robert M. Ling, Jr. as President of the Company effective June 15, 2011. A copy of the press release is furnished as Exhibit 99.1 to this Current Report on Form 8-K.

The information in this Item 7.01 of the Current Report on Form 8-K, including Exhibit 99.1, is being furnished and will not be treated as "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934 (the "Exchange Act") or otherwise subject to the liabilities of that section. This information will not be deemed incorporated by reference into a filing under the Securities Act of 1933, or into another filing under the Exchange Act, unless that filing expressly refers to specific information in the Item 7.01 or to Exhibit 99.1. The furnishing of the information in this Item 7.01 is not intended to, and does not, constitute a representation that such furnishing is required by Regulation FD or that the information this Report contains is material investor information that is not otherwise publicly available.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press release, issued by the Registrant, dated June 15, 2011.

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.

Date: June 20, 2011

UNIFIED GROCERS, INC.

By /s/ Robert M. Ling, Jr.
Robert M. Ling, Jr.,
President, General Counsel and Secretary

Exhibit Index

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press release, issued by the Registrant, dated June 15, 2011.



Press Release

MAILING ADDRESS
P.O. Box 513396
Los Angeles, CA 90051-1396

5200 Sheila Street
Commerce, CA 90040
www.unifiedgrocers.com

For Immediate Release

Date: June 15, 2011

Contact: Tom Schaffner 323-881-4150 tschaffner@unifiedgrocers.com

Unified Grocers Names Bob Ling President

(LOS ANGELES) — Unified Grocers, the largest wholesale grocery distributor in the western United States, announced today that Bob Ling, Executive Vice President, General Counsel and Secretary, has been named President, Unified Grocers. The announcement was made by Al Plamann, who remains Chief Executive Officer of the Company.

In his new position, Ling will focus on growing sales throughout the Company and on strengthening the business partnerships that Unified has with its retail members, customers and vendors. He will continue to report to Plamann, who will continue to set the strategic direction of Unified with the Board of Directors and ensure that the Company is executing its plans efficiently, effectively and successfully.

“Bob and I have worked closely together over the past 15 years and that will continue for many years to come,” said Plamann. “This change makes us stronger as an organization and enhances our opportunities for success in the years that lie ahead.”

Prior to joining Unified in 1996 (Unified was then known as Certified Grocers of California, Ltd.), Ling held senior level positions with retail drugstore and supermarket companies. He was Vice President, General Counsel and Secretary for MegaFoods Stores, Inc., in Mesa, Arizona and also served as Acting President and CEO of MegaFoods. Ling also had a similar position

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with Reliable Drug Stores, Inc., in Indianapolis, Indiana. Earlier in his career, he was a partner in the law firm of Michael Best & Friedrich in Milwaukee, Wisconsin, concentrating his practice in employment and labor law.

Ling currently serves on the Board of Directors of the National Grocers Association and was Chairman of the Board of the California Grocers Association (CGA) in 2009 and recently served as Chairman of the Board of Trustees of the CGA Educational Foundation for four years. Previously, he served on CGA's Executive Committee, was a member of the Government Relations Committee and the Association's Political Advisory Committee. Ling is a Board Member and Public Affairs Committee Member of California Retailers Association. He also is a member of the California Business Roundtable and the Government Relations Committee of the Food Marketing Institute.

A graduate of Tufts University with a Bachelor of Arts degree in Economics, Ling holds a Juris Doctor degree from the University of Michigan Law School. He is a member of the State Bar of California and the State Bar of Wisconsin.

About Unified Grocers, Inc.

Founded in 1922, Unified Grocers is a retailer-owned wholesale grocery distributor that supplies independent retailers throughout the western United States. Unified and its subsidiaries, which generated approximately \$4 billion in sales during fiscal 2010, offer independent retailers all the resources they need to compete in the supermarket industry.

— 30 —

Safe Harbor Statement

This press release contains forward-looking statements about the future performance of Unified Grocers based on Management's assumptions and beliefs in light of information currently available to it. There are a variety of factors that could cause actual and future results to differ materially from those anticipated by the statements made above. These factors are outlined in the Company's Form 10-K and other interim reports filed with the Securities and Exchange Commission. Furthermore, Unified undertakes no obligation to update, amend or clarify forward-looking statements whether as a result of new information, future events, or otherwise.