Edgar Filing: SWEDBERG JOSEPH C - Form 4

SWEDBERG	JOSEPH C											
Form 4												
July 20, 2010												
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION										OMB APPROVAL		
	UNITEDS	TATES		ITIES Al hington, l			NGE (COMMISSION	OMB Number:	3235-0287		
Section 16.									Expires:	January 31,		
				GES IN BENEFICIAL OWNERSHIP OF SECURITIES				NERSHIP OF	Estimated average burden hours per			
Form 4 or Form 5 obligations may continue. See Instruction 1(b). 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							response n	0.5				
(Print or Type R	esponses)											
SWEDBERG JOSEPH C Symbol			r Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer					
				IORMEL FOODS CORP /DE/ HRL]				(Check all applicable)				
(Month/				e of Earliest Transaction th/Day/Year) 8/2010				Director 10% Owner XOfficer (give title Other (specify below) below) Vice President				
(Street) 4. If Ame				mendment, Date Original Month/Day/Year)								
								6. Individual or Joint/Group Filing(Check Applicable Line)				
AUSTIN, MI	N 55912							_X_ Form filed by C Form filed by M Person	One Reporting Pe fore than One Re			
(City)	(State) (Zip)	Table	e I - Non-De	erivative S	Securi	ties Ac	quired, Disposed of	f, or Beneficial	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executio any	med on Date, if Day/Year)				SecuritiesFBeneficially(OwnedI	5. Ownership Form: Direct D) or ndirect (I) Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
C				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	07/08/2010			G	40	D	\$0	22,650.195	D			

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

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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Title Amoun Underl Securit (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
				Code V	(A) (D)	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			
SWEDBERG JOSEPH C 1 HORMEL PLACE AUSTIN, MN 55912			Vice President				
Signatures							
Joe C. Swedberg, by Power of Attorney	07/20/2010						
**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).

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.